

Health and Wellness Advisory Committee  
Central Administrative Office  
September 15, 2016 Minutes

Present: Laura Abbott (CFA), Robin Casteel (SC), Erin Wilkes (CAO), Michael Byrd (CAO), Terena Woodruff (CAO), Andrea Mendoza (SS), Jamie Oitker (CE), Lisa Park (WS), Kelly Spencer (CAO), Milton Garris (Cabot Health Unit), Morgan Verkler (ES), Debbie Grimes (SC), Jill Weir (CHS), Kasey Hill (CFA), Katie Laney (JHS), Keri Jackson (CAO), Christina Lee (MC), Ernie Young (Technology), Caroline Gairhan (MS), Bonita Cook (CAO), Casey Adams (WC), Emily Madar (MSS), Carly Madar (MSS student), Molly Madar (JHN student).

Meeting was called to order at 3:50 pm.

**Reports:**

*Food Services* - Erin Wilkes, Director of Food Services- Presented the quarterly menu review. Comments from committee members:

"I think the breakfast for lunch is a great idea!" "I like the variety of options." "I like the website accessibility of the menus." "I teach, and most of my students choose the school lunch as opposed to bringing their lunch." "Food service is speedy and efficient." "At CFA, the lunch ladies do a great job of making sure students select an item from each group." "I like the online menu and the allergies for kids section."

*Health Services* - Vonda Morgan, Nursing Coordinator - No report

*Student Health Services* - Michael Byrd, Director of Student Services - Reported on:

- Stand up against bullying - A nationally known speaker will come to speak to grades 5-12 about bullying. There is also a parent night Tuesday night at CFA cafeteria.
- Hallway Hero training was completed last week for school volunteers
- PRIDE Program (drug resistance program) has begun at the middle schools

*Cabot Health Unit* - Milton Garris, Administrator - Cabot Health Unit - Healthy Poster Contest for schools in Lonoke County for K-5th grade. This poster should be a drawing of what a healthy community will look like. There will be prizes provided by Arkansas Department of Health to winning submissions and students will be recognized at a School Board Meeting. Posters are due September 30th at CAO.

**New Business:**

*Indistar requirements for wellness committee* - Dr. Melanie Deurkop - Director of Accountability - Provided instructions to committee members on entering the new wellness portion of Indistar.

Megan Curtis will attend a training provided by ADE on September 26th to be trained on additional Indistar requirements.

*Health and Wellness Projects* - Megan Curtis, District Health Wellness Coordinator -

- Staff Wellness Programs
  - Fitness classes begin Monday. They will be offered Monday through Thursday at ES gym at 4:30 pm. Email Megan Head to register for free classes.
  - Competitive Sport Events - There will be a putt-putt contest. More details to come.
- Inspiration Run - Jamie Oitker, physical educator - October 7th. Please talk to teachers to have students make posters to encourage the runners.

*Arkansas Department of Education Wellness Committee Requirements* - Megan Curtis discussed Annual Completion Requirements (FIN 14 - 037). The committee reviewed current progress towards these goals.

**Other Business:**

*Future Policy Revisions* - The committee will conduct a wellness policy review at the December meeting. Kelly Spencer reported that we are in compliance with the requirements for wellness policy. Kelly will work to create a committee to review the current policy and determine if all new regulations are covered in the existing policy. A draft revision will be submitted at the December 15th wellness meeting.

Next Wellness Meeting - December 15

Meeting was adjourned at 4:40 pm.