

**WELLNESS COMMITTEE MEETING MINUTES**  
**October 3, 2017**

Mr. Breedlove called the meeting to order and eight members were present.

Ms. Smith discussed the Wellness Committee Requirements Checklist and outlined the monthly checklist the committee should complete by May, 2018. Since the committee meets four times each year, the requirements were grouped into four categories to guide the work of the committee.

The committee reviewed the School Health Index surveys that were completed in May, 2017. Each school calculated the percentages of indicators in Modules 1 – School Health Policies and Environment; Module 2 – Health Education; Module 3 – Physical Education; Module 4 – Nutrition Services; and Module 8 – Family and Community Involvement to determine the area with the greatest need for improvement. Goals were determined and placed in each building's School Improvement Plan.

The committee heard recommendations from the Child Nutrition Director, Amy Bartow, concerning meal plans for each school. She also discussed conducting student surveys to gain student perceptions of the food service program. The student representative made several comments on the high school menus and suggestions she had heard from other high school students.

Mr. Breedlove provided information on the CDC website where the School Health Index surveys are located. Many health related topics are available on the site.

Link for the website: <http://www.cdc.gov/healthyyouth/SHI/>

The next Wellness Committee meeting will be January 16, 2018 in the Mena High School Conference Center at 3:30 P.M. The community is invited to attend.

The meeting was adjourned.