

## Wellness Committee Meeting

The health and wellness committee met on September 19, 2022 in the Louise Durham conference room. The meeting began at 4:00.

Those in attendance were

Curtis Black, Principle at LD

Bobby Landon, MHS Nurse

Becky Richardson, LD Nurse

Lisa Falls, HH Nurse

Brook Maechler, MS Nurse

Robin Castor, PE instructor LD

Tamara Smart, HH Principle

Susan Bodey, Aramark FSD Representative

Amy Bartow, FSD Mena Public Schools

Bridgett Martin, community representative

The meeting began with the discussion of the need for representatives from all stakeholders including student and parent involvement.

Curtis Black discussed the modules that needed to be completed.

Robin Castor discussed her project with Strider bicycles. Children in kindergarten and first grade will learn to ride a balance bike. Thirty-two bicycles and helmets will be available for use. She also discussed the benefits of learning balance in relationship to hand writing and motor skill coordination.

Food service discussed the upcoming visit from UAMS for the data collection of meal plate waste/veggie meter data on September 26<sup>th</sup>-September 30<sup>th</sup>.

All representatives agreed to meet monthly for future wellness committee meetings.

The next meeting is scheduled for October 18, 2022. Meeting adjourned.