

Jasper Wellness Meeting Minutes
January 17, 2019

In attendance: Delia Bowen, Angela Kitchen, Marsha Shaver, Pat Summers, Kenny DeYoung, Tina Byrd, David Dunlap, Margie Rutledge, Tina South, and Amy Johnson

1. Cafeteria updates/news - Tina Byrd

- ❖ Tina reports district receiving the National School Lunch Program grant for Oark and Jasper for new food steamers! Plan is to try and have them installed and staff trained by mid February.
- ❖ National School Breakfast Week is March 4-8th. Tina plans to order “goodies for elementary students for each day, and each school plan to have “celebrities” to help serve breakfast, eat lunch with students, or just encourage daily breakfast. Ideas included sheriff’s office/city police, Smokey the Bear, local Firemen, AGF, Dr. Dunn, local Cowboys (Amy said maybe someone from HCR), basketball players, maybe someone with a guitar to sing at breakfast. Angela will get Smokey the Bear and organize for Oark and Kingston, Tina will organize at Jasper. Angela will send out daily breakfast trivia for teachers to read in class.
- ❖ Dr. Seuss week is February 25-March 1. Tina states Jasper is doing a literacy night one night that week. Angela is not sure of any plans at this time at Oark.
- ❖ Tina presented menus for February, sharing she has made a few adjustments and has tried a few new items and will continue to do so. She welcomes feedback on items. Angela verbalized that the salad bar is going over very well at Oark with the students. Kingston staff had no complaints/comments at this time about menu.

2. SBHC news - Melissa Henderson

- ❖ Melissa out with sick child, but Angela got an update from Mandy Strode at the SBHC to relay to group.
- ❖ Dr. Dunn at the clinic full time, along with Mandy. They are both available for sick and well visits to students and community.
- ❖ Mandy states has seen “lots” of flu A, B, and both A/B with community members, and David Dunlap said they had 50 students out on Wednesday with sickness. Mandy states they still have flu shots available for those that still would like to get one.
- ❖ Mandy also said that the SBHC has mental health services available to adults through Telemedicine, with appointments available with Dr. Clifton in LR.

3. Mission Fit Plans/Ideas - Program to start 1/21/19

- ❖ Group discussed ideas/plans for this year’s Mission Fit. Angela shared that she received about 15 responses to participation. She has 2 FitBits already for gifts
- ❖ Marsha suggested group hikes/fitness initiatives on Saturdays. Suggestions included hikes like Glory Hole, King’s River Falls, etc and/or area 5K runs.

Angela said she would organize one or more of these and see how the interest is.

- ❖ Tina South suggested prize/winning for “most fit”, providing interest to those that do not necessary need to lose much weight. Angela suggested 2 winners, one for most weight lost and one for most fit (based on exercise minutes logged on MyFitnessPal).
 - ❖ Amy suggested possible weekly challenges, similar to the STAR program. Angela states she can form a google group again for these, and can initiate challenges and encouragement there.
4. UAMS - STAR - HealthyNow! updates/collaboration
- ❖ Angela updated groups on the STAR program - 5-8th grade fitness/health initiative.
 - ❖ Team came down last week to give out prizes and encourage participation. Good response.
 - ❖ Although district as a whole is doing better than it was, participation is relatively low, especially for Kingston. Angela discussed potentially incorporating into classroom time, and walking students through the login process. Coach Summers said he does the challenges with students regularly, but they may not be logging it.
5. Wellness Policy Update Requests
- ❖ Request by Jennifer Lewis for water bottles to be allowed in classrooms due to water fountain grants. Discussion of teachers being able to discern where water bottles could be located due to computers/etc in classrooms.
 - ❖ Request by Tina Byrd to amend the nutrition portion of the wellness policy to reflect the wording that the Arkansas Child Nutrition Unit Policy.
 - ❖ Marsha asked if these policies were part of the ASBA, Angela will check on this.
 - ❖ Angela will add the requested changes to the policy and send it out for a vote by the wellness committee.