



Wellness Committee Agenda/Minutes

August 20, 2025 | Ambrose Building

Attendees

- Dee Dlugonski
- Jackie Branham
- Tresine Logsdon
- Hadassah Wardle
- Jakob Hester
- Jim Tackett
- Jaleen Cagle
- Jenn McMullen
- Angela Stark
- Jalynn Stubbs
- Olivia Hawes
- Debbie Boain
- Christi Sexton
- Tiffany Runyon
- Caroline Warren

Agenda:

1. Welcome and Introductions

- a. Members introduced themselves

2. America's Healthiest Schools

- a. Athens-Chilesburg Ele - 1 area
- e. Picadome Ele - 5 areas
- b. Deep Springs Ele - 6 areas
- f. Sandersville Ele - 5 areas
- c. James Lane Allen Ele - 1 area
- g. Beaumont MS - 1 area
- d. Mary Todd Ele - 2 areas
- h. SCAPA - 1 area

i. Celebration Planning & Idea Sharing: How Can We Honor These Schools?

- i. **Press Release:** The Kentucky Department of Education (KDE) will issue a press release highlighting that Kentucky ranks 3rd nationally for the number of schools recognized as America's Healthiest Schools—a major achievement worth celebrating.
- ii. **Recognition Event:** Host a celebratory event, inviting all recognized school principals and FRYSC coordinators to honor their commitment to student health and wellness. We will work on getting a vendor, possibly UK Healthcare to sponsor this event.
- iii. **Board Meeting Recognition:** Present the District Wellness Report in November, and formally recognize these schools prior to the board meeting, followed by public acknowledgment during the meeting itself.
- iv. **Honorarium Support:** Honorarium was received that can be used for this event.
- v. **Partnerships:** iChampion Health and UK Healthcare

3. 2025-2026 Wellness Champion Schools

a. Action Plan Implementation: \$2000, Wellness Lead Stipend: \$500

b. Wellness Champion Schools:

- i. Athens-Chilesburg Elementary
- ii. Julius Marks Elementary
- iii. Meadowthorpe Elementary
- iv. Millcreek Elementary
- v. Mary Britton Middle
- vi. EJ Hayes Middle
- vii. Dunbar High
- viii. Frederick Douglass High
- ix. RISE Academy?
- x. Glendover Elementary?

4. All Kids Bike

- a. Sandersville Elementary & Tates Creek Elementary are recipients of this grant program funded by the Paula Nye Grant
- b. 6 more schools are interested in being a part of this program.

c. Ideas to promote this program:

- i. UK Athletes to come and support the program
- ii. Student clubs/Biking mentorship program (High Schools)
- iii. Bike Fest (Ashland)
- iv. Promote walking and biking to Henry Clay HS

d. Bike donations

- i. Fraternity donations

5. Healthy Schools Program Assessment

- a. Alliance for a Healthier Generation Assessment - Current
- b. Looking at Qualtrics
 - i. Pros - We can make our own questions to fit our district.
 - ii. Can see improvement from beginning of the year to the end of the year.
 - iii. Cons - Different than what we have been doing for 15+ years.

6. District Wellness Policy-Goals and Action Steps

a. Nutrition Education:

- i. Provide hands-on cooking classes.
- ii. Deliver K–12 nutrition education using toolkits that address modern health topics (e.g., vaping, energy drinks, viral challenges).
- iii. Discourage food-based rewards and support teachers with alternative ideas via toolkits.

b. Nutrition Promotion:

- i. Encourage fruit and vegetable consumption through taste tests.

- ii. Use visuals to break down meal components (nutrients, calories, etc.).

c. Other School-Based Wellness Activities:

- i. **Employee Wellness:** Boost engagement with existing wellness resources.
- ii. **Social-Emotional Learning (SEL):** Offer SEL education for families and provide strategies to support students at home.
- iii. **Parent Support:** Provide resources and workshops to help navigate difficult conversations.

7. 2025-2026 Wellness Event?

- a. Pickleball Tournament
- b. Gardening event in lower-income areas (districts)
- c. 5K Run/Walk
- d. Biking event @ Keeneland (UK Bike Rental partnership)

Next Meeting Date: October 22, 2025