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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 CHANGES

2. CITIZENS SPEAK

3. 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 MINUTES

5. ADJOURNMENT

6. NEXT MEETING March 13th, 2024 (Add a February meeting)