



Wellness Committee Agenda/Minutes

August 26, 2026 | Ambrose Building

Attendees

- Angela Stark
- Debbie Boian
- Stephanie Bunge
- Jakob Hester
- Dee Dlugonski
- Jaleen Cagle
- Wendy Young
- Jason Tate
- Jackie Branham
- Aaliya Kadayat
- Anshu Basnet
- Jackie Gordon-Duvall
- Alice Hilton
- Morgan Chojnacki

Agenda:

1. Welcome and Introductions

- Members introduced themselves

2. Healthy Schools Grant Update

Angela provided an update on the activities and projects that have taken place over the summer and beginning of the school year.

- Angela presented at many professional learning events over the summer. Including a presentation about the importance of wellness at the FCPS administrator learning day, adapted PE at the paraprofessionals institute, and physical activity in the classroom at the classroom teacher HUB. She also presented at the Kentucky Association of School Administrators on evaluating PE teachers.
- Angela also planned the Health and PE HUB Day on August 5th, focusing on best practices and quality instruction.
- Angela has been supporting seven new PE teachers in the district as they begin the school year.
- Safe Routes to School - the pilot locations include all three schools on the Tates Creek campus, Millcreek Elementary, and Ashland Elementary. The principals of all schools are working to identify a staff fellow. Funding is allocated for two areas, and grant funding was secured for the Tates Creek campus to work on infrastructure development. The SRTS committee is working to collect some preliminary data on the number of walkers and bikers at each school.
- Angela will be supporting the current Adapted PE classes at four high schools, as well as a new APE program at Sandersville Elementary, and a possible class at Meadowthorpe Elementary led by the occupational therapist.
- Healthy Schools Assessment - The district will be moving away from the Alliance's

Healthy Schools Program Assessment to better address local needs and find out more specific information. Angela has developed two Google Forms assessments, one for elementary, one for secondary. She will be working with as many schools as possible to complete the assessment this fall.

3. America's Healthiest Schools Announcement

- There were 17 FCPS schools announced as [America's Healthiest Schools by the Alliance for a Healthier Generation](#) on August 25th. Schools could apply for the award in nine different areas - Supporting School Health Services, Implementing Local School Wellness Policy, Improving School Nutrition and Food Access, Bolstering PE and Physical Activity, Enriching Health Education, Strengthening, Social-Emotional Health and Learning, Promoting Tobacco Free Schools, Cultivating Staff Wellness, and Increasing Family and Community Engagement.
 - Athens-Chilesburg Ele - 1 area
 - Clays Mills Ele - 1 area
 - Deep Springs Ele - 5 areas
 - Garrett Morgan Ele - 1 area
 - James Lane Allen Ele - 1 area
 - Millcreek Ele - 1 area
 - Picadome Ele - 5 areas
 - Sandersville Ele - 4 areas
 - Squires Ele - 1 area
 - Williams Wells Brown Ele - 1 area
 - Russell Cave Ele - 1 area
 - Beaumont MS - 2 areas
 - Leestown MS - 5 areas
 - Mary Britton MS - 1 area
 - SCAPA MS - 1 area
 - Jessie Clark MS - 1 area
 - Tates Creek HS - 1 area

4. Planning America's Healthiest Schools Celebration

- The committee brainstormed ideas in planning a celebration for the 17 schools. Angela is hoping the event will be held in October. Some of the suggestions included hosting the event at Gatton Park or the Lexington Sporting Club venue. Other ideas included inviting students and families, food vendors, etc. Programming could include a highlight of work happening in each awarded area.

5. Wellness Champion Schools

- Angela is looking for 10 wellness champion schools for the 2026-2027 school year. Garrett Morgan Elementary and Squires Elementary are committed.
- The committee suggested reaching out to William Wells Brown Elementary. There was also a suggestion to reach out to PTAs of schools to help shoulder the burden of the work.

6. 2027 FCPS 5K Wellness Event

- Angela asked the committee to assist in planning a wellness event for next fall. Beginning now ensures there is plenty of time for planning and community involvement. Members brainstormed ideas for the event which included partnering with the Lunch Lady Hustle, maybe get a special medal if someone participates in both events, or improves their time between events, etc. The committee also wants to ensure the event is family focused and the money raised go to support students.

7. Wellness Goals

- 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. She is also hoping the healthy schools assessment will provide some insight into what is currently occurring to meet the goals.

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. Youth mental health first aid training for district staff (train the trainer).

8. Next Meeting - September 23, 2026