

Wellness Committee Meeting  
Minutes  
April 15, 2026

Attendees: Rasheena Henry, Prerna Singh, Jamal White

Discussed and check off goals we accomplished this year.

1. Incorporated eggs/ more protein to the menu
2. Found books about Fruit and veggies and had them on display in the media center.
3. Created a poster that promotes and encourages scholars to grab breakfast in the mornings that is displayed in the hallway.
4. Participated in Bike to school as a part of physical activity and education for the scholars.

Dr. Singh discussed incorporating some type of physical activity in the classroom for 15 minutes of the day.