



Wellness Committee Agenda/Minutes

October 22, 2025 | Ambrose Building

Attendees

- Graeme Potterton
- Angela Stark
- Debbie Boian
- Stephanie Bunge
- Matthew Marsh
- Jenn McMullen
(Teams)
- Caroline Warren
- Olivia Hawes
- Hadassah Wardle
- Raine Minichan
- Jakob Hester
- Jessica Sweat
- Tresine Logsdon

Agenda:

1. Welcome and Introductions

- a. Members introduced themselves

2. Healthy Schools Grant Update

- a. Angela met with multiple school wellness committees and helped lead them through the Alliance for a Healthier Generation's Healthy Schools Assessment. She has also been encouraging schools to combine their employee and student wellness committees. The process for school health committees should be intentional and the assessments and action plans completed by the committee, not an individual.
- b. On the October 6th district professional learning day, Angela provided professional learning for health and PE teachers for three hours in the afternoon. Sessions included roller skating, AI, Summer PE, family PE day, and time for PLCs based on feeder patterns.
- c. Healthy Schools Celebration is still being planned and is being supported through funding through UK's #iChampionHealth. Finding a location to host the event has been challenging, but Angela is going to reach out to the Cooperative Extension Office to see if their space can be utilized.
- d. Angela is beginning to work with HPE teachers on becoming familiar with, and implementing the new KY Health and PE standards which were adopted into law on October 16, 2025.
- e. Angela has been working with Christi Sexton and the Employee Wellness Team to connect them with Living Well (KEHP). They are attempting to get the leads for employee wellness in each building to also be the LivingWell Champion. Employee wellness events are scheduled on November 16th (yoga), February 1st (Pickleball Palooza) , and April 16th (art therapy).
- f. Angela and Debbie have been given the lead on organizing the summer health education and PE class opportunities for students. Angela has met with the teachers and schools that offer summer health and PE and gotten their feedback to improve it. She also plans to connect with the counselors who assist in getting students signed up for the courses. Not all high schools need to host summer PE

based on numbers of students who enroll, so a hub will be created with a few schools that will rotate hosting each summer. Angela is working with the finance department to set up the registration with payment in one system. Registration and payment are currently in two separate systems.

- g. Angela continues to meet with communications about developing an assessment tool in Qualtrics. She is currently drafting the assessment questions that will be included.
- h. All Kids Bike - Sandersville Elementary & Tates Creek Elementary are recipients of this grant program funded last year by the Paula Nye Grant. The schools have their bikes and hope to begin lessons next month. Angela has applied for the grant again to hopefully provide bikes for two more schools.

3. Healthy Schools Celebration

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4. 2025-2026 Wellness Champion schools

- a. Mary Britten Middle School backed out of being a wellness champion school this year, so Angela is looking for another school. She plans to reach out to Jessie Clark Middle School in hopes of having two middle schools participate this school year.
- b. The work accomplished by Dunbar High School was highlighted. They are being intentional in their process. Their committee has met and reviewed the Healthy Schools Assessment and updated their action plan. They also developed school specific goals that go above and beyond their Healthy Schools Assessment action plan.

5. Healthy Schools Program Assessment

- a. Schools have until October 24th to complete the Healthy Schools Assessment.
- b. The assessment tool that is being developed by the district will include nine modules. The hope is to launch the new tool by April 1, 2026. The assessment is aligned with the Alliance's Healthy Schools Recognition system. The new tool will include a sustainability module so schools only have to complete one assessment. The new tool will have a dashboard that is public facing to give accountability and let parents and students see how they compare to other schools in the district.
- c. The committee discussed some of the types of questions that are currently being included. One addition to include is to ask if elementary schools have reviewed their school-level wellness policy, and if so, when?

6. District Wellness Policy - Revision

- a. KRS 158.856 was repealed this past legislative session, so the district wellness policy required at the federal level must be revised since the current version includes language that is related to the statute. Debbie walked through the deletions and revisions that will be presented to the board next month. The proposed version includes goals needed to be included in the district wellness

plan. The district policy is broad but the wellness plan will be fluid and allow for specific work to take place to address the goals in the policy.

7. District Wellness Plan

- a. The committee split into groups to complete sections of the wellness plan that included objectives and action steps around nutrition education, nutrition promotion, physical activity, and other school-based activities.
- b. Nutrition Education Goals -
 - i. Objective - 1. Increase cooking classes, 2. K-12 Nutrition Education, 3. No food as a reward.
 - ii. Action Steps - Use food chain, UK extension, and Food Corps to increase cooking classes. Create a Family and Consumer Science PLC to discuss how to teach students healthier habits. Reduce food as a reward by having a No Food as a Reward week.
- c. Nutrition Promotion Goals -
 - i. Objectives - 1. Students and staff will have access to information related to reading food labels and the implications of nutritional content. 2. Increase student and family access to fresh produce.
 - ii. Action Steps - Deconstruct meals on posters and media. Promote the availability of school meals via posters and Nutrislice. Posters educating about the importance of macronutrients. Partnerships with local farmers and co-ops. Offer taste test opportunities. Seek grant funding for produce vouchers and have cooking classes so families know how to cook the produce.
- d. Physical Activity Goals -
 - i. Objective - 1. Increase the number of physical activity breaks for middle and high school. 2. Provide training for teachers to implement physical activity as a tool for learning their subject.
 - ii. Action Steps - 1. Add rewards for students who participate in physical activity. 2. Access schedules to find a way to incorporate physical activity. 3. Provide PD for teachers and curriculum, resources, and lesson plans that use physical activity.
- e. Other School-Based Activity Goals -
 - i. Objective - 1. Create/participate in mental health campaigns. 2. Provide early intervention for students with mental health challenges. 3. Provide training for staff on mental health.
 - ii. Action Steps - 1. Participate in national initiatives such as Mental Health Awareness Month or World Mental Health Day. 2. You mental health first aid training for district staff (train the trainer).

8. Next Meeting - January 14, 2026