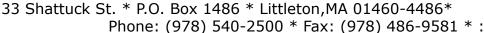


Littleton Public Schools





www.littletonps.org

KELLY R. CLENCHY, Ed.D., SUPERINTENDENT OF SCHOOLS

Elizabeth M. Steele, Director of Teaching and Learning Lyn A. Snow, Director of Student Services Steven F. Mark, Business Manager Natalie A. Croteau, Technology Systems Coordinator Julie Lord, Instructional Technology Coordinator

Littleton Public Schools Wellness Committee Agenda November 28, 2023

A. Call to Order/Introductions Attendees

Agenda

- A. Call to Order/Introductions -
- B. How is everyone feeling- SEL check-in
- C. Updates
 - a. Nutrition updates
 - b. Grant to enhance current wellness policy- review results
 - i. Next Meeting scheduled for LPS December 1 1-2pm virtual.
 - ii. Meeting with Charlotte, John Stalker January 12, 2024 1-2 virtual
 - iii. One more meeting to schedule for LPS and Charlotte after that
 - iv. Final review with School Committee
 - c. LPS Connections Speaker Series
 - i. Next meetings Dec 5 6-7 LHS Auditorium Kalise Warnum Defining Cultural Proficiency
 - d. Wellness Event at Middle School
 - i. Spoke with Jason Everhart and Matt Levangie about doing this at LMS. They are going to speak with MS after Thanksgiving to discuss doing this. Half day May 1 or May 24. Bringing Parents to this event would require CORI's for each and every parent. First week of December reconnect to discuss having students and staff only.
 - ii. Cross grade sessions. That will create relaxation activities such as sports, yoga, knitting, cooking etc. We would have sign ups for each sesion. Leah can provide snacks
 - iii. December 4 will email Jason and Matt for staff feedback
 - e. Adding Time to Lunch update
 - f. National Diabetes Awareness month November <u>Happier with Gretchen Rubin Elizabeth talks about her experience with Diabetes -</u>
 - g. Any other business?
 - i. Podcast: How to Survive the Holidays
 - ii. Recipe:
 - h. Next Wellness meeting: January 23rd

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