

Jasper Wellness Meeting Minutes
December 6th, 2017
Kingston Library 8am
Jasper Elementary Conference Room 12pm

In attendance: Angela Kitchen, Pat Summers, Marsha Shaver, Delia Bowen, Melissa Henderson, Quenton Rylee, Tina Byrd, Amy Johnson, David Dunlap

Old business

1. ISEP grant report -

Angela reported that JHS received a grant for medical equipment (pulse oximeter) for Nurse Tina's office, but was unable to get grant for the MyPlates and MyPlate program. She will continue to see funding for this project.

2. Student drug screening

Angela clarified that student drug testing would begin this month (December), and principals will be notified with the random draws each month. Secretaries are responsible for ensuring student pull lists are up to date monthly.

3. Parent nights

Discussed possible parent nights. David Dunlap said they were doing a reading awareness night K-6 in February, and said to get with Kaylee Willis to see about doing a "Brain Boosting" snack presentation. Angela will email to confirm dates.

New Business

1. Cafeteria Updates - Tina Byrd

October Pumpkin decorating contest was a success!

The District has also been serving local apples from Fenton's in Harrison, Tina states she hopes to get more produce from them in the coming months. States main barrier is transporting the local produce to other campuses.

The Thanksgiving meal was a big hit, with 854 meals served that day!

The district was able to serve 27 veterans on Veteran's Day! Tina hopes to make this an annual program!

The Christmas meal is scheduled for December 15th!

Coach Summers at Kingston requested more over fried chicken days, states is a big hit there. Asked for less deli sandwiches. Tina states all chicken days are usually successful.

2. SBHC news - Melissa Henderson

Melissa shared that BMRHC is looking for new NP/Doctor for medical services. She said they are currently advertising.

BMRHC dental clinic is doing well, open Wed/Thur. States will have a new dentist starting this week, Dr. Zee.

3. Biggest Loser discussion

Group discussed Biggest Loser Contest, possible changes/updates. Angela shared completion percentages have been dropping the last couple of years. Suggestion from Delia and Coach Summers to do cash entry fee (like \$10) with the winner getting the cash prize money, they also suggested each campus having an overall winner for a fitbit. It was suggested at Jasper to rename to "American Ninja Warrior". Also suggested to do

a water drinking contest, or involve the classes and have a party/trophy for the most active class. Other suggestions welcomed!

4. Discuss/Update Wellness Policy

Wellness Policy discussed. Angela requested any suggested updates/revisions. Tina Byrd suggested to add policy saying: All food related fundraisers sold through clubs/organizations as must meet Smart Snack standard and must receive approval through the wellness committee. Food service director shall be given requests, at which time he/she shall request a vote on those items through the wellness committee.

Angela states will send this item out for a vote – to decide if the committee would like to add this item to the wellness policy. If passed, Angela will send to the school board for approval, and will let wellness committee know of the decision.

Wellness Meeting Minutes

March 17th, 2017

8am – Kingston Campus, 12:30 pm – Jasper Campus

Kingston: Angela Kitchen, Pat Summers, Kaela Hawkins, Delia Bowen, Marsha Shaver

Jasper: Angela Kitchen, Nicole Fairchild, Tina Byrd, David Dunlap, David James, Tina James

1. Updates from the SBHC – Nicole Fairchild
 - New APRN, Tessa Hilson, has started and will be on staff Mondays and Thursdays
 - Beulah will continue on Tuesdays and Wednesdays, 9am – 3pm.
 - Dental Services continue each Thursday, and will add Mondays as needed
 - Sports Physicals will be free in the SBHC in month of May. Nicole said she would get with Oark and Kingston about scheduling, and she talked with Coach James about that students would be able to come over as a group in Jasper, or individually – whichever worked better.
2. Cafeteria news – Tina Byrd
 - Tina shared the April Menu, discussed changes to menu and most popular items (crisпитos back on the menu!)
 - Discussed Smart Snack standards, Tina confirmed they have not changed, and the vending machines are not supposed to be accessed until 30 minutes after high school lunch.
 - Farm to School – still in the works, growing season starting up.
3. Wellness Committee Requirements Checklist
 - Wellness Committee checklist reviewed for Spring 2017, discussed strengths and weaknesses.
 - Tina shared the new form for the checklist to be used this next year
 - Discussion on potential new members, including students and parents. Kingston suggested Phaedra Clements (parent), and Alicia Anderson (student). Jasper suggested Hannah Smith (student), and Bonnie Blakney (parent). Angela will follow up with these people to see if they are interested.
4. Action Based Learning PowerPoint
 - Angela shared information on Action Based Learning videos and PowerPoint. Discussion on how some area schools have implemented program with positive results in behavior referrals, academic success, and test scores. Labs set up to help students learn while being active.
 - Kingston campus verbalized interest, but had limited space. Would like to see bounce chairs, balance boards, and fidget bands for students
 - Jasper campus verbalized interest, David Dunlap suggested looking into Blue and You Grant for funding. Angela stated that Springdale school said it took about \$20,000 or so

of funds to complete their ABL “Lab”. Angela will look into options with Blue and You Grant.

Links: <https://www.youtube.com/watch?v=kLOXiDvjwnY>

<https://www.youtube.com/watch?v=oqceJv4iNv4>

<https://docs.google.com/presentation/d/1f2QXOHa8NkqeGUaucRqpEcfigiE64HEQbty9BZwmtY0/edit?usp=sharing>

5. Game On grant – Deadline April 7th

- Angela discussed Game On Grant, with possibility of \$500 per campus for things such as brain boosting snack tasting, Action Based Learning items, etc.
- Similar to Fuel up to Play 60, picking a healthy eating play and an activity play. Group discussed options.

6. Every Kid Healthy Week (April 24th – 28th) – Thoughts and Ideas

- As part of previous grant from Action for Healthy Kids that Tina Byrd got, district has agreed to participate in EKHW April 24th – 28th.
- Ideas discussed included lunch eating challenge, special physical activity instructors (Emily Willis – Zumba?), help refresh school garden, healthy taste testing.

7. Plans for SHI, next meeting, Week of May 15-19th?

- Group discussed options of doing the “Big” wellness meeting to complete the SHI the week after graduation. Group verbalized it would be good to pair with admin meeting since it would be easier to get everyone together at this time.
- Angela asked if it worked better last year to get the SHI surveys out ahead of time, complete before arrival so that discussion would be quicker, group verbalized agreement.

Jasper Wellness Meeting Minutes

May, 15th 2017 – Jasper Board Room

Attendance: Angela Kitchen, Tina Byrd, Nicole Fairchild, Marsha Shaver, David Dunlap, David Westenhover, Jeff Lewis, Sarah Cornelius, Todd Parker

1. Updates on SBHC – Nicole Fairchild

- Melissa Henderson will be the new clinic coordinator, with a start date of August 2nd.
- Nicole states she anticipates enrollment form changes. Forms should be send out in early August in time for back to school student packets.
- The SBHC will be open this summer with Tessa Hilson, APN, being there Monday and Thursdays, and Beulah being there on Tuesday and Wednesdays for medical appointments
- The dentist office will continue to be open on Thursdays, with overflow on Mondays as needed
- Sports physicals will continue to be free for students through the month of May by appointment at the clinic.

2. Cafeteria News – Tina Byrd

- Meal patterns for schools have not changed at this point. Tina said she is anticipating a commissioner’s memo this summer that will outline changes (if there are any).
- Farm to School – We hope to implement as school is able.
- Free/Reduced lunch application link will be on the website for this next year. Group discussed having a computer available (or more than one) at open house to allow parents to complete application online.
- Tina discussed there was a new school meal app that students can download, will have school menu on it, ways to rate the lunches, and have nutritional content available.

3. Action Based Learning update, Action for Healthy Kids Grant – Angela

- Angela discussed Action Based Learning (info/videos viewed at last meeting), discussed needing room to do a “lab” in order to apply for Blue and You Grant.
- Angela reported she had applied for Action for Healthy Kids Grant to get a few small pieces of equipment in classroom like balance boards. And if funded, we will have money to do healthy snack taste testing/nutritional presentation at parent involvement nights.

4. Lowe's Toolbox for Education Grant:

- Angela reported that both Oark and Kingston had been funded this year (\$5000)
- Discussed next grant cycle would open on Aug 7th. Angela will send info to Jasper to apply if they wish.
- Possible projects include gardens, greenhouse, orchard, reading garden, landscaping, etc.

5. School Health Index- Committee members had group discussion to go through rubrics. Identify strengths and weaknesses as well as plan of action for the 8 Modules of CSH.

- **Module 1-** School Health and Safety Policies and Environment. Weaknesses included HIV/STDs, Universal Precautions, and Asthma training for all staff/teachers and not just ones that take CPR. Discussed having in-services in PLC meetings or in monthly newsletters. Discussed weakness in healthy snacks available. Tina will forward smart snack calculator to principals and ask Margie to post it on the website for reference.
- **Module 2-**Health Education – Discussed weaknesses being health education in all levels/grades. Angela will send out Healthteacher.com information at beginning of school year to all staff to encourage use, she will also bring back information from health conference this summer for health teachers.
- **Module 3-**Physical Education and Other Physical Activity Programs. Discussed weaknesses being only 40 minutes weekly for elementary. Principals did not foresee any changes to the schedule for fall, also discussed more activity breaks in classrooms. Angela will send out GoNoodle info at beginning of year.
- **Module 4-**Nutrition Services. Discussed continued efforts in Farm to School activities, advertising more (menu on Facebook) and getting nutrition information to teachers.
- **Module 5-**School Health Services. Discussed needing emergency response plan to be updated and get a flip-chart style mounted in each room for easy access to staff and subs. Discussed having health/safety information at parent involvement nights (Angela can do this).
- **Module 6-**School Counseling, Psychological, and Social Services. Discussed having no psychologist on staff and not having Nicole next year. Schools will be working hard to continue SBMH.
- **Module 7-**Health Promotion for Staff. Discussed need for asthma education available to staff, discussed having a staff vs. student (seniors) volleyball/softball/basketball game at end of testing week.
- **Module 8-**Family and Community Involvement. Discussed having “Muffins for Moms” or “Donuts for Dad” mornings at school. Talked about providing more

information to parents regarding educational websites, counseling services,
resources available to parents/students.

School Health Index Website: <http://www.cdc.gov/healthyyouth/SHI/index.htm>

Jasper School District Elementary code: Jasp483568

Jasper School District High School code: heal900262

**The data should be entered and available for you to view by the end of next week, if
you wish.

Jasper School District Wellness Meeting Agenda

August 24, 2017

In attendance:

Kingston: Angela Kitchen, Delia Bowen, Pat Summers, Marsha Shaver, Kaela Hawkins

Jasper: Melissa Henderson, Angela Kitchen, David Dunlap, David James, Tina Byrd, Tina James, Kenny DeYoung.

Oark: Chad Harp, Angela Kitchen, Jeff Cantrell

1. SBHC updates/news
 - Melissa Henderson reported that medical services continue M-Th, with Dental services continuing on Thursday
 - Dental office plans to expand services to three days/week, if needed.
 - Kayce Villines will be new front desk person, starting in September.
 - Marsha asked about student drug testing procedure, considering Nicole facilitated last year. Angela clarified with Mr. Cantrell and Lauren that secretaries will continue to update the list continually, and Lauren would submit the list to the drug testing company. The list would then be sent out to principals. This should start in September.
2. Cafeteria news
 - Tina Byrd updated group on September menu.
 - Tina states Free/Reduced lunch forms are still coming in, and she is at about 50%. She is asking for teachers/principals to encourage forms to be returned ASAP.
 - Jasper will be celebrating National School Breakfast Week (October 9-13th). More information to come regarding activities for this week.
3. Wellness Policy group review
 - Angela passed out wellness policy (that is printed in the handbooks), discussing that wellness committee should review at least annually. Group decided to take policy and look at reviewing in the spring meeting, before handbook committee meets.
4. ISEP grants
 - Angela shared that ISEP grant cycle is now open, and is for \$2000.
 - Angela discussed doing "My Plate" lessons with elementary, ordering plates for each student to use and take home, illustrating how big portions should be.
 - Marsha states would like to do myplate with K-6th, Oark K-6th (bouncing off the new bike program), and JES K-4th grade.
 - Tina James states would like grant to initiate the "Stop the Bleed" program with district. She states has been to training and is willing to train the staff on use of kits. Angela asked her to get budget and send to her to write into grant for JHS.
5. Red Ribbon Week plans/activities
 - Red Ribbon Week theme is "Your Future is Key, so Stay Drug Free", October 23-31st

- ***Angela spoke with Melissa Parks after meeting to discuss funding, she states she does have some funds under “materials/supplies” that can be used for goodies. Angela will look into ordering items for schools.
 - Marsha Shaver states she will get with Ruby Davidson and student council to coordinate at Kingston
 - Tina James suggested Key Club sponsor at Jasper.
 - Chad Harp states Oark will celebrate the week of October 30th due to DaVinci Faire at Oark the week before. Angela will get with Rachel Reeves to see about Beta Club sponsoring.
6. Parent nights
- Angela said she would be willing to come do “Brain Boosting” presentation and snacks at parent involvement nights, using left over Fuel up to Play 60 funds.
 - David Dunlap asked about working it into their Christmas parent involvement night.
7. Catch My Breath program
- Angela shared that Brenda Patterson, is from the tobacco prevention program, has offered to come to the schools to do an electronic cigarette program called “Catch my Breath”
 - Program is 4 30 minute lessons, and is free of charge.
 - Marsha requested to have it as assembly style on Wednesdays at Kingston,
 - David James reported that Steve Williams was teaching health at JHS
 - Chad Harp said we could incorporate it into health with Coach Ward or into English with Stephanie Dunning.
 - Angela reported she will be meeting with Brenda Patterson in 2 weeks and will get back with schools regarding when programs will be scheduled.
8. Left over Fuel up to play 60
- Discussed left over Fuel up to play 60 funds. David James said he would order jump ropes for gym, with about \$200 left for healthy eating night, Mr. Dunlap agreed small amount left could be used for parent involvement night as well. Coach summers discussed using money to purchase devices for track/basketball that would keep track of miles run and time while running.
9. SHAPE survey
- Angela and Melissa discussed with group that district was asked to participate in a US Health and Human Services survey regarding mental health services at school. Group discussed that a meeting on Sept 14th would be good, with a subcommittee of principals, counselors, Melissa, Angela, and Acacia (from Youthbridge) in attendance.
 - Melissa said she would get in touch with Acacia regarding participation.
 - Angela will organize and send out invites for the meeting.