



Cabot School District Health & Wellness Advisory Committee  
Central Administrative Office-Professional Development Center Room – 3:45 pm  
September 26, 2019

Committee members present: Megan Curtis, Kelly Spencer, Dawn Verkler, Ava Berryhill, Keri Jackson, Aaron Reed, Erin Wilkes, Donna Nash, Connie Reed, Ahna Davis, Michael Byrd, Kasey Hill, Teri Duncan, Miriam Berryhill, Julia Treadway (hangout), Madison Kelley (hangout), Courtney Gunter (hangout), Lori George, Grant Hill, Joanne Blalock, Allison Heck (hangout) and Rustyn Kelly.

Meeting began at 3:49 pm.

#### **Reports:**

*Food Services* – Erin Wilkes, Director of Food Services facilitated the Quarterly Menu Review. Mrs. Wilkes also reported that our Food Service Department will be audited the end of October. Principals should make sure no food items are being sold during the school day. Also, we need to make sure we count our food parties as one of the nine allotted days.

*Health Services* – Megan Curtus reported for Vonda Morgan, Director of Nursing. The flu clinic will be Monday, October 14th at the High School and October 15 & 17 at Cabot Health Unit. In addition, all campuses will have flu shots offered at their building. These dates will be communicated soon. Principals will be sharing that information with staff.

*Cabot Health Unit* – Carey Woods sent a report on the Healthy Poster Contest. This is an art contest for grades K-6. The due date is October 16th. Representatives will come pick up the posters at each campus.

*Student Health Programs* – Kelly Spencer reported that the 5th grade PRIDE Program kicked off last week. She will be teaching the lessons with the SROs assisting. Focus will be on vaping, inhalants and marijuana. Michael Byrd reported on school based telemedicine. If the district decides to participate, students or staff would be able to access an online meeting with a doctor or nurse practitioner. This would allow people to stay at school and receive an evaluation and prescriptions from this on-line meeting and evaluation. The district is in the fact finding process and will release more details. Mr. Byrd also reported that the Cabot Emergency Hospital would like to partner with the school district. This hospital is invested in the community and wants to be involved with our schools.

*School Health Index & Indistar* - Kelly Spencer reported that process managers met this week to complete the SHI, which is the evaluation tool for our health and wellness policies and programs. Wellness improvement plans must be submitted by October 1st. The district website has been updated with the state required information.

### **New Business:**

*Upcoming Health & Wellness Projects* - Megan Curtis/Kelly Spencer

#### **Staff Wellness Programs**

- Fitness Classes began Monday. Pyo is at 4:30 on M/W and transform is T/TH at 4:30. All Classes are at MSN.
- Competitive Sport Events - Basketball is at MSN on Tuesdays at 4:30
- Fall Family Event (staff wellness) - We would like to offer tailgate games at MSN in the back field some time in October. This will be a free flow event. All employees are encouraged to bring family
- Inspiration Run - Kelly Spencer reported that the annual event will take place October 25th. The schedule and guidelines have been sent out to principals. District employees are encouraged to participate. Principals and Directors will work with staff on covering their duties while they participate.

*Arkansas Department of Education Wellness Committee Requirements* - Megan Curtis presented the requirements and the committee set a timeline to accomplish each requirement throughout the year.

### **Other Business**

Next Wellness Committee Meeting

- December 12, 2019

Meeting was adjourned at 4:15 pm.