



WELLNESS ADVISORY COMMITTEE

CREATING A CULTURE OF WELLNESS IN BEAUMONT SCHOOLS

~ A SHARED COMMITMENT ~

What is a wellness committee?

A wellness committee is a group that meets on an ongoing basis and works together to facilitate programs, activities, and policies that promote healthy behaviors in our schools. The wellness committee will consist of staff, students, parents, and community members that represent different areas within the Beaumont community who ultimately share the collective vision of health and wellness in our district.

Who should get involved?

We would like leaders and advocates of healthy change to participate. Together, we can learn from each other and share ideas for better health and wellness at our schools. Each member has a unique perspective that will be valuable in making decisions that affect our district and students.

What are the benefits of participating?

- Getting to know other people who share the collective commitment of healthy schools
- Becoming a health advocate among your peers
- Promoting a healthier culture within our schools
- Learning how to lead a healthy lifestyle

We will be examining and planning for changes in the classroom, cafeteria, and more. We anticipate holding meetings every 10-12 weeks (at least 4 times) during the school year. We hope you will accept our invitation and join us!

If you have any questions, or want to know more about what sort of responsibilities you would have as a member, please contact me:

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