

**Health and Wellness Committee Meeting Minutes**  
**September 23, 2021**  
**Dermott Elementary Cafeteria**  
**9:00 a.m.**

**Attendance:**

Shamonda Garner, Elementary Principal

Tiffany Barnard, K-12 Culinary

Cianii Smith, RN

Tonya Allen, Food Service Manager

Jessica Rayner, High School Principal

The meeting was called to order by Shamonda Garner at 9:06 a.m.

The first item of business was to discuss meeting norms and the roles and responsibilities of committee members at future meetings. After discussion, the following norms/roles were established:

- ❖ Kristi Ridgell, Chairman (Create meeting agendas with times included, agendas will have topics for discussion during the meeting. Make sure that meeting minutes are posted on the website.)
- ❖ Shamonda Garner, Secretary (Take attendance, take minutes at each meeting. Type minutes and send them to all committee members.)
- ❖ Tonya Allen, Timekeeper (Make sure the meetings start and end on time.)
- ❖ Tiffany Barnard, Community Member

People needed:

- ❖ One student from each building (DES/DHS)
- ❖ One parent from each building
- ❖ School Board Member (possibly Lucan Hargraves or Leroy Kennedy)

It has been established at this point that the committee has a representative from food service, administration, Teacher Organization (Michael Wolfe, PE Coach), and Professional Groups (Cianii Smith, School Nurse).

### **Norms:**

- ❖ All voices should be heard
- ❖ Agree to disagree
- ❖ Stay on topic and follow agenda as printed
- ❖ At the end of the meeting, a conclusion should be decided based on the topics discussed and collaborated with all members of the committee.

### **Wellness Plan:**

The policy on the website is from 2017; it needs to be updated every 3 years. Per Ms. Ann Ingram, former Food Service Manager, a new plan went before the board this spring. We need to go back to the board minutes for a copy of that Wellness Plan. The new plan needs to be added to the website.

There is a checklist that needs to be brought to every Health and Wellness Committee meeting. We need to view the document to check things off each meeting. The secretary, Shamonda Garner, will keep up with the checklist.

Tiffany will email Mrs. Garner an updated copy of the checklist.

The committee will reach out to April Cantrell to ask for the Wellness Plan from the spring. In addition, the committee will view the Food Services Audit during quarterly meetings and the Food Services Audit will be a part of our agenda at each meeting.

Nurse Cianii Smith inquired about her role on the Wellness Committee. Tiffany Barnard gave some examples of roles which included: flu clinics (Mainline School-Based Clinic), COVID updates, BMIs, upcoming events, hearing and vision screenings, or anything health related.

Mrs. Garner, DES principal, read information from the SHI (School Health Index) Modules/Questions to check Module 4: **Nutrition Environment and Services** to make sure that the ratings on the scorecard were correct. Ms. Rayner, DHS principal, will use the same information on the plan for the high school.

Mrs. Garner informed the committee about a program that could be associated with the wellness plan. The program will be taught by Christa Mazzanti who is with the Family and Consumer Science Agent at the Chicot County Extension Office in Lake Village. She is over the 4-H in Chicot County as well as the SNAP program. Starting in the month of September, she will come to the school to teach the MyPlate curriculum to the 1<sup>st</sup> and 2<sup>nd</sup> grade students every month.

Tiffany stated that she talks to students during their lunch periods about what the food looks like, how it was cooked, and how the food tastes. Samples may be given when new items are available. Ms. Rayner mentioned that the high school students think that the food doesn't taste good. She continued to say that parents are even complaining about the food. Rayner said that the food for the taste testing was good, but they are not getting the same great taste or good foods according to the students. In response to Rayner's comments, Tiffany shared with the committee that the foods are whole grain which may be a reason that the food doesn't taste good. As for breakfast, some individually wrapped items are temporarily disconnected -- pancakes, donuts, cinnamon rolls due to packages. At the time, 10 things are on order for breakfast and 4 or 5 are out of stock.

Tortillas with beans on the side are going in the trash per Nurse Smith. A possible solution could be to get a count in the morning for what is on the menu. Pizza everyday is not an option, but is a sandwich line possible? This question was asked by Ms. Rayner. Tiffany responded to Rayner saying that it is hard to do a sandwich line everyday. Items are cost effective when we use things that are not on the scratch list; for example, spaghetti. At the close of the meeting, a suggestion was made to pair the foods differently; for example, BBQ meatballs and beans should not be paired.

Ann Ingram was supposed to work this week in the absence of Mrs. Georgia Figures who is out having surgery; however, Ann was sick. Subs are needed in the cafeteria.

Tiffany also mentioned that staff should be CPR certified during the meeting.

Meeting adjourned at 10:27 a.m.