



Cabot School District
Health & Wellness Advisory Committee

September 24, 2020

meet.google.com/yr-cgim-uqx

Members present: Lori George, Dawn Verkler, Julia Treadway, Hannah Driskill, Courtney Gunter, Madison Kelly, Miriam Berryhill, Connie Reed, Kelly Spencer, Alison Heck, Kasey Hill, Lyndsey Rich, Roger Tonnessen, Michael Byrd, Aaron Reed, Erin Wilkes, Ava Berryhill, Natalie Hill, Debbie Carr, Terena Woodruff, Donna Nash, Carrie Woods.

Meeting was called to order at 3:45 pm.

Reports:

Food Services – Quarterly Menu Review - Erin Wilkes, Director of Food Services - Committee members provided input on the menus as well as made written recommendations on the shared google doc. Mrs. Wilkes reported that Food Service staff is doing an outstanding job with all the new procedures. They are working very hard to provide, not only meals at school, but packing meals for virtual and quarantined students.

Health Services – Kelly Spencer reported for Vonda Morgan, Director of Nursing. The nursing staff are working very hard with contact tracing. They are doing a great job under very challenging circumstances.

ARCare Telehealth appointments are available for faculty and staff, and their family members. Current employees may contact personnel at the Curriculum Annex CHS Campus at 843-3363, ext.1212 to set up an appointment. Employees and family can be seen for any medical concern and COVID testing.

Cabot Health Unit – Carey Woods, Administrator. Currently, residents may obtain a flu shot through a drive thru at the Cabot Health Unit. This is the same line as the COVID testing line so there could be delays. Beginning Monday, September 28th, the Cabot Health Unit will offer in-clinic flu shots. The Cabot Health Unit will soon be offering rapid COVID testing for those who are symptomatic. It has been encouraged for people to take the flu shot as early as possible this year.

District Programs – Michael Byrd, Assistant Superintendent. The district is averaging approximately 175 student quarantined students a day. We are averaging one positive COVID student each day. Students in quarantine are pivoting to blended learning. Economically disadvantaged students who do not have internet access are able to apply for 1 of 35 available mobile hotspot devices provided by the district. Students must be qualified to receive free/reduced lunch to be eligible to receive a free hotspot device. Parents may contact the Technology Department to determine if they qualify for this free service.

New Business:

Upcoming Health & Wellness Projects - Kelly Spencer, Health & Wellness Coordinator. Staff wellness programs are on hold due to the need to practice physical distancing. The Inspiration Run is also on hold. The committee will look at our status in the spring to determine if we can resume any programs or events.

The committee reviewed the Arkansas Department of Education Wellness Committee Requirements. Kelly discussed which items the committee has already completed and she shared the estimated timeline for the completion of the remaining activities. The triennial assessment of the wellness policy was completed last spring and the revised policy was adopted by the school board.

Kelly shared that administrators have been working on the School Health Index. The scores for the 2019-20 school year have been posted to the district website under state required information. Administrators are also working on submitting their school improvement plans into Indistar. These plans are due October 1.

Other Business

Next Wellness Committee Meeting will be a Google Meet at 3:45 pm on December 10, 2020.

Meeting was adjourned at 4:24 pm.