Approved by the Wellness Committee on May 28, 2026

HAMILTON-WENHAM Regional School District

5 School Street, Wenham MA 01984

Wellness Committee Minutes

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: Maribeth Ting, Philip Goudie, Jessica McGraw, Brian Menegoni, Lea Tabenkin, Liana, Gerstein,

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)**

   Review of implementation assessment action plan. Defined goals for implantation for the rest of the academic year and into next year. The first goal is a summary statement of the triennial assessment, made available, and posted to the public via the central office. The second goal is to update and communicate goals. Responsible district level representative (ET) and discussion about responsible school level officials (nurses are currently school level officials in the guidelines).

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