

# Coventry Public Schools

Department of Food Services  
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## Wellness Committee

Capt. Nathan Hale School Conference Room  
November 15, 2018  
6:00 PM

## Agenda

1. Student member needed
2. 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