

## Jan 21, 2025 | 📅 Wellness Committee Meeting

Attendees: Jessica Gould Emily Gustafson Angela Christensen Alissa Powell  
Brian Regan Kimberly Bryant Leslie Levine Logan Meier Misty Fritz Teresa Burden

### Notes

- Welcome & Recap
  - Updates: Presentation to BOE will be May 8th
- Calendar Framework
  - Brainstormed ideas for events throughout the school calendar that could be provided to the future Wellness Champions to help lift up and promote
  - Having these events planned help us see where we could use grant funding from the Foundation
    - One of the arms of the Foundation is student focused wellness
  - Blend of Nutrition/Fitness related promotions
  - Came up with ideas based on time of the year
  - Thinking of ways to interweave mental health as well
  - Recognizing that some schools are already doing this work and focusing on how we can highlight this work while giving schools autonomy to do what works best for them
- Walk/Bike to School Initiatives
  - City of Littleton is involved
  - Waiting to get the green light from the district
  - Logistics
    - What does this look like
    - Getting the word out
    - Promoting safety
    - Safe Routes to School
    - Meet up areas