

## Minutes for the District Wellness Committee Meeting on February 12, 2020:

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

Welcome by Wellness Chair Drew Cone

Nurse Rachel Bond reported:

- 367 flu cases confirmed in VBSD.
- Check out [healthy.arkansas.gov](https://healthy.arkansas.gov) for up-to-date info. on influenza.
- VBSD fever policy is must be fever free for 24 hours before returning to school.
- With Feb. being heart month, nurses are training staff on CPR/STB.

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

- At VBHS looking to add more breakfast items such as smoothies, omelets and Belgium waffles, smoothie machines are ordered.
- Breakfast after the bell at VBHS, cafeteria staff will have a cart of breakfast items available in the hallways.
- Freshman Academy will get a cafeteria remodel adding 4 new serving stations similar to the high school.
- Roy Kendrick, along with Danny Spears and Drew Cone visited an aquaponics farm in Grannis, AR and will visit a school district in NY with a successful aquaponics facility to look to implement in the VBSD.

\*Becky Goerig made a motion to approve menus; Angie Blake seconded the motion, menus approved.

Ashley Curbow, with the Arkansas Dept. of Health, provided information and Tobacco Prevention. She serves this area to provide resources for schools and families to teach prevention and give presentations. She attended the King Elem. STEM night. You may contact her by email to set up a school visit, [acurbow@csi youth.com](mailto:acurbow@csi youth.com).

Joni Padilla, with the Arkansas Dept. of Health, had poster signs available about suicide awareness and the hotline number. She stated that 547 suicides have occurred in Arkansas since 2018. She also provided info. about the Delta Dental “Rethink your Drink” grant for refilling water bottles, and the Fuel up to Play grant.

Drew Cone reported that the Wellness Committee needs to revisit our VBSD Wellness policy and make any necessary changes for our Triennial Assessment. The option of no longer allowing non-nutritional fundraisers was discussed.

Some VBSD Spring wellness initiatives:

- BAM (Bodies and More) classes convene every day, 5:00am and 4:00pm, for VBSD employees at Central Elem. gym.

- JUA grants coming soon are the JROTC fitness course, Central Elem and Freshman Academy fitness station along their trails.
- Elementary Track and Field Days are coming up in March.
- VBSD Staff Wellness Event in May will be Wiffle Ball.

Thank you to eFortSmith magazine for the plug about the VBSD trails!

<https://www.efortsmith.com/editor-picks/van-buren-trails-system-promotes-school-and-community-wellness>

<http://www.vbsd.us/parents/existing/vbsd-trails-system>

Meeting adjourned at 10:00a.m.

Next meeting is Tuesday, April 14, 2020 at 9:00 in the VBSD PD Center.