

# Wellness Committee 2015-2016

## **MISSION**

The Timberlane Regional School District Wellness Committee will work collaboratively to make recommendations in order to promote healthy environment in our schools and communities. Recommendations, guidelines and opportunities for the implementation of healthy living fall in the categories of:

1. Food choice and nutrition
2. Physical activity and play
3. Mindfulness

The Wellness committee will review the existing policies and practices and develop and review consistent guidelines for students and staff in our schools and communities.

## **SMART GOAL**

The Timberlane Regional School District Wellness Committee will meet at least 4 times during the 2015-2016 school year and will discuss ways to support, promote and endorse the wellness mission.

Representation from schools, parents, the SAU and our community will examine current district policies and practices. The committee will facilitate the communication of those policies and practices and make recommendations to guide their implementation at the building level and throughout our communities.