

Wellness Committee Meeting Minutes
August 24, 2026
3:45 p.m-4:30 p.m

Attendance: Rasheena Henry
Rachel Cotton
Jamal White
Evangeline Chakram

- Discussed the Wellness Policy
- Discussed last years goals and how we accomplished them
- Brainstormed on ideas about connecting wellness to other events within the school.
- Discussed how we can increase breakfast and lunch participation.
- Discussed 10-15 minute physical activity in the classroom.
- Discussed how we can involve staff in exercise and wellness activities.
- Announced the next meeting for September 28,2026.