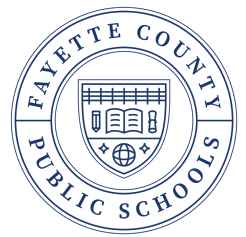


Wellness Committee Agenda/Minutes

March 25, 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.

1. SHAPE America - Angela just returned from the SHAPE America Convention in Kansas City, MO. She will be presenting sessions at the HPE HUB Day in August based on what she learned at the convention.
2. APE Conference - Angela has been approved to go to an Adaptive PE conference in Colorado in May. This is a huge need in the district and Angela wants to be educated to better help PE teachers.
3. Summer HPE - Angela has been given the lead for summer health education and physical education courses that the high schools offer. Angela gathered feedback from health and PE teachers to improve the quality of the courses. In addition, the registration and payment processes have changed and this has taken a lot of Angela's time recently. The district will be providing it's own health education course as opposed to the old virtual system the district paid for. The new online course was designed by Tates Creek High School health education teachers and will be an eight week asynchronous course.
4. All Kids Bike Education - Sandersville Elementary and Tates Creek Elementary both have sets of bikes and are providing education to students. Sandersville Elementary had success with students improving balance and being able to put pedals on. Tates Creek Elementary will be providing their education program in April and the event will be promoted through invitations to the media. Dixie Elementary and Mills Creek Elementary also received a grant to purchase a set of bikes. The Safe Routes to School task force is still involved and is getting ready to select 3-5 pilot schools to increase walking and biking to school, including family involvement. The Lexington Fayette County Urban Government has \$50,000 to put towards infrastructure for safe routes to school.
5. Wellness Champion Schools - Angela reported that there were some schools doing great things, but there are also challenges. Some schools still don't have a wellness committee and are struggling to understand how it relates to employee wellness and school culture. Student members, Olivia and Caroline suggested

that Angela approach students and/or student groups to begin the school wellness committees..

6. Trust for Public Lands Project - Students at Bryan Station High School, Henry Clay High School, and Lafayette High School have been working on the project and will present to the board of education soon. They chose three campuses to propose including a community park on.
7. APE/SPED - Henry Clay High School and Dunbar High School currently have adapted PE, and Frederick Douglass High School is looking into possibly offering one. Angela is also beginning to work with multiple schools to offer Unified Track, which involves an abled student and a disabled student performing an event together as a team. But to offer Unified Track, there must be a paraeducator involved, which is a barrier.
8. Pickleball Palooza - The staff wellness event occurred on February 1st and included beginner and advanced sessions. Paddles were given to those who didn't already have one.
9. Support HPE Teachers - Angela has spent time modeling quality instruction with teachers who aren't certified and helping them figure out equipment needs as well.
10. Healthy Schools Questionnaire - A requirement of the CDC grant is to administer a questionnaire that will go to every school. An email to principals is going out next Monday. The questionnaire could be completed by a principal or a committee. Questionnaires need to be completed by the end of April.
11. KYSHAPE Conference - The KYSHAPE Summer Conference pre-conference session is going to be on APE. There will also be a special education teacher track on day one for a reduced fee.

3. Approved Wellness Policy

- a. The district council has been an integral part of the wellness policy revision process. The updated policy was approved by the board on 2/2/26. Debbie mentioned that Angela can leverage language in the policy for school wellness committees. There is no reason why schools can't combine employee wellness committees with student wellness committees. Debbie also pointed out that the policy includes goals that were voted on by the council that reflect the needs of the district and the council.

4. Healthy Schools Dashboard

- a. The dashboard is still in development. The questions for schools to assess their school health environment will be available via a Google Form for school to complete at the beginning of the school year. Schools will also be able to develop an action plan based on assessment results. There are eight modules in the assessment. This is just a tool for improvement, it should not be punitive. Council members reviewed the drafted questions for each module and gave feedback for revisions.

5. America's Healthiest Schools

- a. Angela asked if the council knows of any schools that could apply, to please encourage them and/or let Angela know and she can reach out. There are nine

different areas schools can apply for recognition in. The deadline to apply is April 14th.

6. Systems Change Game

- a. Angela feels the Systems Change simulation game would be beneficial for the council to participate in. Grant funds could be used to purchase the game and bring in a facilitator. The game takes time and the council would need to be willing to give three hours on the same day. The council agreed they would like to participate.

7. Next Meeting - August 26, 2026 for three hours.