MERSD Wellness Advisory Committee Meeting

Date: March 12, 2026
Location: MER High School 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

2026 Committee goals:

- ➢ Support Wellness Policy Approval process
- ➢ Engage community in Wellness Event
- ➢ 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 Update	• Quick update on status of MERSD Wellness Policy		3:40-3:50pm 10 mins
Community Event	• Ideas, Resources, & Next Steps	• What existing district/school events could we connect or coordinate with a "Wellness Community Event"? • What community partners may want to participate in a "Wellness Community Event"? • What types of wellness activities/presenters/topics would we want to include in a "Wellness Community Event"? • Any other ideas for a "Wellness Community Event"?	3:50-4:20pm 30 mins
Next Steps & Feedback	• What worked well? What can we do better next time?		4:20-4:30pm 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