



Health & Wellness Advisory Committee

April 26, 2023

Committee members present: Kelly Spencer, Erin Wilkes, Theresa Richardson, Kimberly Tucker, Jamie Tokarz, Vonda Morgan, Andrea Mendoza, Sue Ann Whisker, Connie Reed, Alisha Known, Lori George, Kimberly Armstrong, Jared Walters, and Kim Usery.

Meeting was called to order at 3:45 pm.

I. Reports:

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

Safety & Security Updates - Morris Rothfeldt, Executive Director for Support Services, no report

Food Services - Erin Wilkes, Director of Food Services conducted the Quarterly Menu Review - Ark. 6.06.5 and the results can be found at

<https://docs.google.com/document/d/1h8viiLXfkmCoP3RGgzTDlrHyVcN4AwqVOw5j-z0dZgw/edit>

Health Services – Vonda Morgan, Director of Nursing, no report.

Counseling/Mental Health Services - Emily Taylor, Director of Counseling, The LEARNS Act has guidance for us for education on child abuse and trafficking. The counselors will be learning soon about the rules and regulations that have been established from this act and will send out more information as they receive it.

School Health Programs – Kelly Spencer, Health & Wellness Coordinator reported that Special Programs Track and Field will be May 25th at Panther Stadium. The opening ceremony will begin at 9:15 am. Kelly also reported that the School Health Index is posted on the website and the Health & Wellness School Improvement Plans are due May 1st. The 23-24 school year will be the district's Triennial Assessment. This is where the wellness committee evaluates wellness policies and to ensure the district is following current mandates by DESE and USDA for food and nutrition. Kelly will share information with the committee in the fall of 2023.

II. Other Business

Summer Track Nights will be held every Monday in June. The Cabot Cruisers will hold running clinics for children of all ages. This takes place at Panther Stadium from 6-7 pm. Currently there are over 150 kids signed up.

School Health Index Results - Ark 6.06.1 are posted on the district website

<https://cabotschools.org/storage/files/shares/Departments/Health%20&%20Wellness/2022-2023/SHI%20results%20Chart%20-%202022-23.pdf>

Our committee has met all Wellness Requirements for the 22-23 school year. This documentation can be found on our website at

https://www.cabotschools.org/storage/files/shares/Departments/Health%20&%20Wellness/2022-2023/22-23%20Wellness_Checklist.pdf

Kelly thanked all the Wellness Committee members for their service this year. The next Wellness Committee Meeting will be in September of 2023.

Meeting was adjourned at 4 pm.