



Cabot School District  
Health & Wellness Advisory Committee

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

September 23, 2021

**I. Introductions**

**II. Reports:**

- a. Food Services – Quarterly Menu Review - Erin Wilkes, Director of Food Services  
<https://docs.google.com/document/d/1QelfSjW0rBaZcCS8UYoK6UFZGSHbWNsYtJL90YSL5Ro/edit>
- b. Health Services – Vonda Morgan, Director of Nursing
  - COVID & nursing
  - ARCare Telehealth - Curriculum Annex CHS Campus - ext.1212
- c. Counseling Services-Terena Woodruff & Emily Taylor, Directors of Counseling Services
- d. Cabot Health Unit
- e. District Update – Michael Byrd, Assistant Superintendent

**III. New Business:**

- a. Upcoming Health & Wellness Projects - Kelly Spencer
  - Staff Wellness Programs
    1. Fitness Classes
    2. Competitive Sport Events
  - Inspiration Run
- b. Arkansas Department of Education Wellness Committee Requirements Update - Kelly Spencer
  - Wellness Information/Documentation  
<http://www.cabotschools.org/administration/health-wellness/school-wellness-activity-1>
  - School Health Index Review  
<https://www.cabotschools.org/storage/files/shares/Departments/Health%20&%20Wellness/2020-2021/SHI%20results%20Chart%20-%202020-21.pdf>
  - Wellness Policy  
[https://www.cabotschools.org/storage/files/shares/userfiles/Health\\_Fitness/Wellness/20202021/Wellness\\_Policy\\_Updated\\_20202021.pdf](https://www.cabotschools.org/storage/files/shares/userfiles/Health_Fitness/Wellness/20202021/Wellness_Policy_Updated_20202021.pdf)

**IV. Other Business**

- a. Next Wellness Committee Meetings (Virtual) @3:45 pm
  - December 9, 2021
  - February 24, 2022
  - April 21, 2022