Wellness Committee Agenda
Thursday March 12, 2026 Time: 7:00 a.m. – 7:45 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/98104355642?pwd=A2egc8OObMPhr2pbjCknRHHswoggpp.1

Meeting ID: 981 0435 5642
Passcode: 854078

Attendees:

1. **Approve minutes from 11/20/25 meeting (MT)**
2. **Review of meeting with School Wellness Coach for the *Massachusetts School Wellness Coaching Program: Implementing Initiatives* and review of the assessment of the implementation of the District Wellness Policy (MT/EB/JM)**
3. **Goal setting for Wellness committee using data from the assessment of the implementation (see #2) (MT/EB/JM)**
4. Topics deferred from previous meetings to be covered (**MT**)
   1. Discussion of Enhancing staff wellness by defining burnout from Alliance for Healthier Generation.
      (PREWORK: Please log in to Alliance for healthier generation -create an account if you do not already have one and view this 20 minute training)
   2. Generation of letter/language for school staff about food in the classrooms / instructions and celebrations
5. Additional topics for discussion

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

Official Meeting Posting: March 4, 2026 @ 8:44 AM