

## Meeting Agenda

1.5-hour Meeting

### **Overview:**

During this meeting, school wellness committee members will meet their School Wellness Coach. After introductions, the Coach will review the key components of LSWP regulations and compliance. The Coach will then facilitate an assessment of the current local school wellness policy for the district to use as a guide for updating the policy throughout the school year.

### **Objectives:**

- Establish rapport
- Discuss Local School Wellness Policy regulations
- Complete assessment of local school wellness policy

### **Agenda:**

<b>Time</b>	<b>Activity</b>
10 minutes	<b>Welcome</b> Introductions Icebreaker
10 minutes	<b>Local School Wellness Policy Overview of Regulations</b> Highlight relevant LSWP regulations
50-60 minutes	<b>Wellness Policy Assessment</b> Massachusetts Local Wellness Policy Strength Checklist
10-20 minutes	<b>Meeting Wrap Up</b> Assessment reflection Next steps