

Jasper Wellness Meeting Minutes
September 19, 2018

Attendance: Kingston (8am) - Angela Kitchen, Marsha Shaver, Pat Summers, Delia Bowen, Kaela Hawkins. Jasper (12pm) - Angela Kitchen, Melissa Henderson, Tina Byrd, Tina James, David James, Jeff Lewis, Todd Parker, Sarah Cornelius Oark (2:45) - Angela Kitchen, Tina South, Brian Cossey, Cathy Willis

1. SBHC Updates - Melissa
 - Medical Services daily, Mandy Strode, NP now on staff to see patients.
 - BMRHC is looking for office nurse, please spread the word!
 - Melissa has supplied the cafeterias with disposable toothbrushes, while supplies last
 - Telemedicine now operations with mental health, dental, and obesity prevention (HealthyNOW!)
2. Cafeteria updates/news - Tina Byrd
 - Tina reported good turnout with grandparents day (Oark - 15, Kingston - 37, and Jasper - 83).
 - Farm to School activities and celebration in October.
 - Pumpkin contest is scheduled for October 22-26th (storybook pumpkin decorating)
 - Good response from salad/potato bar at each campus
 - Lunchables offered at each lunch for all students, if they prefer, instead of hot line meal or side.
 - Marsha shared that Brent Hargiss from the King's River Store has pumpkins and may be willing to sell/donate to school, shared information with Tina Byrd.
3. STAR Telemedicine Grant - HealthyNOW!
 - Angela and Melissa shared about HealthyNOW! Program for fitness/nutrition education, Grades 5-8
 - Tier 1 - involving all students 5-8th grade, have weekly challenges (fitness and nutrition), students will earn goodies for doing weekly challenges. Class at each school with highest participation will win a smoothie party at end of year. UAMS team will be stopping in periodically to help keep the interest going with students.
 - Tier 2 - Students identified as high risk by BMI will be invited to participate in personal telemed visits with the nutritionist and fitness coach (every 2 weeks). They will have 20 minute sessions. Parents must consent and physician must sign off on student participation
 - Administrators/teachers asked to encourage participation.
4. Red Ribbon Week (Oct 23-31), Chasing the Dragon
 - Discussed possible RRW activities
 - Angela shared she had leftover RRW ribbons/pencils to supply Oark and Kingston, but not enough for Jasper, too.

- Chasing the Dragon documentary - All schools will have a screening on October 24th. It is approximately 45 minutes with 15 minutes discussion. Local law enforcement will plan to attend. It is on the dangers of opioid addiction. .

5. ISEP Grants

- Angela discussed ISEP grants, \$1500 for medical, dental, student health, PE, or other health initiatives was open and due before October 5th
- Angela said she thinks each school could apply for two, one for high school and one for elementary. Ideas included toothbrushes, water filling stations, walkie/talkies for ERT at Jasper, Omniken balls for gym.