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ACADEMY



**Health & Wellness
Committee
Quarterly Meeting
2026–27 School Year**

School Wellness Plan Update 2026

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Welcome & Introductions

1. Welcome & Committee Purpose – 10 minutes

- Review the purpose of the Health & Wellness Committee
- Confirm committee representation from each campus and key stakeholder groups
- Establish expectations for collaboration and communication

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Grounding Agreements

Curiosity: Withhold judgement and be in a space of inquiry – be curious to gain a better understanding of an issue.

Confidentiality: What is said here, stays here. What is learned here, leaves here. Don't break trust. Do share your own wellbeing journey.

Urgency: Work with a sense of urgency, as we have to respond in a timely manner.

Resiliency: Acknowledge that this work can be difficult and requires resiliency.

Vulnerability: Recognize that each of us may not know a solution, but we can be vulnerable to collectively learn and problem-solve together.

Empathy: Build connection and show empathy across difference.

Modified from the work of Maurice Sweeney, ED.d



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Purpose

Establish a collaborative Health & Wellness Committee, review current wellness priorities and requirements, and identify shared goals for the school year.

Where is the Wellness Plan & minutes located on the website?

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★ JOIN US! ★

Health & Wellness Committee Meetings

All meetings are held virtually via Zoom.

Calendar Icon	Calendar Icon	Calendar Icon	Calendar Icon
August 18, 2026 10:00 AM	November 10, 2026 10:00 AM	February 9, 2027 10:00 AM	May 11, 2027 10:00 AM

Links will be sent to group members.
All parents and community members are welcome!

SCAN HERE
to join our interest form
and stay connected!

SUPPORTING HEALTH. BUILDING COMMUNITY. EMPOWERING FAMILIES.

Quarter 1 Meeting Focus

Discussion Question:

What does a healthy and thriving JAA school community look like?

Establish * Assess * Prioritize * Plan

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Wellness Policy & Committee Responsibilities

- Brief review of the JAA Local School Wellness Policy (living document)
- Review committee responsibilities and quarterly meeting expectations
- Discuss how the committee supports implementation, communication, and continuous improvement
- Review opportunities for stakeholder input

The committee is not simply reviewing a policy — it is helping ensure that wellness is **visible, practical, and supported across the JAA community.**

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What Are We Seeing?

Discussion Question:

What is working well, and where do we see an opportunity for improvement?

Scholar Wellness * Staff Wellness * Campus Environment

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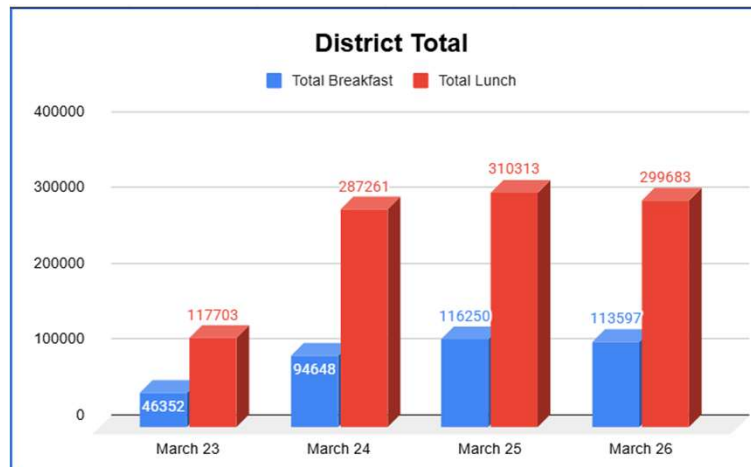
4. Assessment Data

Review available Wellness Assessment information

Identify existing strengths and gaps

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Meals
Served at
JAA in one
month



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Assessment Data

- Determine what additional information would help the committee make informed decisions
- Discuss how campus feedback can be gathered consistently

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School Health Index



How Schools Can Use the School Health Index

CDC developed the SHI in partnership with school administrators and staff, school health experts, parents, and national nongovernmental health and education agencies to:

- Enable schools to identify strengths and weaknesses of health and safety policies and programs.
- Enable schools to develop an action plan for improving student health that can be incorporated into the School Improvement Plan.
- Engage teachers, parents, students, and the community in promoting health-enhancing behaviors and better health.

[School Health Index | CDC Archive](#)

[Professional Development CDE Health & Wellness](#)

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Priority Setting for SY 2026-27

Potential areas:

- ☐ Student physical activity
- ☐ Nutrition education and healthy choices
- ☐ Mental/emotional wellness
- ☐ Staff wellness and morale
- ☐ Family/community engagement
- ☐ Wellness communication
- ☐ Campus environment and physical activity spaces
- ☐ Health education
- ☐ Other stakeholder-identified priorities

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Consider the following:

Why does this matter?

What would improvement look like?

What can we realistically influence this year?

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Establish 2026-27 Wellness Goals

Priority →
Desired Outcome →
Action →
Responsible Stakeholder →
Measure of Progress

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How Can We Communicate our Goals?

Scholars
Staff
Families
Stakeholders

[Consider QUEST Activity](#)

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Looking Ahead: Quarterly Roadmap

Quarter 2 (November 10th) – Implement

Begin priority initiatives
Share resources and best practices
Review early progress

Quarter 3 (February 9) – Evaluate & Adjust

Review data and stakeholder feedback
Identify barriers
Adjust strategies



Begin with the End in Mind: REFLECT & SUSTAIN (May 11)

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