HAMILTON-WENHAM
Regional School District

Wellness Committee Agenda

Thursday November 20, 2025 Time: 3:00 p.m. – 3:45 p.m.

Location: Miles River Middle School Conf Room

Maribeth Ting, NCSN is inviting you to a scheduled Zoom meeting.
Time: Nov 20, 2025 03:00 PM Eastern Time (US and Canada)
Join Zoom Meeting
https://hwschools-net.zoom.us/j/91644477265?pwd=8NjZ2sebSPfKtwTeRhFgLbf8oPNOKZ.1
Meeting ID: 916 4447 7265
Passcode: 115411

Attendees:

1. **Approve minutes from 9/25/25 meeting (MT)**
2. **Where does the Wellness committee fit into Portrait of a learner? (LT)**
3. **Allergies and trainings (LT)**
4. **-Wellness Fair (EB) subgroup formation**
5. **Review of Wellness Policy ADF / (Guideline) (MT)**
6. **Update from Director Eleni Burns regarding Tier 1 Massachusetts School Wellness Coaching**
7. **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**)
8. **Composting (LD & DB)**
9. **Additional topics for discussion**

Next meeting date: 11/20/25, 3-3:45 to offer more participation

Additional proposed meeting dates:

2/26/26 7-7:45 am Miles River Room

4/30/26 3-3:45 pm Miles River Room

Official Meeting Posting: November 18, 2025 @ 1:40 PM

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