

WELLNESS COMMITTEE MEETING MINUTES

Date: October 7, 2026

Time: 3:00 p.m. – 4:00 p.m.

Location: Eldon South School

Attendees

- School Nurses: Ashley Calvino, Lyndsey Wood, Toni Hendricks, ReAnn Croegaert
 - Aaron Berendzen: Director of Special Services
 - Michele Herbert: Elementary Principal
 - Megan Opie: Community Health Advocate
 - Christy Kidwell: Community Health Worker
 - Cheyanne Uptergrove: Parent, Secretary to the Superintendent and Board of Education
 - Mike Herbert: Administrator, Miller County Health Department
 - Chasity Willers, RN: Miller County Health Department
 - Jillyn Hull: Nurse Practitioner, Central Ozarks Medical Center (COMC)
 - Lindsey Prater: Nurse, Central Ozarks Medical Center (COMC)
 - Mary Blochberger: Athletic Trainer
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1. Healthcare Partnership – Central Ozarks Medical Center (COMC)

Community Health Integration

The committee discussed opportunities to strengthen collaboration between the school district, Central Ozarks Medical Center (COMC), and the Miller County Health Department. Joint community initiatives, including a potential community health fair, would increase access to health resources and provide students, staff, families, and community members with greater awareness of available healthcare services.

Health Subcommittee Formation

The committee approved the formation of a specialized health subcommittee consisting of school nurses, a COMC Nurse Practitioner, Community Advocate and Community Health Worker as well as representatives from the Miller County Health Department/community health team.

The subcommittee will meet twice annually to discuss community health needs, identify areas for collaboration, and coordinate health-related initiatives within the school district.

Representatives from the Miller County Health Department, including Administrator Mike Herbert and Chasity Willers, RN, were present to support discussion regarding public and community health initiatives.

Action Item

- Schedule the first biannual Health Subcommittee meeting.
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2. Student and Staff Health Concerns

Energy Drinks and Sugar-Sweetened Beverages

The committee discussed concerns regarding student consumption of energy drinks and sugar-sweetened beverages. Potential health concerns discussed included increased risk of dental decay, weight gain, and difficulties with focus and concentration.

The committee will review current campus beverage restrictions and nutrition promotion standards to ensure alignment with the district's Wellness Policy.

Staff Blood Pressure Monitoring

The committee discussed opportunities to establish an efficient referral process for staff members with elevated blood pressure readings.

School nurses and the COMC Nurse Practitioner will collaborate on developing a referral process for staff members whose blood pressure readings are consistently at or above 130/80 mmHg.

Community Health Fair – Heart Health Screenings

The committee discussed coordinating with the Miller County Health Department to establish a dedicated Heart Health area at the community health fair.

Potential services may include:

- Blood pressure screenings
- Cardiovascular health education
- Individual health counseling
- Referrals for additional medical evaluation
- Assistance with scheduling appointments within the physician network

3. Triennial Wellness Policy Assessment

The committee reviewed the summary of the district's triennial wellness assessment.

Areas Identified for Continued Improvement

Program Engagement

Increase participation among students, staff, families, and community members in district-wide wellness initiatives.

Operational Considerations

Continue to evaluate and manage increasing operational expenses associated with wellness programming and initiatives.

Ongoing Monitoring

Strengthen consistent, multi-building monitoring and documentation related to physical activity opportunities and compliance with Smart Snacks standards.

Areas Meeting Expectations

Nutrition Standards

The district meets USDA nutrition standards for regular school breakfast and lunch programs. The district also meets Smart Snacks requirements for foods and beverages sold through vending machines and a la carte lines.

Policy Alignment

The assessment indicates that the district's local Wellness Policy aligns closely with applicable federal regulations and compares favorably with model wellness policies.

Public Transparency

The district has met public communication and transparency requirements by making wellness policy information, updates, and assessment results available to the public.

4. Action Items and Next Steps

1. Schedule the first biannual Health Subcommittee meeting.
2. Continue collaboration between school nurses, COMC, and the Miller County Health Department.
3. Review district beverage restrictions and nutrition promotion standards.
4. Develop a staff blood pressure referral process in collaboration with COMC.

5. Coordinate Heart Health screenings and resources for the upcoming community health fair.
6. Continue monitoring physical activity and Smart Snacks compliance across district buildings.
7. Continue efforts to increase student, staff, family, and community engagement in wellness initiatives