Approved by the Wellness Committee on September 25, 2025

HAMILTON-WENHAM Regional School District

Wellness Committee Agenda Minutes
Thursday May 1, 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: HWRSD Wellness Committee Meeting Maribeth Ting, NCSN's Zoom Meeting
Time: May 1, 2025 07:00 AM Eastern Time (US and Canada)
Join Zoom Meeting
https://us06web.zoom.us/j/81655600106?pwd=KA1bpsGtmnnxXa7sMiB6bu5EcONuMh.1

Meeting ID: 816 5560 0106
Passcode: 952679

Attendees: Mollie Mosher, Jessie Palm, David Frenkel, Lisa Druskat, Eleni Burns, Brian Menegoni, Gina Betelli, Zach Best, Maribeth Ting, Lea Tabenkin

Approval of Minutes: 4/3/2025

- Approval of the minutes.

Review of Wellness Policy ADF / Guideline

- Review changes proposed by the wellness committee.
- Updates to the health policy were made to reflect current practices.
- Positions within the HW community were updated accordingly.
- The policy committee has been provided with all updates.
- Discussion on how to communicate the policy review, etc. (Refer to pages 7–8 of the guideline.)

Topics Deferred from Previous Meetings to be Covered: Goals for the Fall

- Enhancing staff wellness by combating burnout, in collaboration with the Alliance for a Healthier Generation — defer to fall.

- Draft a letter or standard language for school staff regarding food in classrooms, including instructions and celebration guidelines.

- Draft a letter or communication for staff about the importance of indoor air quality and steps they can take.

- Create a working document for staff on improving indoor air quality. This will include information about air-cleaning devices, reasons for their use, and practical actions (e.g., opening windows). Contact: d.frenkel@hwschools.net

- **Staff Wellness**: Continue discussion.

- **Health Curriculum**: Explore integration into elementary school programming. A small group will be formed to work on this initiative.

- Review the school mission statement to ensure alignment with wellness policy.

- Discuss alternative meeting times, such as after school or via Zoom.

Next Proposed Meeting Date:

- **9/11/2025, 7:00 AM** – *Miles River Room*