

Lavaca Public Schools
CSH Wellness Committee Meeting
2nd Quarter Minutes
Wednesday, October 30, 2024

Meeting called to order by Terri Moudy, 12:31pm.

Present: Allisyn Stratton, Joni Padilla, Cody Waters, Liz Donahue, Terri Moudy, Amy Green, Katy Chambers, Ruthie Groff

Agenda

- School-Based Health Services
- Counseling, Psychological & Social Services
- Nutrition Services
- Activities and Announcements
- Upcoming Events

Business

- Ruthie Groff, RN, District's new High School nurse was introduced.
- Mrs. Moudy presented the numbers for SBHC for the 1st Quarter, July 1st- September 30th.. We have 527 students enrolled to receive services at our SBHC. During the 1st quarter we had 370 student medical visits to Lavaca Wellness Center. Some of the most frequent diagnoses students were seen for included upper respiratory infections, acute pharyngitis, and Covid-19. Lavaca Family Dental, our School -Based Dental clinic saw 32 children during the 1st quarter.
- Meghan Ryder, our mental health professional was unable to attend the meeting today, but reported they received ten new referrals and have completed six intakes in October. During the 1st quarter, her and Mrs. Parker had 70 clients and had a total of 446 student visits from July 1st to September 30th. We also have Colleen Atchley, DNP, who is a Family & Behavioral Health provider for Lavaca Wellness Center. She is available to see patients by appointment on Thursdays at Lavaca Wellness Center.
- At time of meeting a quorum was not present; therefore, voting took place online for approval of the 1st quarter minutes and menus with majority approval by voting committee members. Susan Mendez, Child Nutrition Director provided District menus for October and November for committee members to review. Our Child Nutrition Department offered a "Try It Day" on October 23rd to celebrate Farm to School Month.. Students in elementary, middle and high school were able to sample sweet potatoes, cauliflower, radishes and zucchini. Facebook posts with pictures were posted on the Arrows Health and Wellness Facebook page, as well as our school Facebook pages. Mrs. Moudy provided members the Nutrition Standards for School Meals to review. Ashleigh Smith, RD, and her intern, Aimee Vandergriff from the Arkansas Colleges of Health Education visited our AfterSchool program on October 3rd to educate our students on hydration. Tristin Bolton, local county extension agent, shared the ArFoods Program introducing Gouda cheese with our elementary students. Educational flyers were sent home with students highlighting the benefits of different cheeses.
- Katy Chambers, our Community Health Nurse Specialist talked about coming to speak to our Middle School students with Tracy Stark on October 25th to kick off Red Ribbon Week starting on October 28th. Mrs. Stark gave a presentation on vaping and Mrs. Chambers' topic was "Drugs in the Youth Brain" along with Stress Coping & Wellness, and Healthy Coping Skills for students. LES & LMS celebrated Red Ribbon week with special dress up days with prizes, Red Ribbons, vaping stickers and magnets, and coloring books provided by BeWell Arkansas and the Harbor House for students.
- Lavaca Family Dental is planning to give oral health presentations to our students during the month of November. We also have oral health kits, with toothbrushes, toothpaste and floss to give to students that the Arkansas Office of Oral Health department provided for our District.
- Joni Padilla, our Community Education Specialist from the Arkansas Department of Health shared posters and information cards for our schools and the SBHC about the Be Well new app called Navig8 to help students and the community with their journey to quit vaping.
- Mrs. Moudy shared that 152 students and staff received flu shots at our District Flu Clinic on October 10th
- Lavaca Beta Club will host a blood drive on November 12th from 9:00am to 2:00pm at LHS that students and staff can schedule an appointment to participate in.
- Mr. Beshears, Lavaca superintendent, Jonathan Broniste, APN and Colleen Atchley, DNP all attended the SBHC Fall Conference/15 Year Celebration held at Mount Magazine on October 9, 2024
- Free hearing screenings will be provided to Lavaca staff on January 6, 2024 from 8:00 to 3:00 by the Center of Hearing and Balance in their mobile unit that will be on campus.
- Upcoming events announced: 11/13/24 CSH 2nd quarter meeting; 1/29/25 Lavaca 3rd quarter meeting; ; 2/12/25 CSH 3rd quarter meeting; 5/7/25 Lavaca 4th quarter meeting; 5/14/25 CSH 4th quarter meeting.
- Upon no further business: **Meeting adjourned 1:06pm**

Next meeting is scheduled for January 29, 2025 at 12:30 pm.