

WRSD Wellness Committee Meeting

Southwick Library Media Center

Thursday, September 17, 2026

3:15pm - 4:15pm

“To create, promote and maintain district wellness practices that teach, encourage, support and model healthy lifestyle choices, to include proper nutrition, physical activity and social emotional wellness for students, staff and our district community.”

Attendance: Sarah Skoglund, Kara Breault, Jessica Diedrich, Ashley Davis, Chris Ennis, Trevor Haggerty, Brian Briggs, Kristen Doucette.

Meeting Agenda:

- Read draft norms and mission
- Introduction of members
- Celebrations & Shares (District)
 - New Teacher Orientation/Spark '26: positive feedback from combining the NTO with our SPARK PD event. New Teachers felt more comfortable coming into Day 2 and were also able to get the “nuts & bolts” on policy, legislation and district processes on Day 1.
 - Hampstead Hospital Visit: Small group of behavioral health staff visiting Hampstead Hospital to learn about their psychiatric care and their discharge process.
 - Annual Holiday Dinner (12/4/26 Anticipated)
 - Policy Committee - Wellness policy changes still lie with the WRSD Policy committee which should be reviewed this month.
 - Parent Survey Results from October, 2025
 - RULER
- Celebrations & Shares (School)
 - WRHS - Movement Block: Kids are actively engaged in the 35-minute block. They are offered multiple options - track, kickball, 4-square, capture the flag, etc. Students are also inventing new games to play. There have been minimal discipline concerns thus far.
 - WRHS - More AED's are coming into the buildings
 - WRHS - Who We Play For: Breck Spencer is bringing this to the district. It will give interested students/families the opportunity to test for heart conditions (hypertrophic cardiomyopathy) with an EKG. Need 20 students to opt into this program and there will be a small fee attached that we can cover if there is a concern.. Will bring to Middle School and out-of-district WiCC students, if needed to hit the numbers.
 - WRMS Triggered 3.0 Presentation for Red Ribbon Week - October 23rd to 31st
- America's Healthiest Schools Readiness Tool
 - School-level Annual Measure – please write in the comments updates made and why.
- Wellness Committee GoogleDrive/Portfolio – this acts as our “proof” of wellness practices across the district!
 - Drop spot for schools to upload activities, newspaper articles, wellness newsletters, flyers, posters, pictures, etc of health & wellness activities being done at the school-level.
- Parent Survey Results from October, 2025
 - Same 2 top choices 2 years in a row
 - Physical activity options
 - Stress management workshops

- Jess shared that she is doing physical challenges during recess and her lunch coverage.
- Discussion of having “guest appearances” during the HS movement block - Jess doing silentball, Amanda doing zumba, etc.
- Focus on promoting activities already happening in the sending towns - Tilton 5K, for example.
 - Possibility to connect with Tilton Rec Department and promote their events.
- Discussion on connecting with PTO's and inviting them to do more activities that encourage physical activity - (eg. Stafford School- Parent/Child Kickball Game)
- Do we want to streamline wellness related activities, events, announcements by writing a Wellness Newsletter?
- **Decided that the focus of the 2026-27 School year will be on the physical activity aspect of wellness.**

Action Items:

- School wellness committees to take the [America's Healthiest Readiness Tool](#) by October 15th.
 - School Reps should modify/remove items that have changed or are no longer in place. Also add notes to fields that have changed indicating the date, and the reason for the score change.
 - Sarah will follow up with all members.
- School-level Teams/Representatives to upload items to their respective drives on an on-going basis.
- Middle School interested in integrating movement into the day - items for a “movement block” or movement circuit for the health room and cafeteria.
 - Sarah will look into grants that could support this.

Next meetings:

- **1/7/27** – WRMS Library/Media Center 3:15-4:15pm
- **3/25/27** – Sanbornton Central School Library/Media Center 3:15-4:15pm
- **5/20/27** – WRHS Library/Media Center 3:15-4:15pm