

Health & Wellness Advisory Committee

Virtual Meeting Minutes – 3:30 pm

December 9, 2021

Members Present: Kelly Spencer, Jared Walters, Erin Wilkes, Alec Park, Kasey Hill, Natalie Hill, Lori George, Michael Byrd, Ahna Davis, Jessica White, Alisha Knowles, Sue Ann Whisker, Dylan Glover, Keri Jackson, Tobie Sprawls.

Meeting was called to order at 3:32 pm.

I. Reports:

District Updates - Michael Byrd, Assistant Superintendent provided a facilities update. The Health Services building will be opening early Spring Semester. This will be a great resource to district employees and students. The Middle School South playground expansion is underway and almost completed. This will provide much needed space for students. New artificial turf fields have been installed at Junior High North and Junior High South. These are high traffic areas as groups other than athletics use these fields such as physical education classes, lunch areas, and other groups. The baseball and softball artificial turf fields are almost completed.

Food Services - Erin Wilkes, Director of Food Services provided feedback to committee members regarding the 2nd quarter menu review (Quarterly Menu Review - Ark. 6.06.5).

Health Services – Kelly Spencer reported for Vonda Morgan, Director of Nursing. The Test to Stay Program is up and running and has been very helpful. This program allows students and staff who are notified as close contacts to get a fast COVID test and return to school with minimal time away from their building. The process takes about 15 minutes. This program is going to be expanded to all campuses very soon. Vonda wanted to point out that COVID positives have been increasing slightly. There have been fewer close contacts due to vaccinations and the Arkansas Department of Health changed the distance from 6 feet to 3 feet when determining close contacts. Vonda also wanted to remind staff that ARCare Telehealth is available for regular office visits for acute illnesses. It is not just limited to the COVID clinic. Students and staff have priority and always receive same day appointments.

Counseling Services - Terena Woodruff/Emily Taylor, Director of Counseling - No report.

School Health Programs – Kelly Spencer, Health & Wellness Coordinator reported that Staff Wellness Pickleball was a success. Thank you to Jared Walters for his help facilitating the event. There were approximately 30 participants. Brian Jones and Coach Kham defeated Coach Walters and Officer Cardona in the finals. Positive feedback was received regarding the event. Many requested that a regular pickleball league be set up. Having pickleball requires additional lines to be added to the tennis courts. Kelly is waiting to see if permanent lines will be added to the tennis courts. If this happens, we can look into a regular league. Jared mentioned that we could explore utilizing the new courts at the Community Center.

The next Staff Wellness event will be bowling. The flyer will be sent out by Karen Davis soon. The link to the flyer for your reference:

https://docs.google.com/document/d/1uydEUV4Ukb_fj7In8rGdq9Pw-PDjM0WySb9wi2w4I3o/

Wellness committee members will be asked to assist with signing up a team from their campus/department. Committee Representatives may determine a "team captain" who will be the point of contact for this event. This will need to be a person who will be attending the event. This point of contact can also serve as the person who will help facilitate sign-ups. Kelly will share a google sheet to use for sign-up. **Deadline to sign-up will be January 19th.** Please be sure to click on the appropriate tab at the bottom for your campus/department. Middle & Secondary Campuses and all Departments will bowl on February 1st. Elementary Campuses will bowl on January 25th. More information will be sent out January 4th. If committee members designate someone to facilitate sign up, please email Kelly so she can give editing rights to the POC.

Fitness classes continue to take place after school Mondays, Tuesdays, and Thursdays at 4:15 pm. They have been averaging 10-15 attendees per class. We have received positive feedback about the classes.

We will be resuming Special Programs athletic events. Due to COVID and all the restrictions in place, we are looking at offering a couple of district-wide events for our students. We will not be participating in Area 5 or State events; however, if a student expresses a desire to participate in those sanctioned events, their teacher will put them into contact with the appropriate Arkansas Special Olympic personnel so they can register and attend with their guardian.

Students who violate the tobacco policy currently receive an alternate-to-suspension educational intervention in the ISS setting. The intervention is a self-paced, online educational program offered through MD Anderson. National and state data are indicating that students are needing assistance with the addiction side of vaping. Beginning in the spring semester, we will be providing vaping cessation resources to students through the counseling center. Counselors will provide students with a card created by Project Prevent from Arkansas Childrens' Hospital. This card provides a multitude of resources that are accessed via a QR code scan.

II. Other Business

Next Wellness Committee Meeting - February 24, 2022

- *Ark. 6.06.5 - Annually maintain and update a written list of recommended locally available healthier options for food and Beverages available for sale to students.*
- Kelly will share a google doc in February for committee members to contribute to this list.

Meeting was adjourned at 3:52 pm.