

Coventry Public Schools

Department of Food Services
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Wellness Committee

Capt. Nathan Hale School Conference Room
January 10, 2019
6:00 PM

Agenda

1. Student member needed
2. Review holiday programs:
Maintain don't Gain – Adults
Holiday Wellness Tips – Students
3. 2018 – 2019 Goal Setting to be included with policy
Wellness Day?
Healthy Holiday Tip Challenge
Mental Health/Stress
Physical Activities
4. Assign Newsletter Articles

Upcoming dates: January 10, 2019
 March 14, 2019
 May 5, 2019