Approved by the Wellness Committee on November 20, 2025

HAMILTON-WENHAM Regional School District

Wellness Committee Agenda Minutes

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: Mollie Mosher, Madison Novak, Ema Kelfti, Zach Best, Liana Gerstein, Jeff Becker, Lea Tabenkin, Jess McGraw, Eleni Burns, Jessie Palm, Julia Campbell via Zoom

1. **Approve minutes from 5/1/25 meeting (MT) Approved**
2. **Where does this committee fit into Portrait of a learner? (LT) Deferred to next meeting**
3. **What is new with food services? (LT) Breakfast continues to be utilized with a slight increase this academic year. Students do not need to sign up to attend.**
4. **Communication of facilities to staff (LT) Weight room is open for staff and community. Scheduled outside the weight room door that is updated weekly.**
5. **Allergies and trainings (LT) Deferred to next meeting**
6. **-Wellness Fair (EB) MT, EB, LT to look at previous fairs success that was held on a Saturday morning, from 10-1, with internal activities/displays as well as many outside vendors. Not considering for this school year, but perhaps next. will review docs from earlier wellness committe meetings regarding previous wellness fair - and will break into working subgroups**
7. **-New MA wellness tool: (EB) EB has reached out and the district is currently on waitlist. Mr. Becker Suggested often times all request are initially waitlisted to allow for a review of interest participants We are on the waiting list for this resource. Additionally, there is a course at Framingham state, School Wellness for Student Success.**
   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
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) Discussed posting in Superintendent update on 9/19 about Wellness Committee, Website posting about District Wellness committee including minutes. Suggestion that we can have Eric Tracy post small update quarterly after each wellness committee meeting. Also seek community input about Wellness Fair**
    1. Any questions / revisions / updates?
    2. How to communicate review etc (pages 7-8 of guideline)
        - i. Annual Notification sent out to families via superintendent email
        - ii. Agenda & Minutes posted on district website
        - iii. Committee feels this is adequate, possibly considering adding a synopsis for the minutes and considering sharing info internally as well.

9. 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 Letter is still being finalized

3. letter/language for staff about the importance of indoor air quality and steps staff can take (**DF**) DF offered indoor air quality and steps staff can take. Outside person sent a “user friendly” version, MT looped in superintendent to be approved prior to distribution.David Frenkle shared language and then solicited input from an outside individual - item currently on hold - DF not present for meeting.

10. Additional topics for discussion Brief discussion of new cell phone policy. Students and staff reported feeling it was working. Students appreciated senior privilege. Group to consider a survey prior to next meeting.

10. Staff and students are encouraged to email MB to add agenda items for next time.

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