

Wellness Committee Meeting Minutes October 18, 2017

The committee discussed the menus and new ideas and suggestions were given for the cafeteria menu.

Discussed the goals of the school health index which included:

Creating a healthy environment for students by:

- sending the menu home, posting the menu on the website
- providing nutrition and health education in the classroom

Creating an environment that promotes physical activity and provides quality physical education

- meeting PE requirements in the elementary and the high school
- teachers submit lesson plans that incorporate fitness and health standards
- walking track

Provide professional development for school staff-

- Drug awareness, suicide awareness, bullying, dating violence, cyberbullying, child maltreatment
- school nurse provides education regarding any health care plans or physical activity restrictions to teachers, as well as dental education, hygiene, infection control to students, and training regarding epi pens and food allergies.
- Ms Byrd educates her staff regarding food allergies and substitutions to be made.
- school nurse does BMI screening and makes that data available to parents, principals, and superintendent, also screenings for vision and hearing and scoliosis
- Ms Gilliam has included health related information in her counseling sessions.

This month was fire safety and prevention. She did talks on burn care and what to do in a house fire.

Wellness committee meeting minutes will be provided on the school website.

Discussed other activities that the school is implementing for school health:

Snacks during testing that comply with guidelines.

Lesson plans for PE that include running, stretching, exercises, and games.

Ms Bell and the EAST students have a greenhouse that provides the cafeteria with tomatoes and lettuce for school salads.

- Olivia Myers stated that she would suggest to the EAST department that the Armored News Network place public service announcements on health related issues.

- Students will also offer healthy recipes for the Tiger Tracks segment in the newspaper.
- The walking track is available for school staff and community use.
- Posters are placed throughout the school with child abuse reporting information and other health related information

Discussed that there are 2 parties in the elementary in which snacks are allowed- Valentines and Christmas. The elementary encourages gluten free snacks and awareness of food allergies when snacks are being offered.

Teachers are also encouraged to provide non food treats.

Finally, the committee discussed plans for the next Wellness Committee meeting to be held in January.

Members that were present were:

Jennifer Barbaree- Superintendent

Joey Carr- elementary principal

Tina Byrd- Nutrition director

Kandace Ranalli- parent and PTO member

Jennifer Whitehead- School Nurse

Olivia Myers- High school student

Leighandrea Collins- High school student- Leighandrea took pictures for the school newspaper during the meeting

Ethan Martin- Jr High student

Raven Slaughter- Jr High Student

Uriel Martinez- 6th grade

Aspen Gilliam- 6th grade