

Wellness Committee Agenda/Minutes

October 30, 2024 | Ambrose Building

Agenda:

1. New members

- a. **Members introduced themselves and shared what they are thankful for.**

2. Review the 23-24 Wellness Report card

- a. Breakfast served: 2,292,132 | Lunch served: 4,441,946 | After-school meals served: 146,661

b. **Outdoor Classrooms and School Gardens**

- i. Demand for school gardens is high. Not quite at capacity to support that demand.
- ii. 4 Food Corps (AmeriCorps) members working in 8 elementary schools to support efforts. Hoping over the next 10 years, they help to create a plan to make school gardens more sustainable.
- iii. Students across the district are participating in outdoor classrooms and school gardens. These outdoor spaces offer educational opportunities on topics such as vegetables, flowers, trees, rain, and pollination.

c. **USDA Meal Regulations**

- i. **Breakfast:** Includes grains, fruit, and dairy.
- ii. **Lunch/Dinner:** Includes protein, grain, vegetable, fruit, and dairy.
 - o **Meal Components:** Emphasis on lean proteins, whole grains, fresh/canned fruit, fresh/frozen vegetables, and low-fat dairy.
 - o **Nutritional Guidelines:** Meals are low in fat, sodium, and sugar, with portion control.

d. **Summary & Updates**

- i. 9 pilot schools to be Wellness Champions, each receiving \$5000 to implement healthier school initiatives.
- ii. Secondary skills based health education teacher training provided by RMC Health in August 2024
- iii. Debbie has been working on a partnership with UK Medical Center for Vision Care for students and Dental Vans (Healthfirst Bluegrass dental services)
- iv. **Health Schools Grant:** CDC has said that we are to administer a Health Student Questionnaire and a Healthy Schools Questionnaire (HSQ).

1. Randomly selected 18 schools. Deadline November 1st. Will not be administered until May.
 - v. **Walking and biking to school:** Angela wrote a grant to provide \$9000 for schools to get bikes, helmets, and bike rack(s) through All Kids Bike for two schools.
 - e. **Reviewing district Healthy Schools Assessment report**
 - f. **What are we doing well?**
 - i. Serve breakfast and lunch at all schools
 - ii. Health & PE teachers
 - iii. Annual CE requirements for both Nutrition and Health/PE teachers
 - iv. Beverages not being sold during the school day. Most schools have removed vending machines for students or turned them off during the school day.
 - g. **Room for improvement?**
 - i. More time for students to eat. 20 minutes to eat is just not enough time.
 1. Increasing length of school day by 5 or 10 minutes
 2. Key time to socialize. Kids can't eat and socialize with only 20 minutes.
 - ii. Employee wellness to focus more on physical wellness (partner with LivingWell)
 - iii. Professional development and physical activity for classroom teachers
 - iv. HPE 1: Minutes of physical education per week (underdevelopment or not in place)
 - v. Students shared their thoughts about HPE 4, getting students to participate more in Health/PE class.
- 3. Next steps from identified areas in the report**
- a. Wellness Event that engages all schools.

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