

PCSSD Wellness Committee

October 2, 2018 / 8:30 AM / Maumelle Middle School~CONFERENCE ROOM

Committee members

Danny Ebbs, Tonya Raborn, Laura Sergeant, Mike Morrison, Michelle Muhammad, Cynthia Hines, Eli Keller, Lindsey Gustafson, Lynette Slaughter, Detrich Smith, Myra Shepherd, Regena English, Sharon Hamilton

Agenda

Welcome and Introductions

In attendance:

Choose a secretary responsible for taking notes and submitting minutes.

Laura Sergeant will do the duties of the secretary this year. Tonya Raborn has been appointed to lead this committee.

Amie Davidson joined today. She is the nurse at Maumelle Middle School.

Last Meeting Follow-up

What did we accomplish last year?

New Business

Student Nutrition~ Regena English

Ms. English stated that they brought in an outside source to help make the menus more pleasing for the children.

Ms. Sergeant expressed concern over the level of salt in vegetables. Also, that styrofoam trays were being used. Ms. English stated that styrofoam was only to be used when the kitchen staff is short.

The district has seen an increase in school lunch purchases. Ms. English stated that she has visited the schools and made some staffing changes to make a positive change within the cafeteria for the students.

Ms. Raborn asked what was the policy for children that arrive late and hadn't had breakfast. The committee inquired if the Wellness Committee could make a policy. There are some schools that do programs like Breakfast in the Classroom or Breakfast after the Bell.

It was suggested that the Wellness Committee visit Lawson to view the Breakfast in the Classroom program.

Ms. Raborn inquired what local school Wellness Committees do to ask for the program. This is supported by grants submitted by the district.

Smoothies and Breakfast after the Bell are available for middle and high schools. They are supported by grants as well.

It was suggested that the Wellness Committee write a letter of support for these programs to the principals to encourage implementation of these programs.

Class time was discussed as a need for time efficiency with these programs.

Mr. Keller asked if the Committee could make a policy to make it mandatory for all schools, not allowing administration to make the choice.

Jacksonville, North Little Rock, and Little Rock is looking into it.

The Fresh Fruit and Vegetable program was mentioned. Ms. English said it was a grant program.

Snacks for children are available through the district if the principals request it for the student.

Snacks for testing can be purchased through the district.

Review menus

Detrich Smith

Endastar submittles were discussed. Revisions are due June 30 to ADE.

Cynthia Hines

The state board of nursing and pharmacy told the district that the nurses couldn't administer certain meds. Additional staff was requested.

There are four schools that have nurses only a few days of week. There is a need for a special needs nurse as well as a float nurse and sub nurse. Nurses are being pulled to cover special needs nurse vacancies. Dr. Warren received this information and forwarded the information to Dr. McNulty.

Ms. Hines is asking for two full time positions and a float nurse. Nurses generate money through screenings, but the money goes to SPED. If the money came back to Ms. Hines, she could use that money for nurse salaries.

Ms. Raborn asked where the nurses get their supplies if the money goes to SPED. The allotted amount for the nurses is one dollar per student per year.

Mr. Ebbs presented an article about Arkansas's obesity ranking. Arkansas previously held the top spot, but now ranks third with Alabama. He discussed the need for more exercise and healthier eating.

Ms. Hamilton-Deere addressed the committee about her concern for the lack of appropriate free play and guided physical activity through P.E. in the schools.

We discussed the pilot at Pine Forest and the positive outcomes we have seen.

Professional Development~ Tonya Raborn

Ms. Raborn attended training this past summer to become a SPARK trainer.

SPARK training – October 6th in Benton K-2 and Middle School

First Tee – November 1st

It has a program to get equipment into the schools.

ArkAHPERD convention – November 8th and 9th at UCA

Sue Ball and Tonya Raborn are presenting

Ms. Raborn asked if Mr. Ebbs could look into funding to allow interested teachers leave to attend.

Goals for the year?

Ms. Hines would like our district to train teachers in ACE. The need is great.

Ms. Slaughter expressed her admiration for food services serving a scratch item each day.

December 6th was presented as the next meeting date.

We will meet at Mills High School. Mr. Ebbs will secure the room.

Notes

I would like to address the use of styrofoam in the lunchroom. - Laura Sergeant This was discussed and styrofoam trays are to be used only when they don't have staff to wash the plastic trays.

Action Items

Goals for next year where discussed.

Next Meeting Agenda

December 6th, 8:30 am. Mills feeder pattern