



# PULASKI COUNTY SPECIAL SCHOOL DISTRICT

925 East Dixon Road, Little Rock, AR 72206 • 501.234.2000 • Website: pcssd.org

## PCSSD - District Wellness Meeting

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Monday, February 7, 2022- IN PERSON/Virtual- Central Office

### PHYSICAL ATTENDEES

- Tonya Raborn
- Brittany McDonald
- Tiffany Reed
- Jessica Duff
- Anna Haver

### VIRTUAL ATTENDEES

- Laura Sergeant
- Teresa Conner
- Tina Ward

### New Business/Action Items

- Student Nutrition- Reviewed [Menus](#)
  - Tiffany Reed with Chartwells K12 presented the Nutrislice app and website
    - Walked through the features of Nutrislice
    - Talked about food choices and variety/options
      1. This has been a huge hit with students to be able to find something that they like
    - Lots of filter options - helps those with food allergies to be better prepared
  - Chances of continued free lunch options for all students
    - This has been such a benefit for all students; it seems unlikely to pull this option away from students at this point in time
- Student Health Services
  - Albuterol - Cynthia partnered with ACH Severe Asthma/Allergy/Immunology Clinic to obtain the Albuterol through a grant. Each school will receive two canisters. Cynthia will pick those up at the Clinic to distribute to schools.
  - Narcan - program for High Schools that has a one time offer for each of schools. Thereafter, it is up to the district to purchase it.
  - Epi Pens - Each school will receive a 2 pack of Regular Epi (secondary schools) and a 2 pack of Jr Epi (elementary schools)
  - Screenings:
    - BMI - even grade levels only
    - Scoliosis - middle schools only
- ADH Update
  - Project Prevent - artwork or essay contest on tobacco prevention
- Baptist Health insight



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- Baptist offers COVID vaccinations in the school settings
- Food and exercise programs and incentives
  - Dietitians can come to school for cooking demonstrations, exercise programs, other activities and programs, etc.
- Can offer products and ideas if we can't work out on-site activities and/or demonstrations
- Old Business
  - Review: [District Wellness Policy](#)
    - Goals - review for updates, align with committee purpose, accuracy, etc. (Laura 1-3, Brittany 4-6, Anna 7-9, Tonya 10-14)
      1. In its efforts to improve the school nutrition environment, promote student health, and reduce childhood obesity, the District will adhere to the DESE Rules Governing Nutrition and Physical Activity Standards and Body Mass Index for Age Assessment Protocols. To promote nutrition, physical activity, and other school based activities that will improve student wellness, the District, working with the SNPAAC, has established the following goals:
      2. Implement a grade appropriate nutrition education program that will develop an awareness of and appreciation for nutrition and physical activity throughout the curriculum;
      3. Enforce existing physical education requirements and engage students in healthy levels of vigorous physical activity;
      4. Strive to improve the quality of physical education curricula and increase the training of physical education teachers;
      5. Provide professional development to all district staff on the topics of nutrition and/or physical activity;
      6. Follow the Arkansas Physical Education and Health Education Frameworks in grades K-12;
      7. Food or beverages may not be used as rewards for academic, classroom, or sports performances. However, each school is allotted nine (9) school wide events that can include speciality foods. Additionally, snacks should follow the "smart snack" rules;
      8. Establish class schedules and bus routes that do not directly or indirectly restrict meal access;
      9. Provide students with ample time to eat their meals in a clean, welcoming cafeteria and/or dining area;
      10. Abide by the current allowable food and beverage portion standards;
      11. Meet or exceed the more stringent of Arkansas' or the U.S. Department of Agriculture's (USDA) Nutrition Standards for reimbursable meals and a la carte foods served in the cafeteria;
      12. Restrict access to competitive foods (foods that are not part of the reimbursable meal plan) as required by law and Rule;



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13. Confirm new and/or renewed vending contracts to the content restrictions contained in the Rules.
  14. Use the School Health Index to assess how well the district is implementing this wellness policy.
- Reflection based on policy:
    1. How can we enforce #7 - ensure students receive meals, especially breakfast if they miss that meal
    2. Points #2-4 reflect the need for well-defined curriculum for health and physical education
    3. Physical education teachers have a strong need to have someone to report to; there is a need for a PE director. This person would help create professional development, curriculum and guidance for PE teachers
    4. Double check with #12 and vending contracts as well as dependance on profit of sales
    5. Work to better enforce #14
  - Laura Sergeant - moved to approve policy as revised; Jessica Duff - seconded the motion
    1. In favor - 7 people; Not in favor - 0
  - PBIS concerns
  - New Business/Action Items
    - Wellness updates - Tonya Raborn
      - Once we have the district policy updated/reviewed we will need to get on the agenda to present it to the board for approval
  - Positions to confirm:
    - Student representatives - no students at this time

## UPCOMING MEETINGS

- District Committee Meetings - We will set the dates and times for the rest of the year. Will continue to offer virtually.
  - 4th Quarter - Monday, May 2, 2022