

District Wellness Committee
September 10, 2015
CAO-PDC
Meeting Minutes

Members Present: Sarai Martin (MS), Megan Head (MSN), Kelly Spencer (CE), Audra Walters (ADE), Donna Miller(ADH), Sharonda Love (ADH), Laura Taylor (Cabot Health Unit), Milton Garris (Cabot Health Unit), Casey Adams (WC), Katie Laney (JHS), Christina Lee (MC), Michael Byrd (CAO), Lisa Park (parent), and Emily Madar (MSS).

Meeting began at 3:52 pm.

Reports:

Food Services - Erin Wilkes - All school menus are posted on website for review.

Health Services-Vonda Morgan-No report

Cabot Health Unit Report - Healthy Poster Contest continues until September 30. Flu season is approaching. A mass flu clinic will be provided the week of Oct 19-23rd. The following is the schedule: Monday-school clinic at CHS Loft for students and faculty, Tuesday/Thursday-10 am-5:30 pm provide flu shots to students and families, Friday-open clinic at the health clinic. Anyone interested needs to bring their insurance card and there is no out of pocket expense. Vonda will make official announcement once dates are finalized.

New Business:

Staff Wellness Programs

Fitness classes will begin September 21st. Monday and Wednesday will be Amanda Sobczak at 4:30-5:30, and Tuesday and Thursday will be Lindsey Furrh at 4:30-5:30. Both classes will be held at Eastside Elementary in the gym.

Kickball will begin September 21st. There will be 4 nights of games. Rosters are due September 17th to Megan Head. Games will begin at 4:30, 5:15, and 6 at Middle School North. Games will be random draw round robin with a championship event on the last week. T-shirt info will be coming soon.

Student Health Programs-Michael Byrd reported about the following topics:

PRIDE Program, our drug resistance program will begin this month. Celebration day will be on May 13th. Officer John Dodd will be providing the instruction for fifth grade students.

Hallway Heroes - Parent volunteer program training will be Monday, September 14th at 6 pm at CAO-PDC. All volunteers must be trained and background check completed. Hallway Heroes will have a badge for ID purposes instead of a sticker.

Bullying Program - Brought in a speaker, Keith Davis & Clarence Lee, NFL players to our schools. The speakers reached over 2500 students. Mr. Byrd received great feedback on the program. P.U.S.H. - Persevere Until Success Happens was the slogan presented to students. We have created a tip line to report bullying for students and parents. The tip line is available on our school app and our school website. Bullying information has been updated on the website. We are looking at how to meet the needs of K-4 schools. Please share information with Mr. Byrd if you have it. Central Elementary is doing a Kindness Matters program. Middle School North is participating in the Jostens Renaissance Harbor program.

Inspiration Run - Kelly Spencer reported for Annette Blanton. The date for the annual event will be Friday, October 9th. The schedule is posted in the Healthy Panther Living Newsletter.

Healthy Poster Contest - Milton Garris reported that posters are due September 30th at CAO. K-5th grade students are eligible to submit posters through their art teachers. The winners will be selected in October and will be acknowledged at the board meeting.

ADE Wellness Committee Requirements - Megan Head presented where we stand for requirements according to ADE.

Indistar Requirements - Kelly Spencer reported on the ACSIP wellness requirements. Building Coordinators need to meet with building level teams and document 2 wellness goals each year. One of the two goals needs to be nutrition. Coordinators should keep agendas, minutes and sign in sheets from each meeting for documentation. Principals and process managers will be responsible for getting the School Health Index scores from last year entered into the Indistar system. Dr. Deurkop is taking care of getting this information to them.

Meeting was adjourned at 4:45 pm.