



Littleton Public Schools



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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 -[Happier - with Gretchen Rubin - Elizabeth talks about her experience with Diabetes](#) -
 - g. Any other business?
 - i. Podcast: [How to Survive the Holidays](#)
 - ii. Recipe:
 - h. Next Wellness meeting: January 23rd**

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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.