



Health & Wellness Advisory Committee

Virtual Meeting – 3:30 pm

April 21, 2022

Members present: Kelly Spencer, Ahna Davis, Teresa Richardson, Courtney Gunter, Mallorej Jones, Jessica White, Andrea Mendoza, Lori George, Erin Wilkes, Kimberly Armstrong, Vonda Morgan, Kimberly Tucker.

Meeting began at 3:30 pm

Reports:

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

Food Services - Erin Wilkes, Director of Food Services completed the Quarterly Menu Review - Ark. 6.06.5. Comments have been added to the document.

Health Services – Vonda Morgan, Director of Nursing, reported that nurses are wrapping up completing screenings.

Counseling/Mental Health Services - Kelly Spencer reported for Emily Taylor, Director of Counseling. The Lifesavers Club at CHS hosted their first “Out of the Darkness” walk raising awareness and funds for research on suicide prevention on April 9th. April is the month of the military child. Students are being recognized district wide for their family’s service to our country. “Purple Up” day is tomorrow. Wear purple in appreciation of our military students.

School Health Programs – Kelly Spencer, Health & Wellness Coordinator reported that the Staff Wellness Dodgeball Tournament has been canceled due to lack of teams.

The district will host the free Staff Wellness Pool Party May 27th from 2 to 5 pm at the Cabot Aquatic Park. A flier will be out soon with more details.

The Cabot Cruisers, in partnership with District Elementary PE teachers, will host Summer Track Nights on June 6, 13, 20, and 27 from 6 to 7 pm at Panther Stadium. This will be a free running event for students and families. Children need to register to participate. For more details:

<https://www.cabotschools.org/news/10228/cabot+cruisers+family+track+nights++june+2022>

Kelly shared the School Health Index results. They may also be found on our website under the Health & Wellness section.

The Wellness Committee requirements have been met for the 21-22 school year. Kelly shared the chart with committee members and it is also available on the website.

Kelly thanked committee members for their commitment during the 21-22 school year.

The next Wellness Committee Meeting is TBA - Fall 2021.

Meeting was adjourned at 3:44 pm.