

Jasper School District Wellness Meeting Minutes
Thursday, Sep 2, 2021
10am via Google Meet

Attendance: Tina Byrd, Brian Cossey, Dwayne Barnard, Tina James, Melissa Henderson, Lela McChesney, Kenena Pelfrey, Sarah Cornelius, Kim Liggett, Angela Kitchen

1. Cafeteria updates - Tina Byrd

Tina discussed having vending machines available to high school all day. They are now allowed to be open all day to high school only, if they have foods in them that meet smart snacks. No objections verbalized from committee. Discussed possibility of having funds be for fundraiser if possible - Tina states she will look into regulations since they are nutrition dept owned.

Tina asked for feedback/recommendations for menus. States they are running into many whole grain foods that will not be available. There will be a lot of items substituted. This is all because companies are short handed and are going to make sure consumers' foods are available, as compared to what schools need. States it looks to be an ongoing issue - no more crisps :(

Local grown beef secured from Diamond T along with Clark Creek Farms and Cowell Bell Farms. If anyone has any other local producers that are USDA approved, let Tina know.

School garden- We have the Jasper greenhouse cleaned out and preparing to start growing food for the Jasper Campus. Tim has been in contact with Kingston and Oark Agri teachers about their resources. The plan is for Tim to help get these greenhouses going and help getting food to the kitchen.

Shout out to Tina from Ms. Pelfrey on her amazing work with the food pantry!! Thank you, Tina, for all your hard work!

2. SBHC news and updates - Melissa Henderson

Medical services continue to be 5 days/week.

The SBHC has an eye doctor that will be coming once weekly, starting Oct. 6th

Soon the SBHC will have the capability to do immunizations at the clinic.

Dr Phelps Ob/gyn will be coming to the SBHC 2x/month for well woman exams, starting September 9th.

3. Covid Updates - Mr. Cossey

Just a few changes to guidelines - Amount of time from exposure to testing is now decreased to 3 days instead of 5 due to rapid incubation time of Delta variant, still having parameters of within 6 feet for > 15 min in 24 hr period. Persons can be excluded from quarantine if vaccinated and no symptoms or both masked and no symptoms.

Reinforce exposed or positive folks must be symptom free for 48 hrs prior to returning to school.

Mr Cossey will share the Covid flowsheet with principals, nurses, and secretaries to help all be on the same page. He is requesting help when needing to send home students who are PCC - for us to refer to the flowsheet to give parents guidance until he can reach out to them individually.

Tina James shared that Jasper was hosting a Pfizer vaccine clinic in the auditorium this Friday from 5pm - 7 pm, for 12 yrs and up.

Angela shared that the health department is discussing bringing Covid vaccines at the same time as the Flu Clinic on the Oark campus for those wanting vaccines or boosters.

Mr. Cossey shared data regarding significantly increased cases with children this year compared to last year.

4. Starlight UAMS grant plans - Angela Kitchen

UAMS continues with the Starlight grant as in previous years (previously STAR HealthyNow), offering weekly fitness and nutrition challenges for students, now open to K-8th grade, instead of just 5-8. They do not plan to visit campuses, it would be virtual only at this point.

This year Shawna Burns will be partnering with them to offer mental health strategies and offering one on one coaching, like previously offered with the fitness and nutrition coaches. Melissa was not sure on logistics and how students would be identified for one on one sessions (self referred vs teacher).

The virtual "kickoff" is scheduled for next Friday, September 10th at 1pm for the Jasper School District. It should last no longer than one hour and they assured the team it would be age appropriate. Angela is facilitating at Oark, Melissa at Jasper, and DeeDee at Kingston.

5. School Health Index quick review - Angela Kitchen

Group discussed the top goals that were identified on the SHI at the end of last school year.

- Conducting lead testing of water - Angela will ask Allen and Tim about their ability and knowledge on how to proceed.
- PD on health education for all teachers - Angela will disseminate information received from UAMS Starlight to teachers and look for other opportunities for PD
- Presidential Youth Fitness Program - during PE for students. Angela can send link to PE teachers to see if they are interested in implementing the program
- Promoting Parenting Strategies via Facebook - community involvement staff
- District sub training streamlining - Ms. Liggett shared she videoed sub training for those that were unable to attend the training in Jasper this summer.