Approved by the Wellness Committee on May 1, 2025

Wellness Committee Minutes
Thursday April 3, 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: Apr 3, 2025 07:00 AM Eastern Time (US and Canada)
Join Zoom Meeting
https://us06web.zoom.us/j/81634918202?pwd=nq5WWDTObbW8qwgXYEYijHUvB2kLzx.1

Meeting ID: 816 3491 8202
Passcode: 985969

Attendees: Maribeth Ting, Lisa Drusat, Lea Tabenkin, Jessica McGraw, Eleni Burns, Madison Novak, Jessica McGraw, Darlene Budds & Jessica Baker (via zoom), Zachary Best

1. **Approval of Minutes: 1/25/2024, 11/14/2024 , 2/13/25, 3/20/25.**

2. **Review of Wellness Policy ADF / (for Reference Only: Guideline)**
   - Any questions / revisions / updates?
   - How to communicate review etc (pages 7-8 of guideline)
     Members asked for additional time to review the policy. Meeting will be added on May 1st to review the framework.

     JM reported that the 2023 Comprehensive Health and Physical Education Framework was included in the current policy.

     Discussion about wellness in K-5. Elementary nurses will review the framework and identify ways to provide wellness education in the elementary schools. For example, one nurse provided lessons in Bike Safety. The SRO discusses safety with all elementary schools.

     Breakfast: Funding for this program will be announced in the summer.

     WellSat: Elementary School Nurses is analyzing the current policy and using the WellSat as a data tool Breakfast and recess are two issues that should be addressed. For example, on Page 12 a statement should be

added to ensure that recess is not taken away as a punishment for the elementary students.

JM will meet with the physical education team to review the portion of the wellsat questionnaire that relates to their department.

MBT should reach out to curriculum leaders to review health curriculum in the Elementary Schools and provide action items to the committee. The committee will strategize ways to educate students in health and wellness.

Kristen Lazzaro will be sent the current policy for review.

Vending Machines: EB is responsible for filling the vending machines. Due to staffing issues, the vending machines at the HS are not filed timely.

3. **Alliance for a healthier generation** - did everyone obtain access, any items of interest to share with the group?
   MBT asked everyone to make an account for Alliance for a healthier generation and review the site. Review the site and discuss at next meeting.

4. Next proposed meeting date 5/1/25, 7 am Miles River Room
   a. Topics deferred from previous meetings to be covered
      i. Enhancing staff wellness by combating burnout
      ii. Generation of letter/language for school staff about food in the classrooms / instructions and celebrations
      iii. Generation of letter/language for staff about the importance of indoor air quality and steps staff can take
   b. Additional topics for discussion at next meeting?