Wellness Committee Agenda

Thursday November 14, 2024 Time: 7:00 a.m. – 8:00 a.m.

Location: Miles River Middle School Conf Room

Zoom link available if unable to attend in person

https://us06web.zoom.us/j/83739192447?pwd=ry4Wca8uR8MbrigHVLy1jDXA5WPvsv.1

Meeting ID: 837 3919 2447

Passcode: 023294

1. Proposed Meeting Schedule

- Second Thursday morning every other month. Proposed future dates: January 9th, March 13th, May 8th, 2024. Proposed time 7:00 - 8:00 am, Miles River Room, MRMS**.**

2. Purpose and Membership

Introductions:

- Review the purpose and mandate of the District Wellness committee 105 CMR 215.000: M.G.L. c. 111, § 223.
- Recruitment of new members - letter to go out from Central office, outreach to Hamilton and Wenham Boards of Health, School Committee, and District staff.
- Organization of committee
- Make plan to communicate Annual notification of Wellness Guidelines (page 6)

3. Review Current Wellness Guideline and Policy

A. Review sections to update of **District Wellness Guideline**

B. Review Goals from the Guideline

- The District will coordinate the wellness guideline with other aspects of school management, including the District's School Improvement Plan, when appropriate.
- NOTE: Will also include any relevant data or statistics from state or local sources supporting the need for establishing and achieving the goals in this guideline.
- The District will determine appropriate curriculum to be used at the Elementary level due to the fact that Nutrition education is not included in the newly adopted Science program (Stemscopes).

4. New Initiatives/Goals

- Breakfast program at the High School (Eleni)
- Staff wellness
    - Staff relaxation zones
    - Enhancing staff wellness by combating burnout

Official Meeting Posting: November 6, 2024 @ 12:48 PM