



at  
Barnstead  
Elementary  
School

## Newsletter ~ October 2019

### Committee Vision:

- Review and create policies as needed, bring information about health & wellness to staff, students & families through bulletin boards, information in school newsletter, etc.

### First Committee Meeting

#### Topics Discussed:

- History of committee and intentions
- Current and future policies for food and drink at school
- Current and future ideas for food and drink provided at school for breakfast, snacks, and lunch
- Dental health and hygiene of students
- School Food Drive and Annual Turkey Trot

### Current Health & Wellness topics in the Classrooms at BES

~ Kindness

~ Healthy & Safe Choices

~ Positive and Negative Peer Pressure & Influences

~ Mental Health

~ Cold & Flu Season ~ Hand Washing

