Minutes approved by the Wellness Committee on April 3, 2025

Wellness Committee Minutes

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:
Maribeth Ting, Lisa Druskat, Molly Mosher, Jessica McGraw, Lea Tabenkin, Eleni Burns, Bryan Menegoni, Madison Novak, Liana Gerstein,

Burns

1. New Initiatives/Goals

- Breakfast program update (E. Burns)
  Average students participating in breakfast is 11% of students. Goal is 15%

  Buker- 9%
  Cutler 19%
  HS 1%
  MS 15%
  Winthrop 14%

  The future of the free breakfast program is unclear. The school should be updated on July.

- Celebrations in school policy. The school community should follow the policy on outside food brought into the school for celebrations. Eleni Burns to review the current policy and provide the committee with a policy that is more defined.

- No car engine idling signage- Update on progress
  The HS, MS, and Buker have signs that say “No Idling.” (State Law Language)
  “If the weather is extreme (temps < 35 F or > 80 F) may have the engine running

not more than 1 minute in any 15 minutes. MS will ask the Facilities Director to change the location of the sign to where families usually idle.

- Cell phone policy at the high school - update
  HS staff and students visited Ipswich HS where a No Phone Policy already exists. The cell phone committee has met once as a group and drafted a plan. Our HS school plans to have students drop off their phone at the beginning of the school day and pick it up at the end of day. There is pending legislation and current plans will evolve depending on the legislation. Parents have concerns about practice time changes ect. Gina Bertelli addressed the use of cell phones to students and parents as it relates to safety.

  Maribeth Ting suggested mental health data be collected. Both before and after the No Cell Phone Policy is instituted. Jenn Clifford may plan a community read with the book Anxious Generation.

- CPR training for students (Lea Tabenkin/Jessica McGraw)
  Students in MS and HS will be offered CPR class taught by a nurse or Jim Laselva, certified CPR instructors

- Staff wellness - Discussion
  - Establishment of school wellness representative/ ambassador for each school - Maribeth Ting will reach out to each principal and school nurse for assistance with identification of individual from each school.
  - Staff relaxation zones Provide areas for staff to go if they need a quiet space. Provide staff with times to use the gym, Look at rooms that are quiet and underutilized.
  - Enhancing staff wellness by combating burnout Deferred to next meeting

- Indoor air quality - development of educational materials for school staff?
  - What was shared with all staff reviewed instructions shared with all staff are specific to the air purifier only - not about when/ why/ how to use during times of high respiratory illness in the school community.