Minutes approved by the Wellness Committee on April 3, 2025

Wellness Committee Minutes
Thursday January 25, 2024
Time: 7:00 a.m. – 8:00 a.m.
Location: Miles River Middle School Conf Room

Attendees: attendance incomplete: Maribeth Ting, Eleni Burns, Jessie Palm, Zach Best, Bryan Menegoni, Jessica McGraw, Jeff Becker, Liana Gerstein, Gina Bertelli

1. Membership

Introductions:

- Recruitment of new members - progress update
- Organization - need for any working groups/subcommittees

2. Review minutes from last meeting

3. New Initiatives/Goals

- Breakfast program at the High School (Eleni) progress update
- Mandated by the state to provide students breakfast. Each school setup is different.
- Evidenced Based Employee Wellness program (Lea & Maribeth) - deferred
- Healthy snack education outreach in all schools (Lea & Maribeth)- deferred
- Employee Wellness: Can all employees have access to the new fitness facility? Could we offer a strength training program for staff (possibly paid for by the grant, offer the stipend to a physical education teacher)
- Provide a schedule when staff can use fitness room at the HS and possible yoga classes.
- Could we begin an instagram or social media that we can put up our agenda or ideas?
- Possible “Wellness Wednesday” posts

4. Other items unanticipated

- Addressing snacks for fundraising and celebration foods in school.

****Next meeting March 14th @ 7:00 in the Miles River Middle School Conference Room**

Please let us know if there is anything you would like to add to the agenda or discuss on January 18th by end of day 1/12/23. (email m.ting@hwschools.net or l.tabenkin@hwschools.net or jpalm@hamiltonma.gov.