

Coventry Public Schools

Department of Food Services
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Coventry, Connecticut 06238
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Wellness Committee

Zoom Meeting:

<https://us02web.zoom.us/j/82704833955?pwd=WXR5RFJlVDRuTUNHcDNwakdzdkFoQT09>

October 7, 2020

6:00 PM

Agenda

1. Welcome and Introductions
2. Assign School Representatives
 - a. Beth G to talk to Chelsea Doene and other building reps
3. 2020 – 2021 Goal Setting
 - a. Social Emotional Learning classes – continuing focus throughout the year.
 - b. Create self-care plan, music lists
 - c. Support district students and staff in SEL strategies
 - d. Promote self-care and stress reducing strategies for students and staff
 - e. Healthy eating strategies
 - f. How does nutrition affect mental health
 - g. Communication and promotion via social media, nutrition and wellness tip
 - h. Motive students to generate Instagram messages
 - i. Art contests, etc at lower levels to post on social media
4. Instagram Account
5. Assign Newsletter Articles – Wellness in CHS and CNHS newsletter
Forgo for now, email communication and social media
6. Meeting Schedule

Jan 13

March 10

May 12