



District Health & Wellness Committee Meeting
February 22, 2024
Virtual Meeting - 3:40 pm

Meeting began at 3:38 pm.

Members present: Kelly Spencer, Erin Wilkes, Sue Ann Whisker, Alisha Keown, Emily Taylor, Mike Sprawls, Julia Treadway, and Connie Reed.

District Updates - Michael Byrd, Deputy Superintendent - No report

Food Services - Erin Wilkes, Director of Food Services shared the Quarterly Menu Review (Ark. 6.06.5)

- [Copy of 2/22/2023 Quarterly Menu Review](#)

The committee also discussed and updated the Food & Beverage Locally Recommended List (Ark. 6.06.7)

- [F & B Local Recommendations SY 23-24](#)

As part of the Food Services report, Kelly Spencer reported that Tina Wiley, Executive Director of Finance, provides the school board with the written recommendations to the School Board regarding the components for food & beverage vending Contracts (Ark. 6.06.9)

Health Services – Vonda Morgan, Director of Nursing reported that BMI and scoliosis screenings are taking place.

Counseling/Mental Health Services - Emily Taylor, Director of Counseling reported that two counselors were recently recognized: MSN Counselor, Amanda Cross, Arisa Mental Health Champion Award (only 7 in the state and there were 100+ nominations) and CHS Counselor, Jeanette DeJesus, ASCA Southeast Region High School Counselor of the Year.

The CHS Hope Squad has scheduled Circles of Hope with MSS.

The AR AWARE ladies will be presenting the second half of De-Escalation training to counselors in March.

Safety & Security Updates - Morris Rothfeldt, Executive Director for Support Services, Kelly Spencer reported that school safety coordinators are in the process of completing the Safety and Security Site Assessment. It is due March 15th. This is a comprehensive, 1000+ question assessment to evaluate safety and security policies and practices at each campus.

Kelly Spencer reported for Courtney Shepard that the Cabot Cruiser's Annual Spring Fling 5K/Kids Fun Run is March 16, 2024. Information about the event can be found at:

<https://www.cabotschools.org/news/10538/spring+fling+5k++kids+fun+run+2024>. The link for registration is: <https://runsignup.com/Race/AR/Cabot/SpringFling5k> . District employees receive a discount at registration.

School Health Programs – Kelly Spencer, Health & Wellness Coordinator, reported that administrators are in the process of completing the School Health Index assessments. This is the assessment of school health programs. The results will be shared with the committee once they have been completed.

Special Programs Track and Field will be May 16th at Panther Stadium.

The next Wellness Committee Meeting will be April 25th at 3:40 pm.

Meeting was adjourned at 4 pm.