

Sheridan School District

Quarterly Wellness Meeting

SHS Hospitality Room
February 15, 2023



SHERIDAN
SCHOOL DISTRICT

Inspire. Empower. Serve.

[SSD Vision and Mission](#)

[District Wellness Policy](#)

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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 | |
| H & W Representatives | Share H & W Activities | Each campus will share H&W Activities | <p>SES - Working with Chartwells on a healthy snack initiative. Students made trail mix 25% of students brought healthy snacks – 75% at end of the 4 weeks. — PE working on walking a mile.</p> <p>SHS - Intro to Ed Class- built a lesson on the importance of sleep for teenagers -Advisory teachers presented the lesson to all students - Life Fitness Class wrote a lesson as well on Mental Health that will be presented later this semester</p> <p>EEl - Color Run in the Spring</p> <p>SIS - SES - Glow Run in the fall semester</p> <p>SMS - Reward Days with physical activities - Fitness exercises to build knowledge - Nutrition</p> |

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|--------------|----------------------------|--|---|
| | | | <p>Jacket Health and wellness has provided lessons on nutrition for all K-5 schools.</p> <p>EEE- Faculty Excercise Room has been added</p> <p>SES - After school faculty physical fitness</p> <p>Pink Gym offers membership discounts for teachers</p> |
| Brady Martin | Food Services | <ul style="list-style-type: none"> Review upcoming school menus Nutrislice Menus Ark6.06.5 Share district food service updates | <p>Some changes to the menu as a result of the ice storm</p> <p>Intermentant outages of some food items have caused needed adjustments while making sure that we meet requirements</p> <p>Working to create menus based on student preferences.</p> <p>Newsletter shared with staff</p> <p>Discovery Kitchens - K-5</p> <p>Student Choice - Secondary Students</p> <p>National Literacy Week - SES Discovery Kitchen focusing on reading a recipe Reaching out to EEE to see if they are interested</p> |
| Alisa Gray | Jacket Health and Wellness | Health Center Update | <p>Director of Counseling was hired Monday during the board meeting. This position will supervise the health center for the 2023-24 school year.</p> |

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| Janet Stockton | District News | District Health/Nurse Updates | Nothing new at this time |
| Alisa Gray | Health and Wellness Requirements | Ark 6.06.1 Required modules for the School Health Index <ul style="list-style-type: none"> ○ Module 1- School Health Policies and Environment ○ Module 2- Health Education ○ Module 3 - Physical Education ○ Module 4 - Nutrition Services ○ Module 10 - Family Engagement ○ Module 11 - Community Involvement ● Complete modules and submit before March 1, 2023 | Each school will need to complete the Modules listed by March 1, 2023 with their building Health & Wellness committees |
| Alisa Gray | Launch | Next Meeting- April 5, 2023 | We will discuss the building Health and Wellness plans for 2023-24 |

Signature Page

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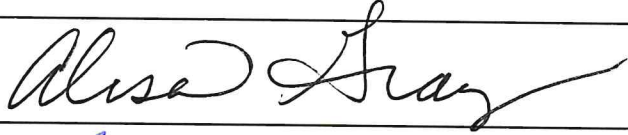


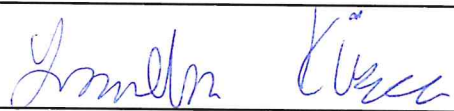
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| Name/Campus Representing | Signature |
|---|----------------|
| Janet Stockton , EEE School Nurse Building Level Wellness Coordinator | Janet Stockton |
| Shelley Davis , SES Nurrse Building Level Wellness Coordinator | Shelley Davis |
| Angie Walters , ^{Facilitator} Coordinator -EEI Building Level Wellness Coordinator | Angie Walters |
| 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 | |

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|---|---|
| Co-Chair of District Wellness Committee | |
| Alisa Gray SSD Director of Federal Programs and Curriculum Co-Chair of District Wellness Committee |  |
| Brady Martin Food Service/Chartwell's |  |
| Bryce Lunday School Board Representative | |
| Lauren Goins Parent Representative | |
| julie-mayberry@att.net Community Representative | |
| Randi Scarbrough SHS Student Representative |  |
| Landen Kizer SHS Student Representative |  |