

**Old Rochester Regional School Committee
District Wellness Committee
Superintendent's Conference Room
135 Marion Road, Mattapoisett, MA 02739**

**September 17, 2025
1:00pm**

School Committee Members Present:

Cristin Cowles, Mattapoisett School Committee; Matthew Monteiro, ORR School Committee; Nichole Nye McGaffey, Marion School Committee; and Robin Rounseville, Rochester School Committee.

School Administrators, Faculty, and Staff Present:

Dr. Shari Fedorowicz, Assistant Superintendent of Teaching and Learning, Dr. Jaime Curley, Assistant Superintendent of Student Services, Jill Henesey, Food Service Director, Nicole Reedy, School Nurse - ORR High School, Linda Ashley, Principal - Center School, Heidi Letendre, Principal – Rochester Memorial School, Lauren Millette, Assistant Principal - ORR High School, Chad Cabeceiras - Physical Education Teacher, Mattapoisett and Linda Deveau, School Nurse – ORR Junior High School.

Community Stakeholders Present: Shannon Cabral, Kelsey Forcier, Susan Hunter Revell, and Rhonda Reints.

MEETING TO ORDER

The meeting was called to order by Mr. Matthew Monteiro at 1:02pm. In accordance with Massachusetts Open Meeting Law, the Agenda has been set and posted, and unless there are any emergencies that need to be added, the Agenda will be followed as outlined. The meeting was conducted via hybrid format and the public had the ability to participate in-person or remotely through zoom with the link provided.

- I. Introduction of each member as an ice breaker.
Assistant Superintendent of Teaching and Learning, Dr. Shari Fedorowicz, welcomed and thanked all of the stakeholders present for the attendance. Each individual present introduced themselves and their affiliation to the districts.
- II. Share the location of the updated [District Wellness Program Policy](#)
High School Nurse Nicole Reedy provided an overview of the policy as approved by the Joint School Committee at the end of last school year.
- III. Overview of the Policy - Understanding the Wellness Policy: Wellness is more than food and fitness. Everyone has a role in Wellness.
High School Nurse Nicole Reedy explained that our districts are committed to building lifelong habits for students, complying with federal and state regulations and connecting programs between our schools.
- IV. Purpose of Committee: The purpose of the District-Wide School Wellness Committee is to advance this commitment by fostering a coordinated approach to wellness across all schools. The committee brings together educators, administrators, school nurses, counselors, food

service staff, families, and community partners to ensure that wellness initiatives are aligned, sustainable, and responsive to the needs of the school community.

Food Service Director Jill Henesey shared that the policy was updated last school year in collaboration with a Wellness Coach through DESE and their partnership with Framingham State University and John C. Stalker Institute. Our assigned wellness coach is Ms. Alison Doak of John C. Stalker.

Ms. Susan Hunter Revell inquired what the coach will assist with this year.

Ms. Henesey shared that since we were awarded the ability to participate in year two, this current school year, at no cost, the Wellness Coach will join the Committee at upcoming meetings and provide assistance with policy compliance, implementation, goals, public outreach and more.

Ms. Kelsey Forcier expressed interest in the Committee discussing mental health as well as nutrition and physical education in the policy. She will connect with School Committee representative Cristin Cowles from Mattapoissett.

V. Meeting Schedule

A. December 10, 2025, February 25, 2026, and May 13, 2026 at 1:00 pm

VI. Adjournment

Motion to adjourn at 1:22pm by Matthew Monteiro

Seconded by Nichole Nye McGaffey

Motion Carries 4-0

Roll Call: Cowles (yes), Monteiro (yes), Nye McGaffey (yes), Rounseville (yes)