

Louisiana R-II School District

Wellness and Health Committee Meeting Minutes

Date: October 25th, 2018

Time: 4 pm

Location: Louisiana Middle School Counselor's Office

Members Present: Jennifer House, Christy Anderson, Tommy Fallert, Bobby Spoonster, Tammy Shireman and Payton House.

Members Absent: Ben Logan

Meeting called to order at 4:00 pm by Jennifer House, seconded by Christy Anderson.

Last meeting minutes reviewed. Christy Anderson motion to accept the minutes as written, Bobby Spoonster seconded. All in favor, motion passed.

1. Bobby Spoonster updated on the Wellness Program:
  - a. No changes or updates at this time to our school policy. There were some small changes to the state policy, but we believe at this time our current policy covers those changes. I will continue to check into it.
2. Christy Anderson reported on the Food Service Program:
  - a. No changes at this time. We continue to follow the calorie and sodium requirements put forth by the state. For example calorie amounts for lunch are as follows: K-5 550-650, 6-8 is 600-700 and 9-12 is 750-850. Sodium levels are as follows: K-5 is less than 1230, 6-8 is less than 1360 and 9-12 is less than 1420.
  - b. DESE review this year, December 17<sup>th</sup> and 18<sup>th</sup>.
  - c. I am trying to get Chef Brad into the school for a demonstration, but his schedule is booked. I am still working on it though.
3. Tommy Fallert reported on the Physical Education Department and Testing:
  - a. They are continuing to work on fitness. Pretesting has been completed. We will test 2 more times during the year before the finals in May
  - b. Numbers are submitted to the state on grades 5<sup>th</sup>, 7<sup>th</sup>, and 9<sup>th</sup>. Shelia Patton is the one that submits these numbers.
4. Jennifer House gave the Health Report:
  - a. Immunization Status Report was submitted on 10-5-18 to the state with the following information: Due 10-15-18
    - i. 3 students are in progress of their DTaP, Polio, MMR, Hep B and Varicella. (In-compliance), 4 students with religious exempt. (In-compliance), 674 students fully immunized.
  - b. Special Healthcare needs were submitted to the state on 10-18-18 with the following information: See attached sheet.
  - c. No changes have been made to any Health Services policy or procedures at this time.
  - d. With the new insurance company we no longer have a wellness fund to do biggest loser, etc...
  - e. Vision and Hearing screenings will start the week of November 5th, 2018. Amber Penrod is coming to assist with the screenings.

At this time all issues have been discussed and motion made by Christy Anderson to adjourn at 4:25 pm. Tammy Shireman seconded, all in favor, meeting adjourned.

Minutes Submitted by Jennifer House