

Sheridan School District Quarterly Wellness Meeting

[Via Zoom](#)

April 5, 2023



[SSD Vision and Mission](#)

[District Wellness Policy](#)

[Wellness Committee Requirements](#)

[Indistar](#)

[CDC](#)

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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	Shelley Davis - Son's house had damage from the tornado last week but he is safe Kim Scarbrough - SHS Prom was a success Teresa Knight - SIS STEM Family Night was a huge success. Over 200 families were in attendance
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>Wrapping up the school year. Manager's Choice has been added to the menus to allow cafeteria managers to move surplus food items.</p> <p>Continue to survey students to ensure menus include foods the students like while staying within the health guidelines</p> <p>EEI - All grade levels went to the cafeteria for a math lesson related to recipes. Students made fruit pizzas while learning measurement skills and healthy foods. The monthly focus for the cafeteria was plant power. Instruction was focused on fruits and vegetables and their nutritional values.</p>

			Students and Teachers gave positive feedback from the lesson
Alisa Gray	School Health Index	<p>Ark 6.06.1</p> <p>Required modules for the School Health Index</p> <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 <p>Discuss campus results from SHI</p>	<p>Areas of growth for the 2023-24 school year</p> <p>SHS - Update Crisis Plan early in the semester Improve student representation</p> <p>SIS- Increase collaboration between the cafeteria and teachers</p> <p>EEl- Provide more resources for nutrition by reaching out to UALR and or the extension offices</p> <p>Ensure PD offerings are available to PE teachers on Nutrition, Health, and Wellness</p>
Janet Stockton Amanda Garner	District News	Share any district updates	<p>Free and Reduced Lunch qualifications for the 2023-24 school year have been updated making it more accessible for parents. More families may qualify with these changes</p> <p>Foods with at least 80% whole grains will need to be served. Chartwells currently follows this guideline, so we should not see a change. The goal to reduce sodium levels in foods will also be implemented.</p>
Alisa Gray	Health and Wellness Requirements	<p>Review Wellness Committee Requirements</p> <p>Health and Wellness plans will be due October 2023</p>	<p>Make sure the School Health Index and Health and Wellness plan is linked within your School Improvement Plan.</p> <p>Principals can add a tab for Health and Wellness and insert the links.</p>

Sheridan School District Quarterly Wellness Meeting

SHS Hospitality Room
February 15,



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

Alisa Gray SSD Director of Federal Programs and Curriculum Co-Chair of District Wellness Committee	<i>Alisa Gray</i>
Brady Martin Food Service/Chartwell's	<i>Brady Martin</i>
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	
Teresa Knight - SIS Principal	<i>Teresa Knight</i>
Amanda Garner - Food Service Director	<i>Amanda Garner</i>