

Wellness Committee
Winnisquam Regional School District
[WRSD Policy JLCF](#)
2026-2027

Mission: *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.*

Committee Goals: 1. The District shall teach, encourage, support and model healthy eating habits for students. 2. The District shall teach, encourage, support, and model age appropriate daily physical activity. 3. The District shall educate students, employees, school board and community members to the important benefits of a healthy lifestyle and social and emotional wellness.	Team Norms: 1. Start and end on time. 2. Be present in the meeting (physically and mentally.) 3. Remain strengths-based and solution-focused. 4. Contribute to the efforts of the team.
	Team Roles: • Facilitator: Sarah Skoglund • Note Taker: Kara Breault • Time Keeper: • Building-Level Representatives: *see below*

Committee Members: (highlighted members are building representatives)

SCS Nurse	Kellie Allen
Family Student Services Liaison	Kara Breault
WRHS Physical Education/Health Teacher	Brian Briggs
SCS Counselor	Ashley Davis
WRMS Health Teacher	Jessica Diedrich
WRHS Physical Education/Health Teacher	Kristen Doucette
School Board Member	Jennifer Dunn
Winnisquam Regional Middle School Principal	Chris Ennis
Food Service Director	Trevor Haggerty
SS Nurse	Elizabeth Norko
WRMS Nurse	Colleen Roy
District Coordinator of Wellness & Engagement (Chair)	Sarah Skoglund
School Board Member	Jennifer Tupeck
Parent	
Parent	
WRSD Student	

Members of the public are welcome to join the WRSD Wellness Committee!
Contact Sarah Skoglund (sskoglund@wrdsau59.org) to be added to the list.

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.”

Meeting Agenda:

- Read draft norms and mission
- Introduction of members
- Celebrations & Shares (District)
 - New Teacher Orientation/Spark '26
 - Hampstead Hospital Visit
 - Annual Holiday Dinner (12/4/26 Anticipated)
- Celebrations & Shares (School)
 - WRHS Movement Block
 - WRMS Triggered 3.0 Presentation for RRW
- 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.
- Other topics?

Action Items:

- School wellness committees to take the [America's Healthiest Readiness Tool](#)
- School-level Teams/Representatives to upload items to their respective drives on an on-going basis.

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