

## Wellness Committee News

Our Wellness Committee includes parents, teachers, students, administrators, and staff. The committee meets quarterly or as needed, to review and discuss overall wellness for our school and community. If you are interested in joining the committee please email Gretchen Leslie at: [gleslie@ciu20.org](mailto:gleslie@ciu20.org)

### Choose My Plate

“Choose My Plate” is a helpful website that provides healthy and nutritious food choices. There are a lot of useful tips on this website. Visit the website below for more information.

<https://www.choosemyplate.gov/>

### **ANNOUNCEMENT!**

**November 30, 2018 1:00 PM on the Stage of Colonial Academy - Wellness Committee meeting.**