

Wellness Policy Committee – Meeting Notes & Next Steps

Date: 11/18/2025 2:00 PM Google Meet

In Attendance

April Liles - Abbey Hubbell - Amy Woogmaster - Christine Young - Heather Metallides- Michelle Kern- Raymond Porch - Kaytie Dowcett - Natasha Manganiello- Nicole Viele

Committee Leadership

- The three co-chairs, Heather, Christine, and April, will lead the newly restructured Wellness Policy Committee.
- The former School Health Advisory Council (SHAC) will be put on hold as the work transitions into the updated Wellness Policy framework.
- The group can discuss moving back to an SHAC format in future meetings and over the coming months to provide the board with greater oversight of district health and wellness.

Kickoff Conversation – November 18

The meeting served as a welcome back to the larger group, a chance to share updates, and an opportunity to outline next steps.

DESE Coach Review

A meeting with the DESE coach is scheduled for December 1, 2025, to review and analyze the current Wellness Policy.

Policy Revision Process

- After the DESE review, the team will begin making necessary adjustments.
- The goal is to streamline the Wellness Policy to align clearly only with USDA and Massachusetts regulations.

Future Presentation Timeline

- The revised policy will be presented to the Wellness Committee for discussion and feedback.
- Once finalized, the updated policy will be presented to the School Committee for formal approval.

Professional Development Opportunities

- The Wellness Policy Committee will help spark interest in district-wide professional development, including trainings for principals and health-related topics.

Membership

The committee is welcoming additional members, including parents, staff, and community partners.

Next Steps

- December 1, 2025: DESE coach meeting with co-chairs to evaluate the current policy.
- Next Meeting: TBA – The group will reconvene after the DESE review to discuss outcomes and plan revisions. This will likely be mid-December 2025.