

Wellness Committee Agenda/Minutes

August 28, 2024 | Ambrose Building

Agenda:

1. Welcome - Intro/icebreak

- a. Question ball toss around

2. Grant Progress

- a. Wellness policy was approved on June 24, 2024. It has not yet been uploaded to the KSBA website.
- b. Working on identifying 10 schools to be pilot schools
 - i. Pilot schools will be granted \$5,000 to support their action plans
 - ii. Pilot schools MUST have an action plan of **2-3 items** THIS YEAR
- c. On August 8, 2024, Health and PE teachers in Fayette County participated in a professional learning event with RMC Health. Funded through CDC grant.
- d. Health & PE website for teachers has been created
 - i. <https://sites.google.com/fayette.kyschools.us/fcps-hpe/home?authuser=0&pli=1>
- e. Providing technical assistance for Health & PE teachers
- f. Assisting with Wellness Nights
 - i. Upcoming Wellness Night @ Sandersville, September 9th
- g. Plan to implement All Kids Bike program
 - i. Looking for two pilot schools (Kindergarten students)
- h. Upcoming District 5K, *A Run for a Cause*
 - i. September 14
 - ii. Raising money to build a school in Africa

3. Review Healthy Schools Program Assessment

(<https://www.healthiergeneration.org/app/account/dashboard>)

- a. Angela shared that all schools should have a wellness committee
 - i. Can combine with School Climate and Culture committee
- b. All schools must update their Healthy Schools Program Assessment by the

DEADLINE: 10/15

c. Angela went over several items on the Health Schools Program Assessment.

4. Strategic plan

a. What actions/activities could this group accomplish?

- Assisting schools to offer more healthful activities for students and staff during the school day
- Celebrate, recognize & highlight excellence in student wellness in FCPS
- Educate students and staff on wellness
- Educating about healthy activities and resources for students, staff and families
- Educate the schools on policy e.g. candy sales , vending machines, cake etc
- District wide student/family/school wellness activities e.g. 5k, bikeathons etc
- Prioritize wellness in school communities
- Education school staff regarding smart snacks
- Connect with more community partners.
- Support the action plans of pilot schools; make connections to community resources and support
- Connect dots between Student Wellness and other FCPS departments
- Tying together student and staff wellness
- Enhancing overall school wellness

b. Who are we missing from this group?

- Student support
- Student support
- School level admin
- Parent rep
- Principals or other school administrators
- Extension services- SNAP-Ed educators
- Students & parents
- School Police

c. Where do you envision healthy schools in 4 years?

- Swim classes for all students
- More fresh veggies or fruit options for staff and families, students
- Standardized procedures for ensuring unstructured free time, healthy celebrations and accretes to water across FCPS schools
- Bike to school program
- Coordinated efforts across the district that are supported by community partners
- Hopefully with fresh cooked meals
- Make a healthy school the norm
- Model for the nation

d. What obstacles do we need to overcome?

- Generations of misunderstood best practices and unhealthy school cultures climate
- Time and staff restraints
- Teacher fatigue with new innovation
- Funding for efforts
- Cost, by in
- Parent support
- Resistance to change
- Red tape

e. What are some needs in our district?

- Reduce candy sales and junk food available in school (outside of the cafeteria.)
- PE throughout MS & HS and alternative options
- Recess in middle & high school
- Support for schools so they don't have to take on everything on their own
- More time for movement in the day
- Movement breaks
- HPE need to feel more empowered to innovate and improve schoolwide healthy habits
- Recess in MS & HS
- Ways to engage families to continue these efforts at home
- Healthy celebrations
- Healthy snacks for teacher

Next Meeting Dates: 10/30, 2/12, and 4/23