

Coordinated School Health April 11, 2023, at 3:30 pm
Fayetteville Public Schools Mackey Conference Room

Meeting Minutes

Attending

Melissa Alderson, Steven Weber, Joey Cox, Ted Whitehead, Jennifer Schilling, Sara Blickenstaff, Monica Vasiloff, Christen Graham, Mary Farrell, Angela Wommack, Janice Cowart, Tammy Tucker, Sandy Montero, Grace Bloodworth, and Sheila Gorton

Announcements and Activities

Introductions and welcome activity coordinated by Melissa Alderson who led the group in a relaxation/breathing method called 478. Breathe in four second; hold for 7 counts; exhale slowing over 8 counts. Repeat three more times.

Joanna Krause, MPH, Executive Director of Canopy NWA, provided insight into the process of welcoming and providing guidance for locally and regionally resettled refugees. Fayetteville has welcomed over 500 people by assisting in find housing, cultural orientation, health services and assisting in a long-term strategic plan. FPS currently serves nearly 100 students from across the world including but not limited to Africa and the Middle East. Student engagement is a high priority for FPS and Canopy NWA. In addition to providing education services, FPS also offers special clinics and events focused on health topics to support students and families. One event is planned for the summer of 2023 in partnership with FPS SBHC, Community Clinic at Owl Creek.

Discussion/New Business

Members gained a broader understanding on how they can support goals set by CanopyNWA and build increased awareness in the Fayetteville community as well as in the school district. Discussions also involved around supporting the sustainability of local business that were developed and operated by refugee families connected with CanopyNWA.

Roundtable

A Menu Review was presented by Ted Whitehead, FPS Child Nutrition Assistant Director

Conversation between members focused on how nutrition is a part of building a healthy learner along with ways to promote healthy nutrition in the schools; Ted explained rationale behind the 5 wk cycle and 3 wk cycle. He also provided information on grant funding that is used for a chef to provide professional development and training for child nutrition employees.

Minutes presented by Melissa Alderson