Approved by the Wellness Committee on March 12, 2026

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

Wellness Committee Minutes

Thursday November 20, 2025 Time: 3:00 p.m. – 3:45 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/91644477265?pwd=8NjZ2sebSPfKtwTeRhFgLbf8oPN
OKZ.1
Meeting ID: 916 4447 7265
Passcode: 115411

Attendees: Maribeth Ting, Kristen Lazzaro, Bryan Menegoni, Mollie Mosher, Jeff Becker, Lea Tabenkin, Jessica McGraw, Darlen Budds, Julia Campball, Eleni Burns, Lisa Druskat, Jessica Baker

1. Approve minutes from 9/25/25 meeting (MT) Minutes Approved unanimously.

2. Where does the Wellness committee fit into Portrait of a learner? (LT)
Does it connect with the competencies
Lifelong Health/Learning

Action Item: Copy Portrait of the learner in a document and create a one page form on how the wellness committee stands with Portrait of a Learner.

3. Allergies and trainings (LT)
Nurses teach allergy awareness in the classroom from Elementary to High School. Will bring up in Nurses meeting for action items.

4. -Wellness Fair (EB) subgroup formation
Obtain old file from previous wellness fair to “get the ball rolling” on a wellness fair for 26/27

5. Review of Wellness Policy ADF / (Guideline) (MT)
MBT to share information with Eric Tracy.

6. Topics deferred from previous meetings to be covered (**MT**) No action taken during the meeting.
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
3. letter/language for staff about the importance of indoor air quality and steps staff can take (**DF**)

9. Additional topics for discussion
Composting: Jeff Becker reports that from experience all the materials in the lunch room needs to be compostable. Also, companies that manage compostable materials do not last. Eleni reports that sometimes she cannot obtain the supply. The collaborative for school ordering does not have the materials available.
MBT believes: if we train the students how to compost then the program has a greater chance to be successful. We can ask the Haulers if they can take the materials.

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