Haverhill Public Schools Wellness Committee
2025/2026

Date: November 3, 2025
Time: 4:00-5:00 Floor 1 Conference room at the high school
Virtual option: meet.google.com/fxx-wcqw-roa
Next Meeting - January 12

Meeting Norms:
- Keep kids at the center
- Assume positive intentions
- Be open minded
- Respectful to all members of our group

Note Taker:
Time Keeper:

Participants: Meghan Correll Margaret Morotta Nancy Thompson Dr. Maddox Bonnie Antkowiak Jen Rubera John DePolo Meg Arivella Maritza Martinez-Cabrera	Haverhill School Wellness policy
Meeting Norms: **Introduction of new members** **Objectives of the Wellness Committee**	Preview- Additions? • Preview of Meeting Norms. No additions requested • Introduction: Review the objectives and the importance of making our committee meaningful • **The objective is to address physical activity and nutrition in our schools. It is important that we are we following the newly adopted Wellness Policy**

School Nutrition





Lunch labs have happened at all elementary schools

- Students try different foods prepared by food service.
    - Students learn about the harvest of the month
    - Students tried poached pears with cinnamon and brown sugar.
- Students vote for if they “liked it”, “loved it” or if it is “not for me”
    - More students loved or liked the samples versus those who decided it was “not for me”
- Future Lunch lab schedule
    - Collaborate with food services to create a lunch lab schedule for harvest of the month
- Future lunch lab format
    - Do students need to vote each time?
    - Can we focus on the food plate and make students aware of food groups.
- Lunch times - amount of time students have to eat.
    - The schedule for lunches is dependent upon a lot of other factors.
    - Work with food service on strategies to use the designated lunch time efficiently so students have enough time to eat.
- Share table?
    - During lunch lab, we noticed a lot of food being wasted. We discussed a possibility of providing a “share table”.
    - There are specific laws around temperature of foods which make this a challenge.

What are options for the middle schools?

- Can students have a competition with specific expectations on creating a healthy meal?

	• A healthy snack pack with recipe directions •

QR codes for the high school	• The FD Meal Planner website
	• Website education
	  ○ The FD Meal Planner website gives nutritional values for all lunch choices in the cafe.
	  ○ QR codes posted in the cafeteria bring students to the website with nutritional information.. We want to move away from phone use by students. The group discussed having the website on a touchview for students to reference while at lunch.
	  ○ Discussions were had around maybe focusing on specific guidelines. For example, highlighting and adding signage to options that are high in protein, or low in calories, etc. Color coding food groups based on the food plate is also an idea discussed.

Educator Wellness
 	
Educator Wellness partnerships
	• Walking Club
	• Step Challenge
	• Pickleball
	• Yoga
	  ○ Postings for teachers to apply to teach yoga has gone out.
	  ○ We have collaborated with Pinnacle Place downtown to utilize space for classes. We have booked a space for every Tuesday until May
	  ○ Walking club was not well attended.
	  ○ The pickleball sign up has been distributed with dates every Monday for staff to sign up. We have created start times for middle school and high school staff.
	
	Future offerings

	• Pilates • Group Fitness Christina Accardi - Through the Trees Life Coach -Contributes to our monthly newsletter -Wheel of rest Divine Wellness - Plans to offer discounts on classes for our staff • Meghan will follow up with Bernise-owner of Divine Wellness Cheri Rousso - Current teacher -Breathe for change course. This includes 30 mins of staff practice and 30 mins on how to implement strategies in the classroom Donation from JF Maddox Foundation The Maddox foundation has kindly donated money towards the Wellness Committee initiatives.
Student council visits	• Having the student perspective is important to the committee. We will plan a visit to one of their meetings.