# MERSD Wellness Advisory Committee Meeting

**Date**: November 19, 2026
**Location**: MER Central Office Conference Room
**Time**: 3:30-4:30

**Today's Goals:** *Today we will...*

- Connect as a team & revisit charter
- Review adopted Wellness Policy
- Confirm Community Event Goal

**2026-27 Committee goals:**

- ➢ Facilitate/sponsor community wellness events *(Focus on students & during-the-day)*
- ➢ Curate resources for community wellness communication
- ➢ Engage and amplify student voices

**Charter** We want to feel: Excited, Engaged, Valued, Heard

We will:

- Actively listen
- Be present and mindful
- Be purposeful in the work
- Withhold judgment & give grace

| What? | How? | Notes | Time |
|---|---|---|---|
| **Welcome & Overview** | • Welcome & Connections<br>• Overview of today's agenda<br>• Charter Check-In | | 3:30-3:45pm<br>15 min |
| **Policy Revisit** | • Quick review of adopted MERSD Wellness Policy | | 3:45-3:55pm<br>10 mins |
| **Community Engagement** | • Planning & Next Steps:<br>○ Blurbs<br>○ Student Voices<br>○ Tabeling<br>○ Events | | 3:55-4:20pm<br>25 mins |
| **Next Steps & Feedback** | • What worked well? What can we do better next time? | | 4:20-4:30pm<br>10 mins |

Resources:

- **MERSD Wellness shared Google Drive**
- MA School Wellness Coalition
- MERSD Wellness Policy
- Standards For School Wellness Advisory Committees (MA Department of Public Health)
- RULER Charter Overview