



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 February 27, 2024 7:00pm

A. Call to Order/Introductions

Attendees

Natalie Croteau,
Lyn Snow,
Teresa Fiore,
Kym Albertelli,
Marc O'Meara,
Nicole Myers,
Jenna Montgomery,
Sherrie Shire Susser

Agenda

- B. How is everyone feeling- SEL check-in
 - a. Why this is important: News story: ask others if they are struggling
- C. Grant awarded for staff healthy snacks: starting January 10, 2024
 - a. Lyn Snow is working on two grants - Mindfulness space. An honorarium for teachers to be part of a team to co create repository of strategies to reduce teacher burnout. Currently waiting for review.
- D. Wellness Policy Rewrite Review: Pending meeting with Binal Patel and Kelly Clenchy on 3/5/2024
- E. Connections Event Updates:
 - a. March 19 NAMI Middle School 6pm Mental Health meeting cancelled.

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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.

- b. Connections Speaker Series with Dr. Kalise Wornum rescheduled to April 30: Defining Equity and Cultural Proficiency. April's meeting will be attending the event in lieu of meeting as usual.
 - c. May 21 LHS Auditorium 6pm Charlie Applestein: Addressing Challenging Behaviors
- F. Resource share from Nashoba Board of Health
Full clinic schedule, registration links, and FAQs can be accessed at www.nashoba.org/calendar.
[NASHOBA ASSOCIATED BOARDS OF HEALTH QUARTERLY NEWSLETTER](#)
follow the link and scroll down the page
It has many stories and resources on multiple topics including:
- safe food prep and handling for the holidays
 - grief counseling
 - winter and flu health tips
- G. Middle School Wellness Event will not be taking place this school year.
- H. Health Updates in Schools: Norovirus and strep throat cases are high!
- I. Podcast/Recipe
- J. Any other business?
- a. Next meeting: March 26
 - b. April 23 meeting canceled in lieu of April 30th presentation by Dr. Kalise Wornum
 - c. May 28 will be our last meeting
 - d. June will be an executive meeting

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