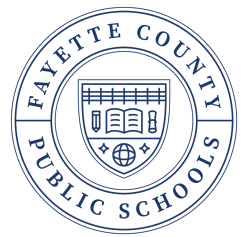


Wellness Committee Agenda/Minutes

January 14, 2026 | Ambrose Building



Agenda:

1. Welcome and Introductions

- a. Members introduced themselves

2. Healthy Schools Grant Update

Angela provided an update on the activities and projects that have taken place since the last meeting.

- a. Supporting School Wellness - Bryan Station High School has been added as one of this year's champion schools. There is a new health and PE teacher there who is very involved and has been working to include wellness in the culture at school. She has been including wellness tidbits in all newsletters that are sent to students and families. Through the grant, they were also able to purchase some PE equipment since they basically didn't have any at all. Angela has been working with the other champion schools to develop and implement wellness committees and action plans.
- b. Sustainability/Wellness Collaboration - Tresine Logsdon reported that a Superintendent's Advisory Council for Sustainability has been developed and will be meeting for the first time next week.
- c. Trust for Public Land Projects - In partnership with Trust for Public Lands, a student-led project at STEAM Academy identified school sites that could be used to provide a community playground space, so children could more easily access playgrounds if a park isn't accessible. The project is going to continue this semester and Bryan Station High School and Henry Clay High School are both getting involved. The STEAM Academy students will be looking at the social determinants of health and other factors to determine the best locations, and students from the other two schools will design the playgrounds and policy around the work. Trust for Public Lands has some funding available, but more is needed to implement the work. STEAM Academy students created this video highlighting the work.
- d. Safe Routes to School Task Force - The Mayor's office is leading a Safe Routes to School Task Force. The task force is being very intentional in the work. There is currently a bike educator that is able to go to schools and provide one lesson. The hope of the task force is that the city sees the value and funds a Safe Routes to School position. The task force is also going to pilot different work in three schools. Two schools will pilot bike education or a family engagement activity in the spring. The other school will focus more on infrastructure.

- e. Adaptive/Inclusive PE/Special Education - The district will be creating an Inclusive task force that will include an occupational therapist, a physical therapist, PE teachers, etc. to help decide how to best support students and their needs. If approved, Angela is hoping to attend the Colorado Adapted PE conference so she can learn more and better support PE teachers and paraprofessionals.
- f. Presented at KDE WSCC Sub-Committee Meeting - Angela provided a comprehensive update on the work that had occurred from July - December. From that presentation a staff member at the Kentucky Association of School Administrators (KASA) has asked her to present at their summer institute.
- g. Pickleball Palooza - The staff wellness event is scheduled for February 1st at the STEAM Academy. It is open to everyone of all levels.
- h. Supporting HPE Teachers - Angela continues to support teachers at all schools. There is a brand new teacher with no teaching experience at one of the elementary schools that she is planning to visit next week.
- i. Working on FCPS Family to PE Week (Feb. 17-20) - Angela has hosted this event in the past, and LaDonda Porter at Beaumont Middle School hosts this event annually. They are trying to get more schools to participate. There are currently five other schools interested. They are currently helping the teachers with planning (determining what lesson to teach for that many people, advertising, approvals, etc.)
- j. Board presentation - In December, Angela and Debbie presented at the board meeting as part of the superintendent's report. They presented on the work that has been done, policy work, and successes. The information was very well received. Angela has been asked to present again at the February board meeting to highlight the work of the Health and PE(HPE) Professional Learning HUB.
- k. HPE HUB Professional Learning 1/5/2026 - The HUB met last Monday at Frederick Douglass High Schools. An APE session was provided and included the Henry Clay High School MSD teachers. The MSD teachers presented on the impact the APE class has had on students at Henry Clay. Dunbar High School has also implemented an APE this school year and the PE teacher from there presented on the impact the class has had on the peer mentors. Tates Creek High School is looking to start a class as well. Other sessions provided included skills-based health education and the new KY HPE standards. Angela also partnered with the University of Kentucky and hosted 13 of their student teachers. The students attended all of the sessions and were able to meet and connect with their cooperative teachers for the semester.
- l. CDC Healthy Schools Questionnaire - The questionnaire is part of the CDC grant requirements. Last year 18 schools were asked to participate. This year all schools will be asked to participate. The Healthy Schools Questionnaire is given to a school administrator, who works with other schools staff to complete the questionnaire to ask about programs, practices, and policies related to school health.

3. Approved Wellness Policy Changes

- a. Debbie Boian provided the proposed revised local wellness policy. There has been one reading of it from the board and will be going for a second reading at the next board meeting.

4. Wellness Goals

- a. Angela reviewed the following wellness plan goals that the council decided to focus on. She asked for members to reach out if they are able to help with implementation of any of them.

Nutrition Education Goals -

Objective - 1. Increase cooking classes, 2. Improve self-efficacy, knowledge, attitudes, and behaviors toward healthy eating as measured by a survey pre- and post- cooking class. 3. K-12 Nutrition Education, 3. No food as a reward.

Action Steps - 1. 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.

Nutrition Promotion Goals -

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. 3. Provide fruit and vegetable taste-test opportunities by having students engage in one school-wide taste testing event each year

Action Steps - 1. Deconstruct meals on posters and media. 2. Promote the availability of school meals via posters and Nutrislice. Posters educating about the importance of macronutrients. 3. Partnerships with local farmers and co-ops. Offer taste test opportunities. 4. Seek grant funding for produce vouchers and have cooking classes so families know how to cook the produce.

Physical Activity Goals -

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. 3. Add one additional PBIS celebration each year which focuses on encouraging physical activity.

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.

Other School-Based Activity Goals -

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.

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.

5. Wellness Dashboard

- a. The dashboard is still being developed. Angela mentioned that questions will be included that will be used to measure the implementation of the wellness goals.

6. Next Meeting - March 25, 2026