Wednesday, January 8, 2025
Remote Meeting
2:50pm-3:55pm

Agenda: 1) Update of Plan and Purpose of Wellness Committee
2) Update from each building (implementation, changes in practice)
3) New MA Wellness Frameworks

Attendees:
Michael Horton, Julie Salisbury, Pam Pellegrino, Melissa Lake, Olivia Gallugi, Beau Almodobar, Courtney Foster, Yuliya Chumak, Natalie Thompson, Anthony Choronzy, Seamus Galligan, Katherine Manchester, Rachel Foulkes, Michelle Olson, Heidi Smith, Jennifer Williams, Richelle D'Elia Beaudette

Absent: Meri Lepore, Nancy Small, Kelsey Perkins, Camilla McGarvey, Chris Miemiec, Linda Peterson (separate Nurse team meeting on this date)

Introductions

(1) Wellness Plan and Purpose

Clarified that there are three separate 'teams': This wellness committee to review our district wellness plan (includes food services), a wellness team led by Sherri Lewis (counselors and nurses), and a wellness team led by Dr. Bardsley focusing on curriculum frameworks implementation

Wellness plan requires this team to meet at least 4 times per year and post meeting minutes on the district's website. We need to recruit parents, students, community members, and a School Committee member to join this team. Our plan needs to be assessed every three years; MA DESE has 'coaches' to help guide this process. (Charlotte Stephenson was our coach for 2023-2024 plan review)

Beau shared his experience representing NPS in Natick last spring to accept our MA DESE Wellness banner for our work with Charlotte Stephenson in updating our district's wellness plan. Banner is displayed in the CPS cafe.

(2) **Building Updates**:
CPS (M Horton) - we have focused on enforcing No gum, no soda, and no candy this year. Reminders for students at assemblies in September and then again in December. Definitely less gum on floor and fewer candy wrappers in hallways.

NHS (N Thompson) - Still a challenge for students who leave the building for lunch and then return with lunches for other students. NHS really isn't distributing junk food, but kids are. We need to be careful with how we label food as 'good' or 'bad'. Maybe focus on moderation? Picking battles with gum chewing.

NIS (counselors) - cupcakes from parents still a challenge

NES (counselors) - still have birthday parties, focusing on mindfulness, counselors are pushing into preK sections to discuss 'healthy choices'. Ella Potenza (NCS Garden) collaborates with Richelle in wellness classes.

General: some students still eating only chips for lunch, need to explore food insecurity for families

(3) New Health Frameworks

CPS - Wellness teachers reviewed different wellness resources. Dr. Bardsley set up on-line training for *Health Ed* resource

NHS - Implementing *Health Smart* resource

NES - Still using *Spark* plus Responsive Classroom activities that focus on SEL

NIS - Habits of work, zones of regulation, and using videos from *Brainpop.* Gender identity 'saved' for CPS (grades 6-7-8)

Dr. Bardsley has scheduled meetings for wellness teachers to discuss and plan next steps for further implementation of new MA DESE Health Standards and Frameworks

NEXT MEETING: Need to confirm for Extended Workday for 2/19/25

Minutes respectively submitted by Michael Horton, CPS Principal