



Littleton Public Schools

33 Shattuck St. * P.O. Box 1486 * Littleton, MA 01460-4486*
Phone: (978) 540-2500 * Fax: (978) 486-9581 * : 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 October 24, 2023

A. Call to Order/Introductions

Attendees

Natalie Croteau
Leah Botko
Sarah Dorfman
Jenna Montgomery
Sherri Susser
Marc O'Meara
Kym Albertelli
Libby Donegan
Beth Steele

Agenda

B. How is everyone feeling- SEL check-in

- a. Focus for the year Promoting Community Wellness
We must take care of ourselves to care for others. Defining wellness as physical, mental, emotional. Find what brings you joy, traveling, pickleball, socialization.
- b. Nutrition updates
Reducing sodium, increase scratch cooking, less processed foods, increasing fruits and veggie offerings, local produce from Boston Food Hub, composting, reusable silverware.
Action item: Looking into increasing lunch times- LB will inquire with surrounding towns about lunch times
- c. Grant to enhance current wellness policy- Zoom meeting Oct 27 1:30-3:00
[Current Wellness Policy](#) comparing to the [Healthy, Hunger Free Kids Act 2010 Final Rule](#)
- d. LPS Connections Speaker Series
Oct 3 Steve Boczenowski: Adolescent Anxiety & Depression - [see flyer](#)- spoke of personal experience of family member who has died from suicide. Next speakers-
Dec 5- defining cultural proficiency, January 16 Universal design for learning, March 19 NAMI ending silence for mental health, May 21 Challenging behavior
- e. Reschedule MPY Presentation- Just Talk about It- Feb?
Drop MPY for now, potentially Spring, focus on an in-house wellness event

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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.



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- f. Community Wellness Day with Elder and Human Services- checking in with COA Drop event for now, focus on an in-house wellness event
- g. Wellness Event at Middle School
Potentially on Global Play Day- 2/7/24
Action item: Meet with Jason and Matt next week to discuss Middle School needs
- h. Any other business?
 - i. Review our website tonight and share our resources with other families/friends
Contains meeting minutes, numerous resources, our purpose, contact info etc.
 - ii. One to Grow on - **The Happiness Lab** with Dr. Laurie Santos - podcast -just a quick listen
 - 1. Reach out to friends- if you're thinking of them, they need to hear from you!
 - 2. Find what brings you long term happiness
 - iii. Lentil soup recipe - [Cooking with Kate](#)

Next Wellness meeting: November 21 2023 7:00 pm at the High School Library.

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