



# Littleton Public Schools

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## Littleton Public Schools Wellness Committee Agenda February 27, 2024 7:00pm

- A. Call to Order/Introductions
- B. How is everyone feeling- SEL check-in
  - a. Why this is important: News story
- C. Grant awarded for staff healthy snacks: starting January 10, 2024
- D. Wellness Policy Rewrite Review
- E. Connections Event: Jan 16 Tara Trainor Universal Design Postponed: TBD. March 19 NAMI Middle School 6pm Mental Health: Ending the Silence with families. May 21 LHS Auditorium 6pm Charlie Applestein: Addressing Challenging Behaviors
- F. Rescheduled Connections Speaker Series with Dr. Kalise Wornum to April 30: Defining Equity and Cultural Proficiency
- G. Resource share from Nashoba Board of Health  
Full clinic schedule, registration links, and FAQs can be accessed at [www.nashoba.org/calendar](http://www.nashoba.org/calendar).  
[NASHOBA ASSOCIATED BOARDS OF HEALTH QUARTERLY NEWSLETTER](#)  
follow the link and scroll down the page  
It has many stories and resources on multiple topics including:
  - safe food prep and handling for the holidays
  - grief counseling
  - winter and flu health tips
- H. Middle School Wellness Event - status

*It is the policy of the Littleton Public Schools not to discriminate on the basis of race, gender, religion, national origin, color, homelessness, sexual orientation, gender identity, age or disability in its educational programs, services, activities, or employment practices. Further information may be obtained by contacting Lyn Snow, District Equity Coordinator at 978-540-2500, [lsnow@littletonps.org](mailto:lsnow@littletonps.org) or 33 Shattuck Street, P.O. Box 1486, Littleton, MA 01460.*

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I. Health Updates in Schools

J. Podcast/Recipe

K. Any other business?

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