



Cabot School District
Health & Wellness Advisory Committee

Google Meet – 3:45 pm - meet.google.com/wqz-geyq-bwn or (US) +1 818-691-2608 PIN: 276 714 009#

October 26, 2022

I. Introductions

II. Reports:

- a. District Update – Michael Byrd, Deputy Superintendent
- b. Food Services – Quarterly Menu Review - Erin Wilkes, Director of Food Services
https://docs.google.com/document/d/1XNIBZnbHXdFI_hju9yyu22w3nYpFqQTYGGctReT8YuE/edit
- c. Health Services – Vonda Morgan, Director of Nursing
- d. Counseling Services-Emily Taylor, Directors of Counseling Services
- e. Safety & Security - Morris Rothfeldt, Executive Director for Support Services
- f. Health & Wellness - Kelly Spencer, Health Wellness Coordinator

III. New Business:

- a. Upcoming Health & Wellness Projects - Kelly Spencer
 - Staff Wellness Programs
 - 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/2021-2022/SHI%20results%20Chart%20-%202021-22.pdf>
 - Wellness Policy
https://www.cabotschools.org/storage/files/shares/userfiles/Health_Fitness/Wellness/202021/Wellness_Policy_Updated_20202021.pdf

IV. Other Business

- a. Next Wellness Committee Meetings (Virtual) @3:45 pm
 - December 7th
 - February 22nd
 - April 26th