

Health & Wellness Advisory Committee

Central Administrative Office-Professional Development Center Room – 3:45 pm

December 10, 2015

Members present: Laura Abbott (FA), Becky Lamb (CHNS), McKala Barnett-substituted for Casey Adams (WC), Michael Byrd (CAO), Megan Head (MSN), Kelly Spencer (CE), Vonda Morgan (CAO), Rich O’Connell (CHS), Donna Nash (School Board), Keri Jackson (CAO), Katie Laney (JHS), and Miriam Berryhill (SS).

Meeting began at 3:47 pm.

Reports:

Food Services – Quarterly Menu Review -Erin Wilkes, Director of Food Services - Megan Head reminded the committee that menus are posted on the website and were approved in the September meeting.

Health Services –Vonda Jacobs-Morgan, Director of Nursing reported that hearing and vision screens have been completed and nurses are now completing follow-up physician calls.

Coordinated School Health Report –Megan Head, District Health & Wellness Coordinator reported about this year’s bowling event. Ward Central won the elementary championship and the Technology Department won the secondary/departmental night. There were approximately 125 participants in this year’s event. Kickball was a low turnout again this year. The committee discussed the possibility of having a different event in the place of kickball next year.

Student Services-Michael Byrd, Director of Student Services reported that Officer Dodd is still working with 5th grade students with PRIDE. The PRIDE Celebration will be May 13th.

New Business:

Upcoming Health & Wellness Projects

- *Staff wellness competitive events* - Volleyball will be in March/April. Due to numbers being lower last year, the committee discussed options of creating a

campus division and an open division and the idea of a shortened event in order to try to boost participant numbers.

- *Spring Fling 5K Event (March 19th)* -Annette Blanton - Proceeds from the event will be donated to district PE program. There will also be a fun run this year for kids. The committee discussed the option of having a staff wellness competition at the 5K event. It is scheduled for the first Saturday of Spring Break and participation has been down due to this. Staff wellness was tabled until next meeting.

Nutrition Goals

- Megan discussed the nutrition goals as required by ADE for each campus.

ADE Commissioner's Memo FIN-12076 :

In its efforts to improve the school nutrition environment, promote student health, and reduce childhood obesity, the district will adhere to the Arkansas Rules Governing Nutrition and Physical Activity Standards in Arkansas Public Schools. Adhering to these Rules will include, but is not limited to district efforts to:

Meet or exceed the goals for nutrition promotion that the committee has established based on the District Wellness Policy 5:25.

Building health and wellness committees shall establish building-level goals for nutrition promotion as required by Healthy, Hungry-Free Kids Act of 2010. Nutrition goals shall be based on the Arkansas Department of Education Physical Education and Health Curriculum Frameworks (2011).

Other Business:

Becky Lamb indicated that since we are a comprehensive tobacco policy district, the TPCP sent 20 metal signs to CAO. They have been distributed to maintenance for disbursement to schools. Kelly Spencer will contact Debbie Carr to see if they can be put in car rider line areas.

Becky Lamb also mentioned the Blue and You Contest has begun. She encouraged campuses to work on this contest. There is a t-shirt awarded to all participants who complete 30 entries.

The next Wellness Committee Meeting will be February 11, 2016.

Meeting was adjourned at 4:11 pm.