



Littleton Public Schools

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Littleton Public Schools Meeting Minutes September 27, 2023 Executive Session

A. Call to Order/Introductions

Attendees

Leah Botko, Natalie Croteau
Agenda

1. Welcome to our new team
2. Focus for this year
 - a. Promote Community Wellness
 - i. Focus on social emotional wellness for staff and students
 - b. Food Nutrition changes for 2023/2024: Sodium limits reduced 1110mg from 1230mg
 - i. Increase in scratch cooking
 - ii. Increase of local ingredients
 - iii. Focus on self-serving fresh produce to reduce waste combined with composting & metal silverwares
 - iv. 10k grant for unprocessed foods from local farms, new produce bars at Russell, Middle & High School.
 - c. What's new in our schools this year
 - i. Return of most in-person events, focus on mental health
 - d. LPS Connections - October 3 - LHS auditorium 6pm, Steve Boczenowski, Adolescent Anxiety & Depression. Send out attachment for next weeks community event
 - e. Grant for rewrite of Wellness Policy - include in our email about the grant and it's purpose and invite to review of our current wellness policy. Include current policy in our email.
 - f. Goals for 2023/2024: Revise Wellness Policy with help of grant, focus on mental and physical health for students and staff.

Action Items-

Website Review

Leave as it has been updated, Removed Covid Section. Natalie will continue to update
Agenda and meeting minutes - Leah

Reschedule MPY for fall (last event did not have enough sign ups to run) - October time frame - NC

MPY Presentation

Just talk about it** - need to schedule and promote the flyer throughout the district.
Share on Social Media, newsletters, SEPAC, etc. Will be in person.

Just Talk About It is a clinician-led workshop covering adolescent mental health topics such as anxiety, depression, self-harm, disordered eating, substance use, social media, and suicide.

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Our mission is to foster a community of learners who strive for excellence and prepare each student to be a successful, contributing citizen in a global society.

This workshop is 60-90 minutes and features a Young Adult Speaker to provide dual perspective. The program's goal is to ensure that adults have the information needed to understand adolescent mental health, identify mental health challenges and crises, and to respond in helpful and supportive ways. This workshop can be tailored to parents/caregivers, school personnel, or community members. This workshop can be offered in Spanish.
Feb?

Contact Elder and Human Services to schedule the community wellness day in the fall Liz Tretiak - NC
Wellness event for LMS- work with Jason and Matt to see if they are interested

Jason is interested in hosting an event, and open to all suggestions for topics.

Will reconvene meetings in the Fall based on group input of dates and time - October 24, 2023

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