



Wellness Committee Agenda/Minutes

September 23, 2026 | Ambrose Building

Agenda:

1. Welcome and Introductions

2. Healthy Schools Grant Update

- Adapted PE - Angela reminded everyone that 4 of the 6 high schools currently offer an adapted PE class. In addition, two elementary schools have started offering adapted PE through their occupational therapists. Meadowthorpe Elementary offers it one day a month and Sandersville Elementary has it every six days.
- Healthy Schools Assessment - Since FCPS won't be utilizing the Alliance for a Healthier Generation's Healthy Schools Assessment tool, Angela has completed a Google Form assessment tool instead. She is working with schools to have their school health committees complete the assessment.
- Sustainability Symposium - Angela participated in the symposium and specifically spoke on how the sustainability work connects to all of the school health initiatives occurring.
- New PE teacher support - There are seven new PE teachers in the district, and Angela has been connecting with three of them weekly to provide support and technical assistance.
- Safe Routes To School (SRTS) pilot schools update - Each school has a staff lead that Angela has been meeting with. October 9th is Walk, Bike, Roll to School Day in FCPS. The plan is to use October 9th as a launch day for the pilot schools and then continue promoting SRTS throughout the school year. The intention is not for it to be a one-day-only event. The information is being sent to HPE teachers and sustainability coordinators to encourage schools to participate. Matt Marsh will also include the information in his newsletter to schools.
- Angela has finalized the 10 Wellness Champion Schools she will be working closely with during the school year.
 - Booker T Washington Elementary
 - Brenda Cowan Elementary
 - Cassidy Elementary
 - Dixie Elementary Elementary
 - Garrett Morgan Elementary
 - Maxwell Elementary
 - Russell Cave Elementary
 - Squires Elementary

- Tates Creek Middle
- Veterans Park Elementary

3. Healthy Schools Assessment

- There are nine modules in the Healthy Schools Assessment Google Form (one for elementary, one for secondary) and schools select their level of accomplishment for each question. A tenth section is included that asks about community involvement with the University of Kentucky and other outside organizations, as well as out of school time offerings.
- The questions are more specific to Kentucky and FCPS. Questions were also added to ensure that items from the wellness plan are measured.
- Schools will have until October 30th to complete the assessment.

4. Reviewing the Wellness Plan

- The council reviewed the current goals and activities in the wellness plan. They revised some items to ensure the district can meet the goals and measure implementation. Angela and Stephanie will work to complete any sections left blank to ensure that all federal requirements are being met.

5. Healthy Schools Celebration Planning

- A subcommittee met a couple of weeks ago to begin planning a healthy schools celebration event for the 17 schools recognized as America's Healthiest Schools. The tentative date is November 4th, possibly at Lyric or Encore at the Pam Miller Downtown Arts Center. Principals of each school will decide which five people will attend. Melissa McDonald of Feeding Kentucky will be the keynote speaker. The evening will also allow for one school to present their work in each of the nine categories in which schools could have been awarded. Banners will be presented, along with \$100 for a wellness activity. Community partners will be able to set up tables to connect with the participants.

6. Next Meeting - The next meeting will occur on January 20, 2027 at the Warehouse Building - 1126 Russell Cave Rd. This will be the set meeting location moving forward.