

# Sheridan School District Quarterly Wellness Meeting



February 7, 2024

[Via Google Meet](#)

[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	National School Counseling Week
Amanda Garner	Food Services	<ul style="list-style-type: none"> <li>Review upcoming school menus <a href="#">Nutrislice</a> Menus Ark6.06.5</li> <li>Share district food service updates                             <ul style="list-style-type: none"> <li>Smart Snack Handbook chrome-extension://efaidnbmn nibpcajpcglclefindmkaj/<a href="https://fn-s-prod.azureedge.us/sites/default/files/resource-files/smartsnacks.pdf">https://fn-s-prod.azureedge.us/sites/default/files/resource-files/smartsnacks.pdf</a></li> <li>The Smart Snack Calculator <a href="https://foodplanner.healthiergeneration.org/calculator/">https://foodplanner.healthiergeneration.org/calculator/</a></li> <li>List of Smart Snacks Food Service can purchase through Sysco <a href="https://docs.google.com/spreadsheets/d/1yfjSP9w5TqmrbfKGhF">https://docs.google.com/spreadsheets/d/1yfjSP9w5TqmrbfKGhF</a></li> </ul> </li> </ul>	<p>Amanda Garner reviewed the school menus</p> <p>Smart Snack requirements -</p> <ul style="list-style-type: none"> <li>Ensure that all snacks served to students meet those requirements                             <ul style="list-style-type: none"> <li>See the links provided and the smart snack calculator as you consider student rewards and snacks during testing</li> <li>The cafeteria is working with buildings to ensure the snacks for testing meet the guidelines</li> <li>Mrs. Garner and Ms. Bolin will meet with district leadership to remind them of the smart snack requirements</li> </ul> </li> <li>Peanut Free Campuses                             <ul style="list-style-type: none"> <li>We are seeing a rise in</li> </ul> </li> </ul>

		<a href="#">N6vFOHyrrwLOcA/edit#gid=330387011</a> <ul style="list-style-type: none"> <li>• Negative balance</li> <li>• Peanut Free Campuses</li> </ul>	<p>peanut/nut-containing foods in schools. We need to remind parents and students that we are a nut-free school.</p> <ul style="list-style-type: none"> <li>○ This includes all tree nut food items - Nutella and hazelnut. Many parents need to be made aware that those foods are not prohibited.</li> </ul>
Allyson Pitts	Health and Wellness / SSD Counseling	<p>District Updates</p> <ul style="list-style-type: none"> <li>○ Health Center</li> <li>○ Mental Health</li> <li>○ Counselors</li> </ul>	<p>Mrs. Pitts</p> <p>Jacket Health and Wellness -</p> <ul style="list-style-type: none"> <li>• January - 512 staff and students were seen at the clinic. The number of patients continues to rise. <ul style="list-style-type: none"> <li>○ 430 students</li> <li>○ 82 staff members</li> <li>○ 373 individual visits, the remaining were repeat visits</li> </ul> </li> <li>• The JHW staff is continuing to promote the clinic by advertising, attending Open Houses and Parent/Teacher Conferences</li> <li>• State Department has requested support in having families re-enroll for Medicaid. The JHW clinic is supporting this initiative helping families through the process of re-enrolling to continue their Medicaid services</li> </ul> <p>School-Based Mental Health Services</p> <ul style="list-style-type: none"> <li>• Pinnacle Pointe provider</li> <li>• 462 students enrolled</li> <li>• Staffing at each campus with building administrators is held 5 times a year</li> </ul>

			<p>SHS received a grant to set up a Calming room for students. The project will begin soon with the purchase of items needed to set the room up.</p> <p>Blue Cross Blue Shield will be offering more grants this summer of which we will consider applying so that we can extend Calming Rooms at more campuses.</p> <p>SES PTO provided a room for teachers and is working on a Sensory Room for students</p> <p>Julie Mayberry was asked for information on other grants available for Calming Rooms. She was given information last week and will share the grant information with Mrs. Pitts.</p>
Alisa Gray	<p>School Health Index Requirements</p> <p><b>Ark 6.06.1</b></p>	<p>Review Required modules for the School Health Index</p> <ul style="list-style-type: none"> <li>○ Module 1- School Health Policies and Environment</li> <li>○ Module 2- Health Education</li> <li>○ Module 3 - Physical Education</li> <li>○ Module 4 - Nutrition Services</li> <li>○ Module 10 - Family Engagement</li> <li>○ Module 11 - Community Involvement</li> <li>● Complete modules and submit before March 1, 2024</li> </ul>	<p>Each school will need to complete the Modules listed by March 1, 2024, with their building Health &amp; Wellness committees</p> <p><b>You must create a new plan each year. Do not edit your prior SHI.</b></p> <p><b>Title your SHI for this year</b> <b>Y24 SHI- School name</b></p> <p>As you work on your SHI and Health and Wellness plans, consider all of the great things going on in the district and how we can continue to improve our services for our staff and students.</p>

	Launch	<p>The next meeting will be held at the SHS Hospitality Room</p> <p>📅 Health and Wellness Meeting</p>	<div><p>Daily Positive</p><p>“</p><p>We are not positive because life is easy. We are positive because life can be hard. Give yourself (and others) grace today. Speak life. Look for the good. Remember your WHY. Believe the best is yet to come.</p><p>”</p><p>@JonGordon11</p><p>Get a daily quote at <a href="https://DailyPositive.com">DailyPositive.com</a></p></div>
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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	
Alan Westfall, EMS Assistant Principal Building Level Wellness Coordinator	Alan Westfall
Mike Moore, SMS PE Teacher and Coach Building Level Wellness Coordinator	
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	
Amanda Garner SSD Food Service Manager	<i>Amanda Garner</i>
Jeff Lisenbey School Board Representative	
Lauren Goins Parent Representative	
Julie Mayberry Community Representative	Julie Mayberry
Zander Williams SHS Student Representative	
Alondra Anthony SHS Student Representative	