

Cutter Morning Star School

Health and Wellness Q1 Meeting Notes



Call to Order: 3:18 PM

Introductions & Role review

- Jana Harrison, admin/chair
- Krystal Throgmartin, scribe

Approval of 2025-26 Q4 minutes: LBaber made a motion to accept, EMartin made a second, all in favor.

Overview of Current Wellness Policy

- Note: Policy was officially reviewed last year. Policy made readily available for committee members
- Members: Note KThrogmartin, THarrison, JHarrison are parents of students. TDobbs, board member is also a parent.
- Students: Eli Harrison & Jackson Harrison
- Extend invitation to a SBMH professional to fill our community member requirement

Review AR APP Goals of 25-26

- Elementary & High Schools share goals
 - Increase sharing menus and cafeteria updates
 - *Required* 4 photos of school meals
 - EMartin to do weekly culinary roundup and monthly newsletters, to include 4 photos
 - Physical Education: include 3 components of the Presidential Physical Fitness Test
 - Both principals confirm, this is part of curriculum
 - Increase student and family participation by 15% for color run (spring)

Review SHI

- High School
 - Family Engagement Module 10 was our lowest scoring
 - To Improve:
 - HS to offer parenting tips
 - Clayton Williams (HS FACES rep) has reached out to families already to enlist in help
 - October Promotion: “Launch App” to help parents work our electronic platform
- Elementary School
 - Nutrition Environment, noted to be low scoring
 - Family Engagement focus
 - Family Night in October in MPB (art display, activity stations, etc)
 - Emphasis on PE booth explaining/promoting home activities

Nurse Data End of Year Review

- Total # of Visits with outcomes
- Absenteeism for 25-26
 - KHeatherly to send out memos district wide (similar to what has been on parent communication from HS 25-26)
- BMI District Report

Child Nutrition Data

- EMartin provided menus for review
 - ES appreciates squirt bottles (dispensed by staff)
 - ES requests no chili while 100th outside – it is off the menu til Nov/Dec
 - ES Teacher salad bar is coming back, next week!
 - Reviewed data provided
 - Financially: CMSSD has had a loss. As of March 2026, we are set to at least break even!
 - Lunches per day increase! Attribute to student feedback surveys! Will do more surveys
 - Goal: increase breakfast utilization
 - Phase I Goal: 50-60 breakfasts
 - Plan: bringing back “second chance breakfast”
 - Phase II Goal: 100 breakfasts

Meeting Adjourned: 3:51 PM Motion by KThrogmartin, Seconded by ____, all in favor

Health & Wellness Quarter 1 Meeting

September 21, 2026

Sign-In Sheet

Print	Signature
Jana Harrison	Jana Harrison
KRYSTAL THROGMARTIN	KTM
Karen Heatherly	K Heatherly
Ashley Erskine	Ashley Erskine
Emily Wheatley	Emily Wheatley
Eric Martin	Eric Martin
Laura Baber	Laura Baber
Donna Lingo	Donna Lingo
Toney Harrison	Toney Harrison