Wellness Committee Meeting Minutes

April 21, 2026

Members Present: Rachael Barnhart, Kelli Swearingen, Sara Speight, Josh Lauer in person and Nikki Buschmann, Kenya Thompson attended via Zoom

Nutrition Updates (presented by Rachael Barnhart)

- Using supplies so that there isn't as much to move to the new building
- Rachael is confirming summer school menus
- Senior Sendoff breakfast is planned for May 21, 2026

Health Services (presented by Sara Speight):

- Physicals for 6th grade students to be completed on May 7. Cornerstone Family Medicine out of Mexico/Fulton is donating
- KidSight completed screenings for preschool - 1st grade
- Staff challenges - End of year step challenge. Due to increased funding from MMEBG, all participants received a prize

Physical Education (presented by Kelli Swearingen):

- Physical fitness testing done and how to enter that information into Infinite Campus
- Middle School - CPR for Junior High Students this week

Other Topics Discussed:

- Middle School gym update - waiting on steel
- Insurance premium was only increased 2.99% which is remarkably better than 8.5% increase that many districts are having
- EAP Program - 26 people using it at this time. Not just for mental health, but also how to better take care of yourself and family. Family are also allowed to use.
- How to improve the wellness committee - thoughts on how to do so.

Next Meeting: Next school year, 2026 - 2027