



PCSSD - District Wellness Meeting

Wednesday, November 16, 2022~Pine Forest Elementary

ATTENDEES

- Tonya Raborn
- Gregg (Mike) Morrison
- Michelle Muhammad
- Laura Sergeant
- Brittany McDonald
- Dr. Tamara Gatewood-Williams
- Regena English
- Jessica Duff

New Business/Action Items

- Student Nutrition- Regena English -
 - MENUS
 - [Menu - secondary](#)
 - [Menu - elementary](#)
 - Menus are available on PCSSD app and Nutrislice app.
 - All the nutritional information is available for any food item listed within either app. Children are able to rate the food.
 - Each school has a bucket for unused food left over after meal service to help monitor food waste and food cost.
 - USDA took away all waivers. 12 CEP schools have waivers until '24 -' 25.
 - Charges to date are \$123,000.
 - Audit report - went really well
 - How do we support our schools to stay on track- PBIS rewards etc.
 - PTO's may purchase items from Regina
 - PBIS - Dr. Williams
 - Requests better awareness of appropriate rewards for the district.
 - Dr. Williams is working on getting appropriate items in the stores.
- Student Health Services - Cynthia Hines
 - Jessica Duff provided input on clinic sign up numbers, but did not have information on how many actually attended the flu clinics.
- Wellness updates - Tonya Raborn
 - New wellness policy presented to the board 9-13-22
 - [2022 Wellness Policy](#)
 - How are the water filling stations doing? Are we saving water bottles?
 - Wellness Week- brainstorm
 - NO SCHOOL WELLNESS TEAM:
Baker, Harris, Landmark, Oak Grove, Oakbrooke, Sylvan Hills Middle, Sylvan Hills Junior



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- High, Sylvan Hills High, Mills University Studies, William Jefferson Clinton, Maumelle Middle, Maumelle High
- Some schools have not submitted their Health and Wellness Goals, Coach Raborn will check on these schools: Oak Grove, Sylvan Hills Elementary, Sylvan Hills High, Sylvan Hills Middle, Crystal Hill, Harris, Lawson, Maumelle Middle, Mills Middle
 - Coach Raborn would like to have a District Wide Wellness Challenge.
 - Some ideas discussed last quarter.
 - One topic for each week with the addition of "Fun Fridays" with laughter.
 - Have children filmed telling jokes.
 - Volunteers for ideas agreed to share with Coach Raborn.
 - February was suggested.

UPCOMING MEETINGS

- District Committee Meetings
 - 3rd meeting - January 25, 2023
 - 4th meeting - April 12, 2023
- District Committee Members - still needed
 - Board member
 - Middle school representative
 - Student representative