



Mena School District

Wellness Committee Agenda

October 30, 2018

- Call to Order – Sign In Members
- Cover Policies, Procedures, and Plan for Wellness Committee 2017-2018 School Year
 - Mr. Breedlove cover highlights in the Policies, Procedures, and Plan
 - Federal Funding is tied to the Wellness Committee so we must meet the requirements
 - Modules #1, 2, 3, 4, & 8 must be completed.
 - Wellness Committee Checklist presented by Jeanne Smith
- Discuss Modules and Assign Members to Complete Modules at Each Campus
 - Mrs. Smith Results from modules last year
 - Goals for improvement tied to SHI data for each school
 - ACSIP committee will use the SHI for improvement
 - Wellness Committee Checklist arranged by month
- Open Discussion of Other Topics
 - Continue sending weekly menus
 - Wellness activities done in the past
 - We desire to come up with activities for students, teachers, and the community that will be lifelong activities that will contribute to wellness
- Set Time and Date of Next Meeting
- Adjourn

Health and Wellness Minutes

- Get modules completed, the same as last year.
- We are required to have these meetings - they are tied to federal funds.
- ESSA plans are also tied to this committee.
- We did very well last year.
- CNU-17-1-013 Commissioner's Memo
- We have to have four meetings per year.
- Sign in sheets, minutes & agendas must be posted to the website as part of the federal mandates.
- Board member, an administrator, food service member, teachers, parents, students, nurses, and community members must be on the committee.
- School Health Index must be filled out. Mrs. Smith has the original login names and passwords. Contact her to get those.
- Modules 1, 2, 3, 4 & 8 must be completed this year, which were the same modules as last year. The due date for those are May 30. They can be worked on at any time throughout the year.
- Nurses still measure BMI after the first of the new year.
- When filling out the new modules, use last year's BMI data. Contact your school nurse for that info.
- Wellness policy 5.29 must be reviewed. It is written for us by the school board attorney.
- In our SIP plan, we have to show that we've made progress or we haven't made progress toward our goals.
- We discussed the triennial assessment and we agreed that our wellness policy is meeting the guidelines as required.
- Weekly menus are submitted to Mr. Breedlove to keep us in compliance.
- Physical Activity is monitored through eSchool. At the elementary levels, recess is counted as physical activity.
- We will have the next meeting 11/27/18 at 3:30 in the MHS Counseling Center