

Carlisle Public Schools

Wellness Committee Meeting

Date: Monday, January 9, 2023

Time: 3:15 – 4:15

Location: Grant 209

Agenda

- Welcome & introductions
- Requests for additions to the agenda
- Department updates
 - Health Office
 - Food Service
 - Health Education
 - January: 7th grade depression/Signs of Suicide (SOS) screening
- Staff wellness updates
 - Overview of past events
 - December: After-school social at Evviva Trattoria
 - December: Secret Snowflake gift exchange
 - Upcoming events
 - February: Possible after-school social – location TBD
- Upcoming course at Framingham State: *School Wellness for Student Success*
 - Will run from 1/23 to 2/17
 - Lauren & Meghan will be participating
- Committee priorities for the 2022–2023 school year
 - Student and staff mental health
 - Potential for parent involvement
 - Potential for middle school student involvement
 - Additional suggestions?
- Future meetings:
 - Monday, February 6th – optional
 - Monday, March 13th
 - Monday, May 8th