



Health & Wellness Advisory Committee

Virtual Meeting – 3:40 pm

December 7, 2023

Members present: Kelly Spencer, Morris Rothfeldt, Michael Byrd, Kimberly Armstrong, Jared Walters, Angela Fortson, Ahna Davis, Courtney Gunter, Emily Taylor, and Allan West.

Meeting was called to order at 3:40 pm.

Reports:

District Update – Michael Byrd, Deputy Superintendent, reported that District departments are working with the School Board on the board to PLC process. He provided an update on construction projects including pK center, playground equipment, CLA certificate of occupancy has been provided and will open in January. The CLA to daycare renovation will begin soon. The MSN car rider line renovation is almost completed.

Food Services – Quarterly Menu Review - Ark. 6.06.5 - Erin Wilkes, Director of Food Services completed the menu review. Comments may be found at https://docs.google.com/document/d/10QzzidwBUwJ-z2mo_gwn0AurFCqdo3GLn-Wxq9xh5ZQ/edit

Health Services – Vonda Morgan, Director of Nursing, reported that schools are continuing to work with Project ADAM, setting up response teams and making campuses Heart Safe.

Counseling Services-Emily Taylor, Directors of Counseling Services reported the start of Circles of Hope, which is a program in which CHS students are working with middle school students on teaching and modeling coping skills. The first Panther Camp at WS took place where students toured the CTE programs. She also reported that Cabot Parks and Recreation gave over \$15,000 of food donations to the district.

Safety & Security - Morris Rothfeldt, Executive Director for Support Services, reported that black out shades should be completed by semester break. After break, NARCAN kits will begin to be delivered. Stop the Bleed kits have been delivered to schools. The goal is to eventually have one in each classroom. Mr. Rothfeldt has attending training on stadium and events security. This training focuses on risk management, crowd management and crisis management. Finally, the Comprehensive School Safety Assessment mandated by the LEARNS Act is due for each campus by August, 2024. He and his team of School Safety Coordinators will be working to complete this work.

Health & Wellness - Kelly Spencer, Health Wellness Coordinator reported that there will be no needed Wellness Policy Revisions. This document can be accessed at

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

The Triennial Assessment has been completed and the results for the 23-24 Cycle are included in the following link:

<https://www.cabotschools.org/storage/files/shares/Departments/Health%20&%20Wellness/2023-2024/Triennial%20Assessment%2023-24%20-%20Sheet1.pdf>

Dr. Thurman completed the 2023 Report to the Public - Ark 6.07.1.4 - *Inform & update public regarding wellness policy content and implementation* & Ark 6.06.10 - *Include in the annual Report to the Public the amount of funds received & expenditures made from competitive food & beverage contracts*. This report can be found at :

https://docs.google.com/presentation/d/1eF92D1HvhET_aKnrtuCWflunDiTtnqnnTWC1xan6M0I/edit#slide=id.p

The 2023-24 progress towards the Wellness Committee Requirements can be found at:

https://www.cabotschools.org/storage/files/shares/Departments/Health%20&%20Wellness/2023-2024/Wellness_Committee_Checklist_23-24.pdf

II. Other Business

Courtney Shepard, President of the Cabot Cruisers reported that the Cabot Cruisers Spring Fling 5k will be March 16th at Panther Stadium. The link to sign up is :

<https://runsignup.com/Race/AR/Cabot/SpringFling5k>

School employees can use the code CABOTSCHOOLS2024 to receive a \$5 off coupon. Event proceeds to to the Cabot School District PE program.

Next Wellness Committee Meeting - February 22, 2024

- Ark. 6.06.5 - *Annually maintain and update a written list of recommended locally available healthier options for food and Beverages available for sale to students.*

Meeting was adjourned at 4 pm.