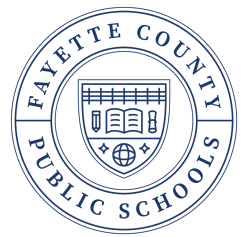


Wellness Committee Agenda/Minutes

April 23, 2025 | Ambrose Building



Agenda:

1. Welcome and Introductions

- a. Members introduced themselves

2. Year in Review

- a. Reviewed the Wellness Policy
- b. Grown our Committee
- c. Reviewed Assessment data
- d. Stakeholder updates
- e. Identified Strengths and Weaknesses

i. Strengths:

- 1. Serve breakfast and lunch at all schools
- 2. Health & PE teachers
- 3. Annual CE requirements for both Nutrition and Health/PE teachers
- 4. Beverages not being sold during the school day. Most schools have removed vending machines for students or turned them off during the school day.

ii. Weaknesses:

- 1. More time for students to eat. 20 minutes to eat is just not enough time.
- 2. Employee wellness to focus more on physical wellness (partner with LivingWell)
- 3. Professional development and physical activity for classroom teachers
- 4. HPE 1: Minutes of physical education per week (underdevelopment or not in place)
- 5. Students shared their thoughts about HPE 4, getting students to participate more in Health/PE class.

3. Stakeholder Highlights: UK Active Girls Healthy Women

- a. Dee Dlugonski Updates – Developing an evidence-based model to increase physical activity while addressing gender-specific barriers

b. Key Initiatives:

- i. Families Moving Together – Encouraging active lifestyles within families
- ii. Girls Can Move! – After-school program empowering girls through movement
- iii. Community Outreach – Collaborating with schools, universities, and local organizations
- iv. Movement Mentors – Training role models to inspire youth participation in physical activity

c. Sharing Knowledge & Stories:

- i. Coffee Talks – Informal conversations exploring the latest insights on girls' and women's health
- ii. Champions of Active Women Podcast – Highlighting personal stories and experiences

d. Website: <https://www.uky.edu/chs/AGHW>

4. WSCC Model Report:

- a. Angela gave an overview of the Whole School, Whole Community, Whole Child Model (WSCC Model).

5. Wellness Policy Action Items:

- a. Wellness committee members completed a worksheet, providing ideas on how to address the following action items:

i. Physical Activity

- 1. Refraining from taking away PE as a punishment
- 2. Increase educator knowledge on classroom movement activities
- 3. Support active recess (indoor/outdoor)
- 4. Family movement opportunities
- 5. Community centers: training staff to start with physical activity with kids

ii. Nutrition Promotion

- 1. Healthy Vending Machines
- 2. Cleaner labels
- 3. Identifying nutrients in food items
- 4. Nutritional promotion on social media (high school)
- 5. Deconstructing a meal (this item has this many calories)
- 6. Not selling candy for fundraisers

iii. Nutrition Education

- 1. Ensure every school has nutrition education
- 2. Education addressing the consumption of modern-day energy drinks

3. Hands-on cooking classes

iv. Other School-Based Activities

1. Parent support for difficult conversations addressing bullying, mental health, etc.
2. Continuation to SEL curriculum and educating families on what SEL is and how they can help
3. Employee wellness

Next Meeting Dates: TBD. A poll will be sent out to determine best day of the week to meet.