Hello Centauri Community, February 8, 2023

The Health & Prevention Professionals meeting met today; here are some of the items we discussed:

* Enriched learning opportunities to provide a motivator for our students.
* How we can help our students stay healthy during testing, as well as mentally prepared for testing.
* Surveying the teachers, students, & parents about how long they’d like the testing to be – 1 week or 2 weeks.
* Providing brain breaks, snacks, and lessons on what to expect during testing.
* Breathe for Change – wellness yoga
* Providing snacks for all students in the office throughout the day.

We would like to invite any interested community member to join our Health & Prevention meetings. Our next meeting will be March 8h at 9am.

Thank you!