



Wellness Committee

About:

School districts are required to have a wellness committee. It is the goal of the wellness committee to implement and maintain a local wellness policy. A local wellness policy is an important tool for promoting healthier school environments, which then promote positive behaviors to help our students reach their full academic potential.

A local wellness policy is designed to include SMART goals in the areas of: Nutrition Education/Nutrition Promotion, Physical Education/Physical Activity and Other School-Based Activities that promote student wellness.

Are you interested in becoming a member of Meridian's Wellness Committee?

Please reach out to our Wellness Committee Leaders, **Brooke Colley**, at **brooke.colley@merps.org** OR **Taylor Roberts** at **taylor.roberts@merps.org** to join.

Community members including but not limited to: staff, students and parents are encouraged to join the committee or attend a meeting to participate in establishing and monitoring our wellness goals.

The first meeting of the 2023-2024 school year will be held Wednesday, February 28th at 3:15pm at the High School.