

**Brunswick School Board
46 Federal Street
Brunswick, Maine 04011**

**AGENDA
Wellness Committee**

Thursday, February 28, 2019
3:45 p.m.
Hawthorne Conference Room

- I. Call to Order
- II. Building Updates
Mental health supports available throughout the district (opportunity to share out and contribute ideas)
- III. Share and Discuss Healthy Nutrition Strategies
- IV. Goal Review – Work Time & Discussion
 - o Goal 1 – Support Staff Wellness K-12
 - o Goal 2 – Research and share ways to incorporate physical activity into the school day to enhance learning.
- V. Next Meeting Date
- VI. Adjournment

- c. Committee Members
School Board
BSD Administrators
Press
D. Dearing