Wellness Committee Agenda
Thursday March 20, 2025 Time: 7:00 a.m. – 7:45 a.m.
Location: Miles River Middle School Conf Room

Maribeth Ting, NCSN is inviting you to a scheduled Zoom meeting.

Topic: Maribeth Ting, NCSN's Zoom Meeting
Time: Mar 20, 2025 07:00 AM Eastern Time (US and Canada)
Join Zoom Meeting
https://us06web.zoom.us/j/88919825845?pwd=Cr60fFGNtN1N6WTyRxhRQKpbyxO0EJ.1

Meeting ID: 889 1982 5845
Passcode: 657787

Attendees:

1. New Initiatives/Goals

- Breakfast program update (E. Burns)
- Celebrations in school policy - draft communication to staff?
- No car engine idling signage- Update on progress
- Cell phone policy at the high school - update
- CPR training for students (Lea Tabenkin/Jessica McGraw)
- Staff wellness - Discussion
    - Establishment of school wellness representative/ ambassador for each school
    - Staff relaxation zones
    - Enhancing staff wellness by combating burnout
- Indoor air quality - development of educational materials for school staff?
    - What was shared with all staff