



Cabot School District  
Health & Wellness Advisory Committee

Google Meet

October 26, 2022

Members present: Kelly Spencer, Kimberly Tucker, Andrea Mendoza, Jamie Tokarz, Lori George, Morris Rothfeldt, Courtney Gunter, Teresa Richardson, Kim Usery.

Meeting began at 3:32 pm.

**Reports:**

*District Update* – Michael Byrd, Deputy Superintendent, no report.

*Food Services* – Quarterly Menu Review - Erin Wilkes, Director of Food Services conducted the quarterly menu review. Comments and feedback were added to the google doc and made available to committee members.

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

*Counseling Services*-Emily Taylor, Director of Counseling Services - no report.

*Safety & Security* - Morris Rothfeldt, Executive Director for Support Services reported the state has released the 2022 School Safety Report. He is working to create a scorecard for the district to provide feedback and security improvements.

*Health & Wellness* - Kelly Spencer, Health Wellness Coordinator, reported that administrators completed and submitted the Health & Wellness School Improvement Plan for each campus on October 1st. This plan details their health and wellness goals and initiatives for the 22-23 school year.

The Inspiration Run took place October 21st. There were over 30 runners and cyclist who participated throughout the day. Thank you to the Cabot Cruisers for being a great partner with our district and for serving as great role models for our students! A thank you to Officer Keri Jackson for assisting with traffic control and keeping the participants safe.

Fitness Classes are taking place Mondays, Tuesdays and Thursdays at Central Elementary at 4 pm. These classes are free to current school district staff.

## **New Business:**

*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/2021-2022/SHI%20results%20Chart%20-%202021-22.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)

School Year 23-24 will be the district's year to complete the triennial assessment. This is an evaluation of our wellness policy as well as a comprehensive evaluation of our wellness and nutrition activities and programs.

## **Other Business**

Next Wellness Committee Meetings (Virtual) @3:45 pm

- December 7th
- February 22nd
- April 26th

Meeting was adjourned at 3:52 pm.