

## Wellness Meeting Minutes February 17, 2023

Meeting was called to order at 9:00am by Drew Cone.

Nurse Tara, Head nurse, presented the nurse's report stating:

- Hearing and Vision exams were completed early in the year so that we could get students the help they needed early.
- Scoliosis screenings are about to start taking place in both middle schools.
- Fit challenge for the High school staff. About being healthy and not just weight loss. Steps added each week to better overall health and wellness.
- Explain Project Adam and becoming a heart safe school. (provide pamphlets)

Tessa Clemmons reported for Child Nutrition.

- vending machine regulations for schools which include what times we are allowed to have the students access them and went over the regulation stating that at least 50% of the items have to be milk, juice or water.
- National School Breakfast Week, March 6-10
- Harvest of the month (Herbs) for February and that we will be featuring local strawberries from Arnold Farms in the spring.
- Becky Goerig made a motion to approve the menu, Chris Bryant seconded the motion, menus were approved.

Clancie Sorrell, FoodCorp rep at Central and Rena, provided a PowerPoint about all the wonderful healthy things FoodCorps has going on at their schools. Central Elementary did a taste test with Rosemary Roasted Potatoes. They are using old newspaper bins and decorating them as little food pantries for the community to donate and access. At the winter festivals, they did dirt and seed plants for the students and families to take home.

Tristin Bolton, with the University of Arkansas Division of Agriculture, reported on the VBSD survey she conducted about ArFoods in the Garden.

Drew Cone reported about the Joint Use Agreement grants the school district applied for, which are at Oliver Springs Elementary, Matdawgs wrestling, and two grants with the City and Parks and Recreation. Also, dates for the elementary track days have been set.

Chris Bryant, assistant principal at VBHS, reported on all the activities at the high school. They plan to add a pickle ball course for next year.

Erin Perryman, teacher/coach at Butterfield Middle School, reported about the health fair they have planned on March 16.

The meeting concluded at 10:00am.

The next meeting is scheduled for April 12, 2023.