



Cabot School District
Health & Wellness Advisory Committee

Google Meet – 3:40 pm

meet.google.com/hrg-rocr-fni Phone: +1 641-632-2371 PIN: 136 914 245#

September 21, 2023

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/1m3QrmmkNg9OSz5qtu1bO4muYVercM_Jt342UfTziys0/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
 - Inspiration Run
 - Health & Wellness School Improvement Plan
- b. Arkansas Department of Education Wellness Committee Requirements Update - Kelly Spencer - SY 23-24 - Triennial Assessment
 - Wellness Information/Documentation
<https://docs.google.com/document/d/1vPAqGFTBwNUdiU22-ytGseNF4QH04L6vecUNJWplx7Q/edit#heading=h.gjdgxs>
 - School Health Index Review
<https://www.cabotschools.org/storage/files/shares/Departments/Health%20&%20Wellness/2022-2023/SHI%20results%20Chart%20-%202022-23.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) @3:40 pm
 - December 7th
 - February 22nd
 - April 25th