

Wellness Committee Meeting

11.20.19 Minutes

Participants - Introductions

Amber, Emma, Barbara, Anne - Andover, Beth, Beth

2. Reviewed Alliance for a Healthier Generation assessment
RISE Index - SEL - needs to be completed by end of year

3. Newsletter Articles -
Never too late to get a flu shot
Healthy Recipe - Healthy dessert option for the holidays
Fire Station -
Winter Wellness - sunshine, fresh air
Instagram handles
Wellness Committee email

Instagram - Generate student interest
Run by Dr. Petrone -
Instagram - loop it - to put #coventrywellness

Content:
Budget - raffle - incentives - giveaways -
Instagram campaign - posts all around
Faces - audiences -
Hydration Station - sponsored by Integrated - set up outside auditorium

Kessler, Dutton - PE content
Sports events - Emma will
Food Rescue - Transition Program students deliver left-over wrapped foods to the food pantry

wellness@cpsctg.org

Engage Grace LaBella, student committee member to assist Emma with content-

Student Wellness Profiles -
Engage the Media Class to assist with content, create a video

Create Google Calendar and share with key people to document wellness activities