

Wellness Committee Agenda/Minutes

March 5, 2025 | Ambrose Building

Agenda:

1. Call meeting to order

2. Welcome & Introductions

- a. Name, title, & organization

3. Review of Minutes

- a. Minutes were approved by committee members

4. Stakeholder Updates and Highlights

- a. Tresine Logsdon - Sustainability:
 - i. Aquaponics (FoodChain), Farm to School Taste Tests, Schools Gardens, Outdoor Classrooms, Hydration Stations
- b. Jakob Hester - UK #ichampionhealth:
 - i. #ichampionhealth is a community-engaged initiative dedicated to advancing health for all in Lexington, Kentucky.
 - ii. Focuses: Mental health support & suicide prevention, substance use prevention & harm reduction, violent & safety, basic needs (money and housing)
 - iii. QPR training: <https://kyqpr.ukhc.org/>

5. What is Wellness and what does it look like in our school and community?

- a. Mental, physical, and social health should be included in conversations about overall wellness.
 - i. More opportunities for students to socialize during the school day (longer lunch periods)
 - ii. Ensure that both students and families are included in wellness initiatives.
- b. Health and PE should go beyond the walls of the school.
- c. Positive social influence: exposing children to foods/activities that they have not tried.
- d. Spiritual health: cultural nights help celebrate spiritual aspects of different cultures
- e. Financial health: Sliding scales and payment plans with HealthFirst Bluegrass to help families afford services
- f. Removing medical barriers to learning

- g. Lower teacher and students absences
- h. Respect for schools
- i. Lower chronic illnesses
- j. Parent empowerment
- k. Balancing safety with transparency

6. Action item: Vision and District Wellness Event

- a. Brainstorm an event(s) where students and families in the district can be involved
- b. Biking event? Walking event?
- c. Ensure all families have transportation to and from the event

Next Meeting Date: 4/23