



Cabot School District  
Health & Wellness Advisory Committee

Google Meet (COVID Restrictions for in person meetings) – 3:45 pm

September 23, 2021

Members present: Kelly Spencer, Alison Joyner, Erin Wilkes, Vonda Morgan, Tobie Sprawls, Alisha Keown, Jessica White, Teresa Richardson, Kimberly Armstrong, Kim Usery, Kim Griffin, Mallorey Jones, Adrea Mendoza, Keri Jackson.

Meeting was called to order at 3:45 pm.

**Reports:**

*Food Services* – Quarterly Menu Review - Erin Wilkes, Director of Food Services conducted the menu review. A written report with feedback has been shared with all committee members:

<https://docs.google.com/document/d/1QelfSjW0rBaZcCS8UYoK6UFZGSHbWNsYtJL90YSL5Ro/edit>

*Health Services* – Vonda Morgan, Director of Nursing

Nurses continue to dedicate most of their time to COVID contact tracing. Their hard work and dedication is greatly appreciated.

*Counseling Services* - Emily Taylor, Co-Director of Counseling Services, reported that the district has purchased an evidence-based K-6 curriculum that focuses on social emotional learning. Counselors are very excited to implement this needed program. Counselors are also now using the SmartData Dashboard. This is a tool that allows schools to analyze discipline data to determine counseling needs. This is an integral part of being proactive and preventative with interventions.

*Cabot Health Unit* - No report. New administrator is TBD.

*District Update* – Michael Byrd, Assistant Superintendent. No report

*Health & Wellness Projects* - Kelly Spencer reported on Staff Wellness Programs. Staff wellness fitness classes and competitive sporting events will be resuming. Kelly will send out more information to committee members once events have been scheduled. Building and department representatives on the Wellness Committee are asked to be the point of contact for your building/department. This will involve forwarding information to your respective faculty/staff and sending Kelly the sign up list by the deadlines. As the point of contact, you are not required to attend these events. We will ask you for a point of contact at each event. This means if there is a sporting event, we will ask for a captain to be the spokesperson at those events.

The Inspiration Run has been postponed. The Cabot Cruisers will be completing a video that shows their vision/mission. This video will be shared with physical education teachers to be played in PE classes.

**New Business:**

Kelly Spencer provided an Arkansas Department of Education Wellness Committee Requirements Update. All wellness committee activity can be found on our district website under School Wellness Activity tab:

<https://www.cabotschools.org/administration/health-wellness/school-wellness-activity-1>

Kelly provided a chart documenting the timeline for school wellness activities.

The committee conducted a review of the SY20-21 School Health Index Assessment results and the most current Wellness Policy.

Kelly announced the next Wellness Committee Meetings (Virtual) @3:45 pm

- December 9, 2021
- February 24, 2022
- April 21, 2022

The meeting was adjourned at 4:03 pm.