

# Sheridan School District

## Quarterly Wellness Meeting

SHS Hospitality Room  
October 19, 2022



SHERIDAN  
SCHOOL DISTRICT

*Inspire. Empower. Serve.*

[SSD Vision and Mission](#)

[District Wellness Policy](#)

[Wellness Committee Requirements](#)

[Indistar](#)

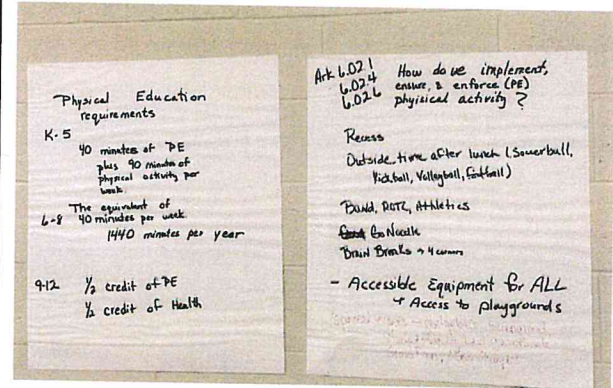
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Ark 6.07.1.1-3

Ark 6.07.1.4

Facilitator	Topic	Intended Results	Minutes
Alisa Gray	Welcome	Welcome committee members and review the agenda	
Alisa Gray	Good Things!	Provide an opportunity to learn more about our team members	
Jessica Cassidy	Food Services	<ul style="list-style-type: none"> <li>Review upcoming school menus <a href="#">Nutrislice</a> Menus Ark6.06.5</li> <li>Share district food service updates</li> <li>Lunch prices</li> </ul>	<p>6-week menu cycle Over 82000 meals served so far this year</p> <p>Working with SES on healthy snack options with taste testing in classrooms</p> <p>Question was asked about other fresh fruit options</p> <ul style="list-style-type: none"> <li>With the Buy America program we can only buy some fruits when they are seasonably available within the US. Some fruits are available - process takes longer</li> <li>Some fruits have a shorter shelf life as well</li> </ul> <p>Students - \$1.50 Adult - \$</p>
Ryane Sorey	Jacket Health and Wellness	Health Center Update	<p>Full-time clinic</p> <ul style="list-style-type: none"> <li>3 days at Sheridan Health and Wellness</li> <li>2 days at EEI</li> </ul>

			Outreach presentations to students will continue across all campuses
Janet Stockton	District News	<ul style="list-style-type: none"> <li>Share any new policies and/or procedures</li> </ul>	<p>Nothing new for Y23</p> <p>Working on policy to allow over the counter medications to students with parent permission. This will likely go into effect later this fall.</p> <p>Ms. Sorey and Mrs. Stockton will work on a docuSign capability for our nurses.</p> <p>Community concern for nurse load at the high school. Can we add an additional nurse at this grade level?</p> <p>Middle school has had a turnover in nurses over the past few years.</p>
Alisa Gray		<p>Ark 6.02.1 Assist with the implementation of nutrition and physical activity standards developed by the school nutrition and physical activity advisory committee with the approval of the Arkansas Department of Education and the State Board of Health</p> <p>Ark 6.02.2 Integrate nutrition and physical activity into the overall curriculum</p> <p>Ark 6.02.3 Ensure that professional development of staff includes nutrition and physical activity issues</p> <p>Ark 6.02.4 Ensure that students receive nutrition education and engage in healthy levels of vigorous physical activity</p>	<p>Committee members charted the ways they are meeting</p> 

Ark 6.02.6 Enforce existing physical education requirements

Ark 6.02.7 Pursue contracts that both encourage healthful eating by students and reduce school dependence on profits from the sale of competitive foods

### Ark 6.02.3 PD for Staff on nutrition & physical activity issues. How do we provide this PD?

- Staff will walk a mile in a conjunction w/ Students who will work on increasing walking to get to a mile during PE. (Weekly PLT meetings + monthly staff meetings)
- ideas w/in Week at a Glance
- min of 2 Faculty meets w/ PD + info
- use JHWC staff to provide staff PD.
- Admin addresses staff wellness in each Faculty mtg.
- meal promotion for staff through child nutrition.
- exercise room on campus for staff
- S.I.S. weekly newsletter Pink Gym offered an incentive  
Healthy Recipe is shared monthly  
Jacked Health + wellness promoted  
Competitions - weight loss

### Ark 6.02.4

How do we implement & ensure students receive nutrition education?

Chadwell's + AT → athletes  
Activity lessons w/ Food/Plant class 2 times per year

- School Garden, eating items grown in garden, smart snack program.
- JHWC classroom presentations
- signage in cafeteria about nutrition - "healthy plates"
- Nutrition has allergy and dietary/nutritional values on all menu items.

S.I.S. → Grant County Extension Office uses the SNAP Ed Program. Students receive 4 Nutrition lessons a school year.

S.I.S. school garden → sweet potatoes, strawberries + watermelon

Dining Services - smart snacking programs, meal boost  
see page

Following the activity concern on lack of handicap accessibility on playgrounds across the district. What can we do to improve our playgrounds for all students?



Alisa Gray	Health and Wellness Requirements	<p>Required modules for the School Health Index</p> <ul style="list-style-type: none"> <li>○ Module 1- School Health Policies and Environment</li> <li>○ Module 2- Health Education</li> <li>○ Module 3 - Physical Education</li> <li>○ Module 4 - Nutrition Services</li> <li>○ Module 10 - Family Engagement</li> <li>○ Module 11 - Community Involvement</li> </ul> <ul style="list-style-type: none"> <li>● Complete modules and submit before March 1, 2023</li> </ul>	Each school will need to complete the Modules listed by March 1, 2023 with their building Health & Wellness committees
Alisa Gray	Launch	<p>Next Meeting December 7, 2022</p> <ul style="list-style-type: none"> <li>● Update on SES Healthy Snack initiative</li> <li>● Report on playground accessibility for all</li> <li>● Report on high school nurse needs</li> </ul>	

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Name/Campus Representing	Signature
Janet Stockton, EEE School Nurse Building Level Wellness Coordinator	Janet Stockton
Shelley Davis, SES Nurse Building Level Wellness Coordinator	Shelley Davis
Angie Walters, GT Coordinator -EEI Building Level Wellness Coordinator	
Rhonda Bell, SIS PE Teacher Building Level Wellness Coordinator	Rhonda Bell
Alan Westfall, EMS Assistant Principal Building Level Wellness Coordinator	Alan Westfall
Mike Moore, SMS PE Teacher and Coach Building Level Wellness Coordinator	Mike Moore
Kim Scarbrough, SHS Assistant Principal Building Level Wellness Coordinator	Kim Scarbrough
Lincoln Daniels, SSD Deputy Superintendent Co-Chair of District Wellness Committee	
Alisa Gray, SSD Director of Federal Programs and Curriculum	Alisa Gray

Co-Chair of District Wellness Committee	
Jessica Cassidy Interim Food Service/Chartwell's	<i>Michelle Garber Jessica K. Cassidy</i>
Bryce Lunday School Board Representative	
Lauren Goins Parent Representative	
Julie Mayberry Community Representative	<i>Julie Mayberry</i>
Randy Scarbrough SHS Student Representative	
Landon Kizer SHS Student Representative	

*Amanda Garner*  
CND

*A Garner*

*Ryane Owens Sorey*  
Jacket Health & Wellness

*Ryane Owens Sorey*