Wellness Committee Agenda
Thursday February 13, 2025 Time: 7:00 a.m. – 8:00 a.m.
Location: Miles River Middle School Conf Room

1. Proposed Meeting Schedule

- Second Thursday morning every other month. February 13, March 13th, May 8th, 2024. Proposed time 7:00 - 8:00 am, Miles River Room, MRMS**.**

- Zoom link available

  Topic:HWRSD Wellness Committee
  Time: Feb 13, 2025 07:00 AM Eastern Time (US and Canada)
  Join Zoom Meeting
  https://us06web.zoom.us/j/84726899460?pwd=6qUMjbGh25GGR9zfJ5L1xUwKXn106l.1

  Meeting ID: 847 2689 9460
  Passcode: 593268

2. New Initiatives/Goals

- Celebrations in school policy
  - Food and beverages during the school day.
    "Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition and Massachusetts A La Carte standards." Wellness Guidelines pg 9

- No car engine idling signage
  - MGL https://www.mass.gov/doc/540-cmr-27-regulation-of-motor-vehicle-idling-on-school-grounds/download

- Cell phone policy at the high school (Lea Tabenkin)

- CPR training for students (Lea Tabenkin/ Jessica McGraw)

- Staff wellness
  - Staff relaxation zones
  - Enhancing staff wellness by combating burnout

Official Meeting Posting: February 10, 2025 @ 3:16 PM