



## Health & Wellness Advisory Committee Minutes

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

September 21, 2017

Members Present: Megan Curtis - CMN, Shae McGillvrey - WDMESC/ADH, Milton Garris - Cabot Health Unit, Rebecca Finch - NSE, Terry Ball - CFA, Andrea Mendoza - SS, Richard O'Connell - HS, Ariel Staufler Roger - ADH, Audra Walters - ADE, Robin Casteel - SC, Aaron Reed - WHS, Michael Byrd - CAO, Vonda Morgan - CAO, Morgan Ryals - ES, Amanda Howard - MC, Jamie Oitker - CE, Allison Astin - JHN, Bill Holden - Custodial, Casey Adams - WC, Taylor Pettie - WS, Erin Wilkes - FS, Shannon Brochert - ADH, Madison Kelly - MSE, Emily Madar - MSS, Keri Jackson - CAO, Morgan Massingill - Student

Meeting began at 3:47 pm.

### **Reports:**

*Food Services* - Erin Wilkes, Director of Food Services reported that the menus are online for the committee to review. She asked that any suggestions/comments be emailed to her.

*Student Services* - Michael Byrd, Director of Student Services presented about the PRIDE program at both Middle Schools. Once a month and twice in October. Officer Dodd presents the lessons to the 5th graders. Pride celebration will be on April 27th this year. This is a time for kids to celebrate completing the program and they will receive a T-shirt. The celebration will be at the High School Fine Arts Center.

*Cabot Health Unit* - Milton Garris, Cabot Health Unit - Reported about the Healthy Community Poster Contest. Contest is for students in grades K-5. Milton told the committee if students have an anti-tobacco theme that is a plus. Winners will be published in a calendar and will receive gym bags with prizes.

*Health Services*- Vonda Morgan, Director of Nursing - Flu Clinic will start Monday, October 16th in the loft at the High School. On Tuesday/Thursday October 17th and 19th the clinic will be at the health department. An email will be sent out to the district containing more information. She stated that we are excited about working on a program health department to go to every building to target more teachers. Forms will go out for the schools.

*Coordinated School Health Report* –Megan Curtis, District Health & Wellness Coordinator reported about upcoming events. She told the committee about the new fitness instructor and the fitness class taking place at Eastside Elementary on Monday-Thursday at 4:30. She asked that coordinators remind their staff of this opportunity. She then reported about Staff Wellness Basketball taking place on Tuesdays at the Middle School North Gym. She stated that this is an opportunity for all skill levels. This event is a pick-up game event in which the number of players determines the type of game that is played. Please tell anyone interested to email Megan Curtis.

**New Business:**

*Indistar Requirements* - Megan Curtis reported that the Wellness portion of the Indistar report is due October 1st. She then went over all the goals and what is required for those goals. All building representatives were given a cheat sheet in order to make filling out the report easier. Building reps are asked to work with their process manager on filling out the report. Please email Megan if your building has any questions.

*Inspiration Run - Jamie Oitker* - Reported to the committee that the run should use the same routes as last year. Jamie asked that middle school and junior high buildings make sure that kids don't touch the bike riders as they come through. The route list can be found in the Healthy Panther Newsletter. The run is scheduled for October 27th.

*Arkansas Department of Education Wellness Committee Requirements* - Megan Curtis reminded the committee of their responsibilities as a committee. She reviewed the Annual Documentation checklist with the committee.

Meeting was adjourned at 4:22 pm.