

Cutter Morning Star School

Health and Wellness Q1 Meeting Notes



In attendance: Dr. Campbell, Nurse Ashley Erskine, Nurse Krystal Throgmartin, Mrs. Heatherly, Mrs. Baber, Coach Lynch, Coach Rogers, Chef Erik Martin, Mr. Hall, Mr. Harrison, Trey Dobbs

3:19 Call to Order. Welcome & Introductions

Review Wellness Policy

- The committee reviewed required regulations. Note this is a comprehensive policy.
- No changes per district or law. No changes recommended from committee.

Approved last quarter meeting notes: motion made by Krystal Throgmartin, seconded by Mrs. Heatherly. All in favor. No objections.

School Health Index (SHI)

- Elementary (ES): Mrs. Baber shared results, noted current goals correspond to those results.
 - Implement nutritional education via FFEP grant with weekly information teachers share with students.
 - (shared goal w/ ES/HS) Physical Activity goal: both campuses assessed and used portions of Presidential Fitness Assessments.
 - (shared goal w/ ES/HS) Physical Education teachers include practices/activities students can carry throughout life, even if they don't participate in team sports (basketball, football, etc)
 - (shared goal w/ ES/HS) Increase community engagement & communication with activities.
- High School (HS): Mrs. Heatherly shared results, noted current goals correspond to those results.
 - Increase by 7% access & participation for breakfast & lunch
 - We have seen 4.5% increase in breakfast
 - Minimal change for lunch, 2024 - 55%, 2025 - 56%
 - Noted al la carte is most popular

- Will have EAST students initiate a campaign to encourage full meal participation vs al la carte.
- Per Chef Erik, developing “Cooking with Cutter” program on YouTube/TicTok channel
- Per Chef Erik, developing CMS cookbook
- Per Chef Erik, we have “Student Choice” allowing student input for main line options served
- Question asked: “Are 40% in HS enrolled in PE or athletics?” - Yes
 - Next year, HS plans to enroll ALL 9th graders in PE or athletics

Nurses discussed 2025-25 visits and outcomes

Chronic Absenteeism

- Defined as missing 18 + of the 180 days of school.
- Reviewed data 2023-24 vs 2024-25 school year
 - Overall the district remained at 25%
 - The committee asked how many of those 25% are behind or failing?
 - ES has testing to evaluate K-2 thoroughly, identifying this population. Goal to identify by Grade 3 & implement interventions
 - Would consider surveying parents of students why kids miss school. - Someone would need to make survey and disperse - not defined
 - We would like to find a similar school that has made improvements & learn from them.
 - Noted Mississippi has made great improvements.

4:47 ADJOURNED

Pending for Q2: Begin the Development of 2025-26 Improvement Plan

- *Break up into groups and discuss following areas: nutrition, physical activity, mental and emotional health @ CMS*