

Wellness Committee Agenda 01/10 2023

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Beth Ross

District Wellness Advisory Committee
Nauset Administration Building, 78 Eldredge Park
Way, Orleans MA 02653

Meeting Location- Central Office Conference
Room


Wednesday, January, 10, 2024, @ 3:00-5:30 pm

Meeting Agenda

1. CALL TO ORDER/AGENDA CHANGES2. CITIZENS SPEAK3. PRIORITY BUSINESS

- HMI Grant updates
- Hydroponics update [Flex Farm Hydroponics update](#)
 1. Assembly PD day
 2. [Flex Farm Assembly Pictures](#)
 3. Planting Plans
 4. Inviting Members (show The process)
 5. Sharing Curriculum
- Layering nutrition education messaging in the cafeteria (status update)
- Sue Bourque- Food tastings - Nutrition interns (Set a calendar)
- Cooking Classes
 - Parent
 - Student (WES & NMS)
- Chop Chop (Feedback)
- [ChopChopFamily.org - ChopChop](#) (Can view previous editions)
- March Wellness Fair (Tentative Date 03/20/24) (half day for students)
 1. Date & time frame
 2. March Wellness Month Calendar (include Mindfulness activities)
 3. Spreadsheet of resources
 4. Assigning Contact list responsibilities
 5. NMS - building assessment & use form
 6. Station building maps
 7. Tentative February 7th working meeting 12:00 pm-3:00 pm (half day for students)
- [The Wellness Policy](#)
- Wellness Coach
- Subgroups meetings updates

4. APPROVAL OF MINUTES5. ADJOURNMENT

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