

Health & Wellness Advisory Committee Minutes  
Central Administrative Office-Boardroom – 3:45 pm  
December 13, 2018

Members present: Megan Curtis (MSN), Lindsay Rich (CHS), Kelly Spencer (CAO), Maureen Gagnon (SC), Casey Adams (WC), Jamie Oitker (CE), John Shirron (ACE N), Erin Wilkes (CAO), Jared Walters (JS), Michael Byrd (CAO), Morgan Verkler (ES), Shae Martin (ADH), Terry Ball (CFA), Terena Woodruff (CAO), Carey Woods (Cabot Health Unit), Sherri Jennings (WS), Danna Shaffer (ADH), and Rebecca Finch (NS).

Meeting was called to order at 3:46 pm.

**Reports:**

*Student Services* – Michael Byrd, Director of Student Services - Mr. Byrd talked about the District Heart Challenge, in partnership with the American Heart Association, and how employees can donate \$20 and receive shirts to wear to promote heart health. This program also is intended to raise awareness for preventative health screenings. Teachers and staff across the district are being trained in CPR and bus drivers will receive training in the future.

Officer Dodd, our PRiDE officer/instructor, was promoted to a new position in the Cabot Police Department. Officer Thrush is our new instructor.

April 26th will be the 5th grade PRiDE Celebration at the Fine Arts Center.

*Food Services* – Quarterly Menu Review -Erin Wilkes, Director of Food Services - The menus are available online for committee members for review. Committee members were encouraged to submit written recommendations to Megan on the shared Google Doc.

Erin Wilkes reviewed the comments from the last menu review on the shared document. She indicated that some comments were: teachers requested baked potatoes to the HS and these have been added back to the menu. A teacher commented about the portion size being the same as student portion sizes. It is federally mandated that adults must receive the same portion size as students. Erin provided the documentation showing the federal guidelines for portion sizes and the prices that are charged to adults and students.

*Health Services* –Vonda Morgan, Director of Nursing - No Report

*Counseling Services* – Terena Woodruff, Director of Counseling - Wade Knox is providing “Empower Me” which is a program about safe touch and healthy boundaries. This program is being provided to middle school students.

*Healthy Art Calendar* - All entries have been submitted and winners will be recognized in buildings the first week of January. A recognition will also be made at the January 2019 school board meeting.

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

### **New Business:**

Staff Wellness Competitive Programs:

*Basketball* - Basketball Tuesdays is still taking place.

*Bowling*-February 26th and March 5th will be the dates for bowling. Megan asked coordinators to email her preferences on dates based on campus calendar.

*Volleyball* - Megan is looking into an open-gym night for volleyball. It will be addressed more in February.

*Biggest Loser*-Megan is looking into a contest in which a team of 5 would compete based on body fat percentage lost.

### **Other Business:**

Fitness Class Update - Fitness classes have been successful.

Building Wellness Goals - In the past, the building coordinators were responsible for having two wellness goals and keeping those goals documented in a binder. This is now put in the Indistar program by process managers. Building coordinators are no longer required to submit these. Megan encouraged coordinators to be involved in the ACSIP process and aide the process managers in creating these wellness goals within your buildings.

Next Wellness Committee Meeting - February 21, 2019.

Meeting was adjourned at 4:07 pm.