



Health & Wellness Advisory Committee

Virtual Meeting – 3:45 pm

December 10, 2020

Committee members present: Michael Byrd, Erin Wilkes, Kelly Spencer, Lori George, Courtney Gunter, Julia Treadway, Connie Reed, Allison Heck, Kasey Hill, Jared Walters, Ahna Davis, Joanne Blalock, Debbie Carr, Keri Jackson, Natalie Hill, Madison Kelly.

Meeting was called to order at 3:45 pm.

Reports:

Food Services - Erin Wilkes, Director of Food Services, reported that the district will continue to serve free breakfast and lunch through the end of summer 2021. The district is currently sending home lunch boxes for families on Fridays. These boxes provide food for the following week. Starting in January, food boxes will be sent home on Thursdays for students who choose to attend virtually on Flex Fridays.

Committee members completed the quarterly menu review. This document is available for input until Monday, December 14th.

Erin addresses comments and questions in each menu review shared document. To access her comments from September, 2020, open this link:

<https://docs.google.com/document/d/1v4sAOPuuawnlqYhXKnVAqHoNbKi4UQuDzQc1PcejKwg/>

Health Services – Vonda Morgan, Director of Nursing provided a written report to Kelly. Nurses continue to work with families regarding COVID procedures. Nurse Vonda also asked that committee members remind faculty and staff that any current district employee may participate in telehealth appointments at the Curriculum Annex. They also offer COVID testing on site. Those interested in an appointment should call 843-3363 x. 1212.

Cabot Health Unit – Carey Woods, Administrator, written report provided.

The Cabot Health Unit staff is busy completing COVID tests, Flu shots and WIC services. Arkansas is gearing up for COVID Vaccination. Phase 1 of the Plan is below:

1. Phase 1-A
 - Health Care Workers
 - Long-term Care Residents
2. Phase 1-B
 - Essential Workers
3. Phase 1-C
 - Adults with Chronic Conditions
 - Adults 65+
 - Residents in Congregate Facilities

The Cabot Health Unit will have a special COVID-19 testing clinic Tuesday December 15th, from 3PM- 6PM.

There are new isolation rules/guidelines for COVID testing:

- Individuals should test 4-5 days after the last day of contact with the individual who tested positive with COVID.
- If the individual testing has no symptoms they isolate thru the 7th day and can return to work or school on the 8th day.
- If an individual has contact with a positive COVID and does not test and has no symptoms this individual isolates for 10 days and is released on the 11th day.
- Everything changes if the individual testing has symptoms.

The Cabot Health Unit has resumed providing Women Health Services and childhood immunizations.

District Program Updates - Michael Byrd, Assistant Superintendent, no report

School Health Programs – Kelly Spencer, Health & Wellness Coordinator, reported that outdoor sensory walks have been painted at all elementary schools. These provide a variety of fitness movements, yoga poses, animal movements and sensory activities for students. There has been a lot of positive feedback on these activities.

Next Meeting - February 25, 2021 at 3:45 pm - virtual only.

Committee members are asked to be thinking about the following activity for the February meeting.

- *Ark. 6.06.7 - Annually maintain and update a written list of recommended locally available healthier options for food and Beverages available for sale to students.*

Meeting was adjourned at 3:55 pm.