

Wellness Committee Meeting Agenda & Minutes

January 13, 2026 2:15-2:50

Agenda:

1. Discuss the mental health education from k-12 (as requested by Melissa Cook)
2. Triannual review of wellness policy (go over the answer the wellness department completed)
3. Where are we with student volunteers?
4. Breakfast after the bell- are we obligated to feed kids who arrive late?
5. YRBS to students

Location: AMS/AHS Library Glass Classroom

Attendees:

1. Karin Daisy
2. Kate Casey
3. Rebecca Pulkinen
4. Jackie Gurry

Minutes:

Due to the fact that some members were unable to attend, we did not thoroughly complete the agenda.

Ms. Casey looked over our answers to the Triannual Review, and it was suggested that we should reach out to Dr. Basta to determine if we can make minor edits without school committee approval. If we decide we have larger edits, will school committee be able to meet about it this year or should we table it until next year?

Ms. Casey also stated that it would require school committee approval for Melissa Cook to administer the YRBS but that since the information will be used to receive grant money, she indicated it would likely not be a problem.

We did not discuss the vertical alignment of mental health. We will save that for when Melissa Cook returns.

Ms. Casey stated that she asked members of the Active Minds Club if they were interested in being a student member of our group. They did not want to come back at 2:15 after an early release day. She will ask again for next time.

Rebecca Pulkinen brought up the breakfast after the bell program and Ms. Casey said that was a national program and we follow state guidelines.

There are some aspects of the review that we need Dr. Basta and Jean Connon to help with. We will revisit this at our next meeting.

Next meeting TBD