



Health & Wellness Advisory Committee Minutes

Central Administrative Office-Professional Development Center Room – 3:45 pm

December 15, 2016

Members Present: Megan Curtis, Taryn Oitker (student), Kelly Spencer, Jamie Oitker, Casey Adams, Nicole Gatewood, Emily Madar, Emma Scales (student), Miriam Berryhill, Erin Wilkes, Laura Abbott, Terena Woodruff, Michael Byrd, Sarai Martin, Andrea Mendoza, Jared Walters, and Carly Madar (student).

Meeting began at 3:49 pm.

Reports:

Food Services – Erin Wilkes, Director of Food Services, provided the quarterly menu review. A health teacher commented that she used the menus in her lesson plans and it was very helpful. Erin also shared with the committee that the Child Nutrition review process has been completed. The audit was at CFA, NS, and MSN the only infraction was an empty water vending machine was left on during lunch.

Health Services –Vonda Morgan, Director of Nursing, no report.

Student Services - Michael Byrd, Director of Student Services reported that he is working on enrollment numbers and balancing classes.

Coordinated School Health Report –Megan Curtis, District Health & Wellness Coordinator reported.

New Business:

Upcoming Health & Wellness Projects - Megan Curtis reported on Staff Wellness competitive programs. Putt putt was a fair turnout. The location facilities are declining and we would like to look for an alternate event. Bowling was discussed and the committee discussed possible dates/times. The committee needs to begin thinking about an end of the year event.

Wellness Policy Revisions – Kelly Spencer presented the wellness policy revision recommendations that were created by the wellness policy committee. Kelly stated that we were in compliance with all state and federal requirements and the only changes were to update the written policy to meet the most recent wellness

committee policy requirements. Michael Byrd made a motion to accept the policy revisions and to submit the suggested revised wellness policy to the school board. Second by Laura Abbott. Vote 17 - 0. Motion passed.

Spring Fling 5K Event (March 17th & 18th) - Jamie Oitker reported that the Cabot Cruisers are looking to change the kid's' fun run to Friday night. Jamie will be working with the Cruisers on coordinating the run.

Other Business:

The next Wellness Committee meeting will be February 16, 2016.

Megan Curtis reminded committee members to establish building level goals for nutrition and physical activity, as well as keep documentation for building-level wellness meetings. Megan referred to the following memo for committee meeting guidance.

ADE Commissioner's Memo FIN-12076 :

In its efforts to improve the school nutrition environment, promote student health, and reduce childhood obesity, the district will adhere to the Arkansas Rules Governing Nutrition and Physical Activity Standards in Arkansas Public Schools. Adhering to these Rules will include, but is not limited to district efforts to:

Meet or exceed the goals for nutrition promotion that the committee has established based on the District Wellness Policy 5:25.

Building health and wellness committees shall establish building-level goals for nutrition promotion as required by Healthy, Hungry-Free Kids Act of 2010. Nutrition goals shall be based on the Arkansas Department of Education Physical Education and Health Curriculum Frameworks (2011).

Meeting was adjourned at 4:22 pm.