



# PULASKI COUNTY SPECIAL SCHOOL DISTRICT

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

## PCSSD - District Wellness Meeting

Monday, December 6, 2021- IN PERSON- Central Office, PDC (upstairs conf. room)

### PHYSICAL ATTENDEES

- Tonya Raborn
- Jessica Duff
- Anna Haver
- Laura Sergeant
- Brittany McDonald
- Cynthia Hines

### VIRTUAL ATTENDEES - attendance delivered post-meeting

- Regena English

### AGENDA

- Local wellness teams reporting
  - Maybe we could add to Dr. Smith's newsletter
  - Wellness summary - included in the Learning Services newsletter? Create our own newsletter?
  - Create content section on Wellness section of website
- 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. Follow the Arkansas Physical Education and Health Education Frameworks in grades K-12;



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6. Not use food or beverages as rewards for academic, classroom, or sports performances;
7. Establish class schedules and bus routes that do not directly or indirectly restrict meal access;
8. Provide students with ample time to eat their meals in pleasant cafeteria and dining areas;
9. Abide by the current allowable food and beverage portion standards;
10. 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;
11. Restrict access to competitive foods as required by law and Rule;
12. Conform new and/or renewed vending contracts to the content restrictions contained in the Rules and reduce district dependence on profits from the sale of competitive foods.
13. Provide professional development to all district staff on the topics of nutrition and/or physical activity;
14. Utilize the School Health Index available from the CDC to assess how well the district is doing at implementing this wellness policy and at promoting a healthy environment for its students.

- PBIS concerns
- New Business/Action Items
  - COVID updates - Dr. Warren
    - COVID dashboard
      1. Updated weekly - demonstrate the previous week's numbers
  - Student Nutrition - Regena English
    - [Menus](#)
    - Updates
      1. Family day - only 3 schools participated
      2. Discovery Kitchen at elementary schools
      3. Student Choice at secondary schools
      4. "Manager's choice" for the last week of school before winter break
  - Health Services- Cynthia Hines
    - Screenings - all vision screenings are complete
    - Flu shot clinics are complete
    - Nurses
      1. Some nurses moving locations
      2. New nurses hired
      3. Difficult to hire and retain nurses - tips/advice to assist?
    - Gearing up for scoliosis screenings
    - COVID vaccine clinics
  - Wellness updates - Tonya Raborn
    - Updates from the Coordinated School Health (CSH) meeting



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1. Jessica will get a list of health teachers at secondary schools to provide to Tonya
- Positions to confirm:
    - Community member - Anna Haver
    - Cabinet member - Tina Ward
    - Student representatives -

## UPCOMING MEETINGS

- District Committee Meetings - We will set the dates and times for the rest of the year. Will continue to offer virtually.
  - 3rd Quarter - Monday, February 7, 2022
  - 4th Quarter - Monday, May 2, 2022