



Cabot School District
Health & Wellness Advisory Committee

September 21, 2023

Members present: Kelly Spencer, Erin Wilkes, Courtney Shepard, Amy Waymack, Emily Taylor, Vonda Morgan, Julie Jones, Alisha Keown, Courtney Gunter, Macy Leggett, Allan West, Mike Sprawls, Jared Walters, Kim Usery, Kim Griffin, Mallorej Jones, Andrea Mendoza, Andy Martin,

Meeting began at 3:40 pm.

Kelly Spencer introduced new committee members.

Reports:

District Update – Michael Byrd, Deputy Superintendent, no report

Food Services – Erin Wilkes, Director of Food Services completed the menu review.

https://docs.google.com/document/d/1m3QrmmkNg9OSz5qtu1bO4muYVercM_Jt342UfTziys0/edit

Health Services – Vonda Morgan, Director of Nursing, reported that the district nursing program completed a school walk thru visit with Arkansas Children's Hospital Project ADAM, getting heart safe. All campuses will begin work on creating a heart safe plan that also includes developing building level response teams. Middle School North completed their drill this past month. Plans are in place for CLA to complete their drill on Sept 5th CLA.

Counseling Services- Emily Taylor, Director of Counseling Services reported that mental health agencies have caught up with backlogs and we are able to get students placed faster. There are new agencies in town so we are getting students connected to quality mental health services much more efficiently. The district now has access to a new crisis de-escalation option through the Point. This is an additional step available in which a therapist (Shelby Barnhill) will come on site to assist during crisis situations with the goal to de-escalate the child's situation to possibly avoid a mobile assessment. Shelby's response times have been fast and effective. Many administrators have shared positive feedback regarding this option.

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

Special Programs - Andrea Mendoza reported that Special Programs has received a high number of behavior assistance requests. They have placed a large number of pk students who entered kindergarten this school year.

Health & Wellness - Kelly Spencer, Health Wellness Coordinator, reported that administrators are currently in the process of evaluating their campus School Health Index scores from SY 22-23 and completing the Health & Wellness School Improvement priority goals. Those will be complete and submitted by October 1st.

Kelly also announced that the school district received a \$54,000 grant that is putting strider bikes at all nine elementary schools. The PE teachers received 24 bikes each, helmets, curriculum and training. This program will be implemented in grades K-1. This has created a new partnership with the Cabot Chaos mountain bike team. This is a local team composed of students from grades 6-12. The students, coaches and families are working to assemble all 216 bikes.

New Business:

Courtney Shepard reported the Inspiration Run will be Friday, October 13th. This is an event in which the Cabot Cruisers run to all 14 campuses, stopping and talking to students about being physically active for life. The link for people to sign up to participate:

<https://runsignup.com/Race/AR/Ward/CabotCruisersInspirationRun>

Kelly Spencer discussed the Arkansas Department of Education Wellness Committee Requirements. We will be conducting the triennial assessment this school year. This is where we audit our wellness policies and ensure we are in compliance with state and federal regulations. Kelly shared the timeline for wellness committee actions:

<https://docs.google.com/document/d/1vPAqGFTBwNUdiU22-ytGseNF4QH04L6vecUNJWplx7Q/edit#heading=h.gjdgxs>

School Health Index scores for each campus can be found at:

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

The current wellness policy can be found at:

https://www.cabotschools.org/storage/files/shares/userfiles/Health_Fitness/Wellness/20202021/Wellness_Policy_Updated_20202021.pdf

Other Business

Kim Usery reported that the Hope Squad has been created at Freshman Academy and the High School. Students from a variety of social groups were nominated by teachers to form an organization where students are trained to look for warning signs for suicide. These students link others to a teacher advisor (Kim Usery or Ryan Davenport) or to someone in the counseling center to provide support services with the goal of early intervention. Cabot is the first district in Arkansas to have a Hope Squad. They recently had a parent meeting to educate parents about this resource. There will be an awareness walk soon, as well as a booth at Cabot fest. For more information, Jeannette DeJesus and Kim Gibson may be contacted.

Future Wellness Committee Meeting dates were provided to members. All meetings will be virtual and start at 3:40 pm

- December 7th
- February 22nd
- April 25th

Meeting was adjourned at 4 pm.