

Sheridan School District Quarterly Wellness Meeting

[Via Zoom](#)

March 15, 2021 @ 9:00am



Facilitator	Topic	Intended Results	Minutes
Alisa Gray	Welcome	Welcome committee members Assign Scribe: Share Good Things	Scribe- Lauren Goins
Tiffany Selvey	Food Services	<ul style="list-style-type: none">• Review upcoming school menus• Share district food service updates• Spring Break Food Distribution	<p>Tiffany Reed:</p> <p>We have had several specialty items in the cafeterias. We served green eggs and ham in the elementary schools for Read Across America Week. We are trying different items to see what the kids (e.g. fried catfish). We introduced a second option (smoothies) for second chance breakfast at the middle schools. We will continue trying new items on the menu.</p> <p>850 students have signed up for Spring Break meals. We will be packing fresh fruits in the boxes.</p> <p>We will have a waiver extension to allow the district to continue serving free meals for all students through September. The free meals have been great for removing the stigma for students receiving free meals, which adds</p>

			participation among the students who need the meals.
Janet Stockton Alisa Gray Ryane Sorey	District News	<ul style="list-style-type: none"> • Share district updates • Health and Wellness Center 	<p>Janet Stockton: Every campus has Narcan available.</p> <p>Alisa Gray: Construction will begin over Spring Break for the renovation in the Annex for the Health and Wellness Center.</p> <p>Lincoln Daniels: additional construction projects will begin soon (e.g. cafeteria renovations at select campuses). We also continue to work on support services building and the addition to the high school.</p>
Alisa Gray	District Health and Wellness	<ul style="list-style-type: none"> • Completing a New SHI each year. <ul style="list-style-type: none"> ◦ Make sure goal dates are for 2021-22 • Discuss the needs identified through completing the School Health Index at the campuses. • Document the areas of need. <p>Health and Wellness Goals Goal 1: The LEA will provide coordination and support to create a healthy nutrition environment for students. Goal 2: The LEA will provide coordination and support to create an environment that promotes physical activity and provides quality physical education for students. Goal 3: The LEA will provide professional development for school staff that promotes healthy nutrition and physical activity. Goal 4: (Optional) The LEA will provide coordination to support a safe and healthy learning environment.</p>	<p>Alisa Gray: Janet Stockton created a new SHI template for campuses to follow. Campuses should not edit previous year's SHI file to complete the current year's SHI. You must create a new file each year, because the file will keep the previous year's date and look like you didn't create a new SHI for the year. The SHI is due at the end of the school year.</p> <p>Are there any needed items the campuses identified through the process of completing the SHI that we need to consider implementing district wide?</p> <p>Goal 1-Food services department has an effective plan for this goal.</p> <p>Goal 2- Are there things we need to address for physical education? How can the district support the PE teachers?</p>

			<p>Rhonda Bell, SIS PE Teacher, said the district has supported PE. teachers by approving appropriate PD. Kim Scarbrough said we currently do not have a lot of opportunities at the high school level to promote physical activity outside of regular school activities.</p> <p>Goal 3- Lauren Goins: We could reach out to the American Heart Association to get electronic resources to share in the staff bulletin to support this goal.</p> <p>Goal 4- Debbie Blend: Could we bring a trainer to our district so all the PE teachers can get the same nutrition and healthy lifestyle PD? Alisa Gray said we could, but she needs ideas from the PE teachers so she can set up the appropriate PD.</p>
Alisa Gray	Launch	<p>A HEALTHY OUTSIDE STARTS FROM THE INSIDE.</p> <hr/> <p><i>- Robert Ulrich</i></p>	<p>Take care of yourself and put things in perspective.</p> <p>Enjoy Spring Break!</p>

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Name/Campus Representing	Signature
Janet Stockton, EEE School Nurse Building Level Wellness Coordinator	<i>Janet Stockton</i>
Beverly Long, SES Assistant Principal Building Level Wellness Coordinator	
Angie Walters, GT Coordinator -EEI Building Level Wellness Coordinator	<i>Angie Walters</i>
Rhonda Bell, SIS PE Teacher Building Level Wellness Coordinator	
Alan Westfall, EEM Assistant Principal Building Level Wellness Coordinator	<i>Alan Westfall</i>
Debbie Blend, SMS Physical Education Teacher Building Level Wellness Coordinator	<i>Debbie Blend</i>
Kim Scarbrough, SHS Assistant Principal Building Level Wellness Coordinator	<i>Kim Scarbrough</i>

Lincoln Daniels, SSD Deputy Superintendent Co-Chair of District Wellness Committee	<i>Lincoln Daniels</i>
Alisa Gray, SSD Director of Federal Programs and Curriculum Co-Chair of District Wellness Committee	
Tiffany Selvey Food Service/ Chartwell's	<i>Tiffany Reed</i>
Ryane Sorey SSD Mental Health Coordinator	
Bryce Lunday School Board Representative	
Lauren Goins Communication/Public Information	<i>Lauren Goins</i>
Julie Mayberry Family Representative	
Abby Stockton SHS Student Representative	
Ruthie Reaves SHS Student Representative	<i>Ruthie Reaves</i>