Minutes Approved by the Wellness Committee on April 3, 2025

Wellness Committee Minutes
Thursday November 14, 2024
Time: 7:00 a.m. – 8:00 a.m.
Location: Miles River Middle School Conf Room

Attendees: Eleni Burns, Jessica McGraw, Maribeth Ting, Jessie Palm, Zach Best, Bryan Menegoni, Jeff Becker, Liana Gerstein, Lea Tabenkin, David Frenkel, Gina Bertelli, Mollie Mosher, Madison Novak, Lisa Druskat

1. Proposed Meeting Schedule

- Second Thursday morning every other month. January 9th, March 13th, May 8th, 2024. Proposed time 7:00 - 8:00 am, Miles River Room, MRMS. Agreed on proposed schedule of meetings.
- We could consider making a zoom link available if we have interested participants unable to attend in person.

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, District counseling and OT/PT staff as well as teachers. - letters sent out through Superintendent communication and MRMS principal weekly news blast. - 3-4 individuals expressed interest - some of those had conflicts and couldn't attend
- Organization of committee : Maribeth Ting will chair, Eleni Burns and Lea Tabenkin offer to co-chair
- Make plan to communicate Annual notification of Wellness Guideline (page 6)

3. Review Current Wellness Guidelines 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) - Eleni provided update on rollout of breakfast programs.
- Staff wellness - Discussed access to alliance for healthier generation website as source for wellness content Bullet point item discussion deferred
    - Staff relaxation zones
    - Enhancing staff wellness by combating burnout