



District Health & Wellness Committee Meeting  
March 3, 2022  
Virtual Meeting - 3:45 pm

Members present: Emily Taylor, Kelly Spencer, Michael Byrd, Erin Wilkes, Kasey Hill, Natalie Hill, Teresa Richardson, Kimberly Tucker, Lori George, Vonda Morgan, Miriam Berryhill, Kimberly Armstrong, Jessica White, Alisha Keown, Kim Griffin, Keri Jackson and Grant Hill.

Meeting was called to order at 3:45 pm.

**Reports:**

*District Updates* - Michael Byrd, Assistant Superintendent reported that the faculty calendar option #1 has been approved by the school board. There have been a lot of questions regarding the changes that DESE came out with recently. Our district is going to stick with what was originally approved since families already received that student calendar and plans have been made.

Since COVID numbers have improved, the district will be adjusting field trip and visitor restrictions. More information will be sent out soon regarding these items.

The drive behind CFA in front of the Wrestling Center will be closed during Spring Break so raised crosswalks can be added.

*Food Services* - Erin Wilkes, Director of Food Services shared feedback of the Quarterly Menu Review (Ark. 6.06.5).

The Written Food & Beverage Locally Recommended List (Ark. 6.06.7) was updated.

Tina Wiley, Director of Finance maintains the Written Recommendations to the School Board Regarding the Components for Food & Beverage Vending Contracts (Ark. 6.06.9).

*Health Services* – Vonda Morgan, Director of Nursing reported that nurses are seeing a reduced number of COVID cases.

Nurses will be focusing on mandated screenings this spring.

The new Wellness Center is open at 811 South Pine. This is a clinic in which students, staff and their families can come and participate in a telehealth visit. These visits take place in the Wellness Center via virtual consultation with a health professional. They can address most health needs including prescriptions. The district will send out more information soon promoting this availability.

*Counseling/Mental Health Services* - Emily Taylor, Director of Counseling reported that counselors have been working diligently to be data driven with their services with assisting with social emotional needs as well as career readiness assistance.

Therapist are experiencing very high caseloads and many of our referrals are not getting filled. Emily mentioned that AR Connect, thru UAMS, is a great telehealth option.

Emily also shared with district staff a new resource called "Mental Health Matters." She is hoping to make this a monthly email publication for our staff.

*School Health Programs* – Kelly Spencer, Health & Wellness Coordinator provided reports on the following items:

Staff Wellness Bowling - Congratulations to Eastside and Junior High South for winning their respective divisions.

Staff Wellness April Event - Kelly looking into the possibility of having dodgeball again. More details to come.

School Health Index - SY 21-22 - administrators are currently working on the wellness evaluation for school improvement.

The PRIDE 5th grade Drug Resistance Program has been suspended during COVID. Due to scheduling, this was facilitated via team meetings. Now teams are able to meet again with COVID numbers going down. Kelly visited with middle school administrator and the decision was made to resume this program in the Fall.

The Spring Fling 5K/Kids' Fun Run will be Saturday, March 19th. Proceeds from this event go towards the District program as well as two scholarships for track/cross country athletes. For more information:

[-https://www.cabotschools.org/news/10186/spring+fling+5k++kids+fun+run+2022](https://www.cabotschools.org/news/10186/spring+fling+5k++kids+fun+run+2022)

For the link for Registration -

<https://runsignup.com/Race/AR/Cabot/SpringFling5k?remMeAttempt=>

May Wellness Committee Meeting - May 5th at 3:45 pm - Virtual Meeting

The meeting adjourned at 4:10 pm.