

## Minutes for the District Wellness Committee Meeting on October 4, 2017:

Meeting was called to order at 9:00a.m.

Introduction by Drew Cone about the purpose and goals of the wellness committee. Updated the committee on the progress of the JUA grants at Central Elem., Freshman Academy and the tennis courts. King Elem. trail should begin in Spring 2018.

Roy Kendrick, Child Nutrition Director, provided menus and informed the committee of:

- Fruit and vegetable grant for healthy snacks has been implemented in three elem. schools.
- Healthy taste tests of month are being conducted in cafeterias in conjunction with FoodCorps (Sept.-sweet potato, Oct.-beets).
- Cafeterias are being updated with new equipment,
- Looking into salad bar grants for elem. schools.
- VBHS cafeteria is going through a complete remodeling to provide more options as a food court type setting,
- VBSD free and reduced is approx. 62%.
- All food/drink pass through the Smart Snack calculator to be served at school.
- No competitive food/drink can be served during school hours.

Jenks Smith made a motion to approve menus; Teresa Bell seconded the motion, menus approved.

Mary Grace Stoneking and Delaney Farris, FoodCorps Service Members, reported about FoodCorps progress in its second year of existence at King and Tate Elementary and first semester at Rena and Parkview.

- Fully functioning gardens at King and Tate were implemented last school year.
- Tate has chickens that are producing eggs to be used in the cafeteria.
- Taste Tests of the Month are being conducted in each school.
- Nutrition lessons are being taught weekly by Mary Grace and Delaney.

Rachel Bond, nurse at Tate Elementary, reported when nurses will be at each school giving flu vaccinations.

Jenny Newman, PE teacher at Parkview, gave a report about the SPARK PE curriculum that was implemented in our elementary schools. Mrs. Newman stated students really enjoy SPARK and are more actively involved from beginning to the end of class.

Joe Hurst, with the community, reported about the 55 acre trail development in Van Buren that would include bike trails and a skills course. There has been many private donors invest in bringing the trail system into fruition. With the development of downtown Van Buren and Freedom Park, it is noticeable that more citizens are becoming actively involved.

Michael Brammer, parent, discussed a mountain biking club at the high school. One of our local bike shops donated a mountain bike to display in the HS office to build interest.

Lastly, a slideshow was shown from Healthy Active Arkansas showing the increase in obesity and diabetes in our nation from 1995 to 2015. Arkansas has one of the highest percentages of obesity in our nation.

Meeting adjourned at 10:00.