MERSD Wellness Advisory Committee Meeting

Date: December 18, 2025
Location: MERSD Central Office Conf Room
Time: 3:30-4:30

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

- Connect as a team & review charter
- Review Policy Feedback & Make final recommendations
- Finalize community resources
- Confirm Community Event Goal

24-25 Committee goals:

- ➢ Provide recommendations for Wellness Policy Updates
- ➢ Explore recently released Comprehensive Health & PE Frameworks
- ➢ Curate supports and resources for community to support wellness

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 • Overview of today's agenda • Charter Check-In		3:30-3:40pm 10 min
Policy Review	• Final review & consensus on Wellness Policy	Wellness Policy REVISED DRAFT as of 12.2.25	3:40-3:55pm 15 mins
Community Event	• Ideas, resources, & Next Steps		3:55-4:20pm 25 mins
Next Steps & Feedback	• What worked well? What can we do better next time?		4:20-4:30pm 10 mins

Resources:

- November Slides
- 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