



WELLNESS ADVISORY COMMITTEE

Creating a culture of Wellness in the
Pittsfield Public Schools

What We Do

Promote students' health, well-being, and ability to learn by supporting the four key areas of good nutrition, physical activity, social health, and emotional health.

NUTRITION

- Chef in Schools Program
- Local produce sourcing
- Non-food/healthy fundraising
- Food allergy policy awareness

EXERCISE

- Carol M. White PEP Grant
- Health & PE Curriculum
- Activity Bursts
- New gym equipment

MENTAL HEALTH

- Yoga in schools
- Mindfulness
- Suicide prevention
- Substance-abuse screening

SOCIAL HEALTH

- Anti-bullying
- After-school programming by community organizations
- Cultural competency

Who We Are

A volunteer group of committed individuals that includes Pittsfield Public Schools staff, school food services, administration, school committee, Berkshire Health Systems, YMCA, Boys & Girls Club, Pittsfield Health Department, United Way, and local physicians.

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