CCTI’s Wellness Policy
Where can you find our Wellness Policy?

THE W DRIVE
Who sits on the Wellness Committee?

- Mr. Reinbold
- Mr. Borzak
- AJ Burke
- Michele Dominic
- Rebecca Schaeffer
- Autumn Frey
- Dylan Hofmann
- Steph Barto
- Christine Trovato
Goals and Initiatives That The Wellness Committee has brought to CCTI

- Salad and sandwich bar being offered during lunch
- Naked Juices and green tea offered to students and staff
- Students had the opportunity to participate in the walk-a-thon, jump rope-a-thon, bowling and 5K
- Students of the marking period are provided a healthy breakfasts.
- Culinary Arts is now providing healthy snacks for students and staff including oatmeal cookies, nutrition bars and fruit
- Culinary Arts and Cosmo students in the 2018-2019 school year were certified in CPR/First Aid.
- Water cups and water fountains are available in each of the tech areas
The fitness center remains open to students afterschool on Mon. and Thurs.

Seated technical areas are encouraged to increase physical activity by for a 10 minute walk outside, weather permitting

The gym is also open for students to use during school hours, but please call Mr. Hofmann for availability

Are in the process of introducing students and staff to different types of exercise classes after school - will pilot with staff prior to students

The school store is offering bananas and V8 juice

Will be contacting Purple and Green Juice Bar to bring samples of healthy snacks and drinks to a faculty meeting and during student lunches
Questions