

Wellness Goals 2013-2014

1. Continue our support of the 5 2 1 0 program . There is currently a vacancy for the 5210 school liaison from Mid-Coast Hospital, but we still wish schools to participate. There is a contact person for Mid-Coast and Access Health will assist when appropriate and necessary.
2. Coordinate with parent groups in the promotion of wellness activities in our schools.
3. Continue to support the Brunswick Food Services Department in their efforts to provide healthy meals.
4. Provide schools and families with information on healthy options for school/class celebrations.
5. Continue to monitor fund- raising groups at all school levels regarding healthy options when selling food items.
6. Examine ways to address and promote social and emotional health within our school communities and to increase communication of the Wellness Committee's work to the Brunswick School Committee.
7. Support the writing of the K-8 Health Curriculum.