HAMILTON-WENHAM
Regional School District
5 School Street, Wenham MA 01984

Wellness Committee Agenda
Thursday May 28, 2026 Time: 3:00 p.m. – 3:45 p.m.
Location: Miles River Middle School Conf Room

Time: May 28, 2026 03:00 PM Eastern Time (US and Canada)
Join Zoom Meeting
https://hwschools-net.zoom.us/j/96552777303?pwd=o85XfoTNGUFgTnnHOH6NZyVqyTx2LA.1

Meeting ID: 965 5277 7303
Passcode: 611919

1. **Approve minutes from 3/12/26 meeting.**

2. **Recognition of HWRSC as a MA School Wellness Champion at State conference 5/20/26 (EB)**

3. **Course at Framingham State - John Stalker Institute - on food / culture**
   - **This could help us meet a previous goal of generating understanding and communication for educators about how to safely incorporate food into the classroom.**

4. **Committee Reorganization - Co-chairs, minute taker/ agenda poster**

5. 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)
6. Additional topics for discussion

Next meeting date: 9/17/26 7:00 - 7:45 am Miles River Room

Official Meeting Posting: May 26, 2026 @ 10:05 AM