

Monomoy Regional School District
Wellness Committee
November 3, 2022
Agenda

5:00 - 5:05 Welcome and Introductions

5:05 - 5:15 Update on Wellness Policy and State Coaching & plan for Wellness Policy Review

1. WellSAT online assessment
2. Areas we need to review
 - a. Nutrition Standards
 - b. Competitive Foods
 - c. Marketing

5:15 - 6:00 Review of goal areas and brainstorming of goal(s)

- a. Breakout groups
 - i. Group 1
 1. school offer opportunities for gratitude - need to be inclusive, esp non-instructional staff; no professional opportunities
 - ii. I Ensures qualified staff for social-emotional behavior
 - iii. Group 2 1, 4, 5, 9 Cultivating Staff Well-Being, and identified S1-creating team, S4 prof learning & S5 prof learning around work culture, S9 staff gratitude

- iv. Group 3 Cultivating Staff Well-Being, gratitude check ins 9, Fostering positive school culture

Our school ensures qualified staff are available to provide (SEL) interventions at all schools by doing all the following at least once per year:

- Using data to determine adequate ratio of school mental health professionals relative to student needs
 - Reviewing job duties to ensure alignment with school priorities
 - Providing opportunities for school mental health professionals to engage in professional learning to maintain and enhance professional practice
 - Requesting feedback from the school community about perceptions of access and additional needs
- v.
 - vi. Group 4
 1. School continuous improvement process to advance staff well-being
 - a. Engaging a diverse set of key stakeholders in developing a shared vision of success
 - b. Assessing strengths and opportunities for incremental improvement using disaggregated data
 - c. Setting measurable goals based on priorities
Connecting stakeholders with necessary resources and information, including data to measure progress
 - d. Evaluating and reflecting on progress, successes, and challenges

Action steps:

Meeting Schedule

1/19/2023

1. Begin policy assessment using the WellSAT assessment tool

3/23/2023

1. Complete policy Assessment
2. Begin draft of policy
3. Progress on Goal(s)

5/25/2023

1. Finalize draft Policy for review in the 2023-2024 school year
2. Progress on Goal(s)

June presentation to the school committee