

**Health and Wellness Committee Meeting**

**Nutrition and Physical Activity Meeting**

**February 14<sup>th</sup> 2018 2 p.m.**

The meeting was called to order and convened at 2 p.m. in the Conference room of the Lafayette County High School. Role was called and sign in sheet was signed by the participants.

Present: Shelley Camp, RN/ Edwin Grant, Principal/ Robert Edwards, Superintendent/ Marcia Teague, Counselor/ Tony Hartsfield, Assistant Principal/ Eric McCaslin, Coach/ Bobby Clark, Coach/ Napoleon Cross, Coach/ Jennifer Sanders, Administration office/ Janice Smith, Food Service Director/ Lindsey Nutt, School Board/ Makayla Russell, Student

**Old Business**

From previous 12/14/2017 meeting discussion - Review of last meeting notes consist of 1. **Nutrition Standards for Foods Outside of School Program** and going over the Resource from Module 1 concerning **Smart Snacks**.

2. **Tips for Teachers** – about Allowing Access to Drinking Water –during school. Resource from Module 3 Promoting Health Eating and Physical Activity in the Classroom. Using - **GoNoodle.com** in the classroom to support physical activity.

3. **Put the water Access Plan Into Action** – Resource from Module 4 to Encourage students to drink plenty of water as alternative to high sugar drinks and removing all Soda machines in the school to encourage more healthy alternatives. Mr. Edwards (superintendent) states “we are applying for a grant to get water fill stations in the schools of the Elementary and High School facilities. “

**New Business**

1. The Allowable Competitive Foods/Beverages – Maximum Portion Size Limits pertinent to the High School were presented by Janice Smith, Food Service Director.
2. Arkansas Department of Education –Child Nutrition Unit and School Health Services Healthy Schools Compliance Model was presented by Shelley Camp, RN
3. STAR ONLINE – free website by UAMS was presented by Shelley Camp, RN

Handouts were also sent with agenda for review before the meeting and available during the meeting for participant review.

**Next Meeting is Scheduled for April 11<sup>th</sup>, 2018.**

Questions and Answer time was allotted.

The meeting was adjourned at 3:00 p.m.

Lafayette County does meet the minimum requirements of the states required Health and Wellness Program.

Respectfully Submitted,

Shelley Camp, RN  
Lafayette County High School Nurse  
Committee Chairperson