

Sheridan School District Quarterly Wellness Meeting

[Via Zoom](#)

September 27, 2023



[District Wellness Policy](#)

[Wellness Committee Requirements](#)

[Indistar](#)

[CDC](#) [SSD Posting](#)

Ark 6.07.1.1-3

Ark 6.07.1.4

Facilitator	Topic	Intended Results	Minutes
Alisa Gray	Welcome	Welcome committee members and review the agenda	
Alisa Gray	Good Things!	Provide an opportunity to learn more about our team members	<p>Members shared good things both professional and personal</p> <p>Highlights- The volleyball team is having a great season.</p> <p>Students are enjoying the healthy snacks provided daily in grades K-8</p>
Brady Martin Amanda Garner	Food Services	<ul style="list-style-type: none"> Review upcoming school menus Nutrislice Menus Ark6.06.5 Share district food service updates Lunch prices 	<p>The committee reviewed the school menus in NutriSlice. Brady Martin explained how the menus are set up and how to view the nutritional information.</p> <p>Discovery Kitchens will continue this year to expose students to a variety of healthy food options.</p> <p>PowerUp- Students can choose the Power Bites as another healthy choice. Fresh fruits and vegetable snack options are provided to all students K-8. This was</p>

			<p>originally planned to be funded through a grant but the grant did not get funded. The district decided to continue the snack options w/o grant funding due to the need.</p> <p>Meal prices remained the same this year.</p> <p>Students who qualify for reduced-price meals do not have to pay their portion. The district receives funding for free and reduced lunches as all were free.</p>
Allyson Pitts	Health and Wellness / SSD Counseling	<ul style="list-style-type: none"> • District Updates <ul style="list-style-type: none"> ○ Health Center ○ Mental Health ○ Counselors 	<p>Jacket Health and Wellness is year 4 of the 5-year grant cycle. We are working on sustainability so that at the end of the grant, Mainline will be able to continue its services.</p> <p>As of Sept. 13, 2023, 348 patients were seen. 51 students were transported to the clinic, mostly from the middle school.</p> <p>Working to increase numbers at the East End site</p> <p>School Counselors have seen 826 students so far this year to address their individual needs.</p> <p>The high school counselors are seeking programs to assist them in pushing into the classroom to support students.</p> <p>School-Based Mental Health- At the end of the 4th quarter, Pinnacle Pointe had 483 students enrolled and they have provided 4012 sessions with students across the district during the 4th quarter</p>

			<p>Our district Social Worker, Quisha Gibson, is working to support students within the schools.</p> <p>Nurses- As of September 25, 2023, the nurses have completed 5,029 office visits. They are currently preparing for flu clinics on each campus.</p>
Alisa Gray	<p>District Health and Wellness Plan review</p> <p>Wellness Committee Checklist</p>	<p>EEE EEI EEM SHS</p> <p>SES SIS SMS</p> <p>Ark 6.06.3, Ark 6.06.2 Use Y23 SHI data to develop Health and Wellness Plans What other components of the checklist are included in your plans?</p>	<p>Why Wellness and What's Next - DESE</p> <p>Submit plans by the end of the day Friday, September 29, 2023, to meet the October 1 deadline.</p> <p>Contact Mrs. Gray if you have any questions or problems meeting this deadline.</p>
Alisa Gray	<p>School Health Index Requirements</p> <p>Ark 6.06.1</p>	<p>Required modules for the School Health Index</p> <ul style="list-style-type: none"> ○ Module 1- School Health Policies and Environment ○ Module 2- Health Education ○ Module 3 - Physical Education ○ Module 4 - Nutrition Services ○ Module 10 - Family Engagement ○ Module 11 - Community Involvement <ul style="list-style-type: none"> ● Complete modules and submit before March 1, 2024 	<p>Each school will need to complete the Modules listed by March 1, 2024 with their building Health & Wellness committees</p> <p>You must create a new plan each year. Do not edit your prior SHI.</p> <p>Title your SHI for this year Y24 SHI- School name</p>
Allyson Pitts	Launch	Next Meeting Dec 6, 2023 8:30 AM	<p>Allyson shared a quote- No one can whistle a symphony. It takes a whole orchestra to play it. -H.E. Luccock</p> <p>Thank you for all attending! Sorry, the time got away from us!</p>

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Name/Campus Representing	Signature
Janet Stockton, EEE School Nurse Building Level Wellness Coordinator	
Shelley Davis, SES Nurse Building Level Wellness Coordinator	<i>Shelley Davis</i>
Karen Stephens, EEI Nurse Building Level Wellness Coordinator	<i>Karen Stephens</i>
Rhonda Bell, SIS PE Teacher Building Level Wellness Coordinator	<i>Rhonda Bell</i>
Alan Westfall, EMS Assistant Principal Building Level Wellness Coordinator	
Mike Moore, SMS PE Teacher and Coach Building Level Wellness Coordinator	<i>Mike Moore</i>
Emily Grimmert, SHS PE/Health teacher and Coach Building Level Wellness Coordinator	<i>Emily Grimmert</i>

Lincoln Daniels, SSD Deputy Superintendent Co-Chair of District Wellness Committee	
Alisa Gray, SSD Director of Federal Programs and Curriculum Co-Chair of District Wellness Committee	<i>Alisa Gray</i>
Allyson Pitts, SSD Director of Counseling Co-Chair of District Wellness Committee	<i>Allyson Pitts</i>
Brady Martin Chartwell's Manager	<i>Brady Martin</i>
Amanda Garner SSD Food Service Manager	<i>Amanda Garner</i>
Jeff Lisenbey School Board Representative	
Lauren Goins Parent Representative	
Julie Mayberry Community Representative	
Zander Williams SHS Student Representative	
Alondra Anthony SHS Student Representative	