

# 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-ton, 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

# Continued

- ▶ 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