Wellness Committee Agenda

Thursday September 25, 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.
Time: Sep 25, 2025 07:00 AM Eastern Time (US and Canada)
Join Zoom Meeting
https://hwschools-net.zoom.us/j/91813561990?pwd=ZfIlvhb4zZbIbwc2gat21OfcwmDTEa.1

Meeting ID: 918 1356 1990
Passcode: 152603

Attendees:

1. **Approve minutes from 5/1/25 meeting (MT)**
2. **Where does this committee fit into Portrait of a learner? (LT)**
3. **What is new with food services? (LT)**
4. **Communication of facilities to staff (LT)**
5. **Allergies and trainings (LT)**
6. **-Wellness Fair (EB)**
7. **-New MA wellness tool: (EB)**
   https://massschoolwellness.org/resources/local-wellness-policy-assessment/
   2 parts: Strength checklist & Implementation Assessment
   -MA school wellness coaching program:
   https://massschoolwellness.org/initiatives/#schoolwellnesscoaching
   Tier 1: Perfecting Policy
   Cost: $1399*
   ***For SY2025-2026, Tier 1 is available at NO COST to schools/districts through the FY26 state budget which included funding to expand the school wellness coaching program in K12 schools.**
   Goal: To assist the school wellness committee in assessing and revising their local wellness policy so that it is compliant with state and federal requirements.
   Requirements: Districts must have an existing policy in place and must have an active school wellness committee to participate in Tier 1.
   Includes:
   Two* virtual 1.5-hour coach-facilitated meetings
   Complete an assessment of your written LSWP
   Local wellness policy revisions based on assessment results

Official Meeting Posting: September 19, 2025 @ 1:58 PM
Amended Agenda: September 19, 2025 @ 2:56 PM

Up to 2 hours of technical assistance
Compliance review of the revised policy by the School Wellness Coach and DESE School Wellness Specialist prior to school wellness committee's submission to school board or equivalent for adoption
Tier 2: Implementing Initiatives
Cost: $1999*
***We are pleased to offer Tier 2 of the program at NO COST for the 2025-2026 school year to a select number of schools/districts!**
Goal: To assist the school wellness committee in assessing the implementation of the local school wellness policy, and prioritize and develop wellness action plans.
Requirements: Districts must have an up-to-date written local wellness policy that is compliant with state and federal regulations to participate in Tier 2.
Includes:
Four* virtual 1-hour coach-facilitated meetings
Complete an assessment of LSWP implementation
Identify wellness priorities
Wellness action planning
Monitoring and evaluation of action plans; sharing and celebrating success
Up to 1 hour of technical assistance

8. **Review of Wellness Policy ADF / (Guideline) (MT)**
   1. Any questions / revisions / updates?
   2. How to communicate review etc (pages 7-8 of guideline)

8. Topics deferred from previous meetings to be covered (**MT**)
   1. Enhancing staff wellness by combating burnout from Alliance for Healthier Generation.
   2. Generation of letter/language for school staff about food in the classrooms / instructions and celebrations
   3. letter/language for staff about the importance of indoor air quality and steps staff can take (**DF**)

9. Additional topics for discussion at next meeting? (**MT**)

Next proposed meeting dates 11/20/25, 4/30/26 3-3:45 pm Miles River Room and 2/26/26 7-7:45 am Miles River Room

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