



WESTWOOD PUBLIC SCHOOLS
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TO: School Committee

FROM: Caitlin Ahern, Assistant Superintendent

DATE: February 23, 2026

RE: Revised Wellness Policy Draft

The Westwood Wellness Committee, composed of representatives from across the Westwood schools and community, meets quarterly to carry out the charge given in Westwood School Committee Policy ADF to support the implementation and evaluation of the district Wellness Policy.

During school year 2024-2025, the Wellness Committee spent time closely examining the Wellness Policy as written, and engaged in thoughtful conversations about the purpose of such a policy, and the multifaceted wellness programming in place within the district and in the larger community. The Committee felt strongly that while the policy ADF was a good starting point, its focus primarily on nutrition and physical education was too narrow to effectively address the wellness needs of Westwood students in this day and age.

A subcommittee of the larger Wellness Committee convened to envision and draft a revised district policy that would reflect a more inclusive approach to student wellness. The draft revised policy includes everything from the current policy, including nutrition guidelines, physical education activities, and all components required by the USDA for participation in the National School Lunch Program.

The draft policy adds language around supporting student mental health, digital wellness, and social emotional learning. These three additional sections came directly from the recommendations of the Wellness Committee, identifying these as critical areas to address through explicit instruction, targeted interventions, and regular assessment to ensure the health and wellness of our students.

Please see the attached [revised draft policy ADF - School District Wellness Program](#), with tracked changes indicating the additions and revisions. I welcome any questions or suggestions the School Committee may have about our process or recommended language.

I want to extend my gratitude to the SY 24-25 Wellness Committee members who lent their expertise to the development of this proposed revised policy: Katy Colthart, Amy Davenport, Caitlin Ferreira, Krissy Fritz, Lemma Jn-baptiste, Matt Kuklantz, Harper Morrison, Tony Mullin, Mike Redmon, Dawnmarie Pelrine-Shu, Donna Tobin, Ari Tornatore, and Chon'tel Washington.