

MINUTES OF THE REGULAR MEETING OF THE SLOAN-HENDRIX WELLNESS COMMITTEE

The Sloan-Hendrix Wellness Committee met for the regular scheduled meeting in the Elementary/Middle School library on Thursday, November 30, 2017, at 8:30 a.m. with eleven members present at the time of roll call: Mrs. Jennifer Bailey, Mrs. Nikki Cooper, Mrs. Tammy Bradley, Mrs. Deborah Lillard, Mrs. Emerald Welch, Mr. Ligie Waddell, Mr. Charles Ring, Mrs. Mikka Jones, Dakota Jones, Jordan Thompson, and Sammy Burton. Mr. Clifford Rorex, Mr. Aaron Murphy, and Lakyn Phares were absent for the meeting.

Mrs. Mikka Jones, Chairman of the committee, called the meeting to order. Motion was made by Mrs. Deborah Lillard and seconded by Mrs. Emerald Welch to approve the agenda. Motion carried eleven for and none against.

Matters for Discussion:

- We reviewed the School Health Index filed on October 1st, 2017, for the elementary, middle and high school buildings. There was discussion as to the action plan needed. Motion was made by Mrs. Tammy Bradley and seconded by Mrs. Nikki Cooper to approve the SHI. Motion carried eleven for and none against.
- The topic of increasing physical activity on inclement weather days was discussed as well as finding an alternative to withholding recess as a punishment for bad behavior. Go Noodle was discussed as alternative in the classroom to increase physical activity, but staff education would be required for implementation. Objections and obstacles were also discussed regarding the matter. Employee health discussed, and each employee asked to think of ideas for wellness instead of six week weight loss challenge. No action taken at this time.
- December menus were discussed, and Dakota Jones advised that some of the student body had requested more of a variety on the student salad bar. Sammy Burton asked about a change on Friday's from pizza and inquired about the change from chicken patty as stated on the menu to baked chicken. Mrs. Jennifer Bailey explained commodity use and the possibility of menu changes occasionally. The employee salad bar was brought to the staff's attention and asked about being refreshed for high school employees. The amount of waste in the cafeteria was discussed and stated to have increased. In discussion, it was also discussed that the number of students eating in the cafeteria has increased for both meals which in turn has caused an increase in the waste. Mrs. Deborah Lillard discussed the need for intervention on stopping food from leaving the cafeteria

and to prevent food sharing when parents bring food in to their child. Mrs. Mikka Jones expanded on this topic due to the increasing food allergies. Photo ID's were discussed, but no action taken. Committee discussed the need for December and February birthdays to be done the same day as the Christmas and Valentine's Day parties. This will keep days within nine special allotted and need to be placed on school calendar. Motion made by Mrs. Jennifer Bailey and seconded by Mr. Charles Ring to approve menus and suggestions. Motion carried eleven for and none against.

- Nutritional food value discussed regarding fundraisers and times of day when students could sell when minimum standards are not met. Staff education needed for implementation. Motion made by Mrs. Deborah Lillard and seconded by Mrs. Tammy Bradley to approve fundraiser standards. Motion carried eleven for and none against.
- A motion was made by Mr. Ligie Waddell and seconded by Mrs. Nikki Cooper to update the school website for public notification of the Sloan-Hendrix Wellness Committee's information. Motion carried eleven for and none against.
- Motion to adjourn was made by Mrs. Emerald Welch and seconded by Mr. Charles Ring. Motion carried eleven for and none against.

Chairman

Co-Chairman