

Tri-Annual Assessment and Wellness Committee Meeting Agenda
December 9, 2025 at 2:30 p.m.
Location: Library

1. Wellness Policy Review
 - a. Wellness policy
 - i. Team to revise and include updated goals
 - b. [Nutrition Education and Wellness Presentation](#)

2. Wellness Policy Evaluation
 - a. [Rudd Center Model](#)
 - b. [WellSat Scorecard](#)

3. Discuss the Creation of Wellness Goals
 - a. What is important in creating goals?
 - b. Who needs to be involved?
 - c. [What might some goals be?](#)
 - i. Fitness-centered activities (ex. Sports night, field day, jog-a-thon, etc.)
 - ii. Share nutrition info with students/families (ex. Pamphlets, documents)
 - iii. Hold additional taste tests/plant a seed day
 - d. How might those be accomplished?
 - i. Adding firmer language to the wellness policy
 - ii. Add events that we do onto the policy for community engagement

4. [Discussion of Survey Dissemination](#)
 - a. What to put on survey
 - b. How/when to send out
 - i. Set up tables at parent engagement events and parent conferences
 - c. How to share out responses
 - d. Schedule future meeting
 - i. 2/24 at 2:30pm

5. Resources:
 - a. [The Alliance for a Healthier Generation Model Policy](#)
 - b. [The WellSAT 3.0 School Assessment Tool](#)
 - c. [California School Board Association \(CSBA\) BP 5030](#)
 - d. [California Local School Wellness Policy Collaborative](#)

- e. [Alliance for a Healthier Generation Healthy Schools Program Assessment Guide](#)
- f. [The School Health Index](#)
- g. [Action for Healthy Kids School Health Index](#)
- h. [Progress in Reaching LSWP Goals Template](#)
 - i. [Example](#)