

Health and Wellness Report

2024-2025



Strategic Priorities

Student Achievement	Improve student achievement through rigorous curriculum and instruction providing students with evidence-based educational experiences that not only engage but also excite, prepare, and support students.	A blue graduation cap icon with a white tassel.
Unity, Belonging, and Student Efficacy	Foster and instill a culture of unity, belonging, and student efficacy across the district and address opportunity gaps.	A red icon showing two hands shaking.
Highly Effective, Culturally Responsive Workforce	Hire, support, and retain a highly effective, culturally responsive and diverse workforce.	A teal icon showing three stylized human figures in a circle.
Outreach and Engagement	Effectively engage students, employees, families, and community members to improve opportunities and outcomes for all students.	A green icon showing three hands coming together in a circle.
Organizational Health and Effectiveness	Foster a culture of continuous improvement to maximize organizational effectiveness and efficiency, support the well-being of our team members, and provide formal recognition of their efforts.	A yellow icon of a school building with a flag on top.

Whole School, Whole Community, Whole Child Model





2025 Announcement





America's Healthiest Schools



- Athens-Chilesburg Ele
 - Physical Education/Physical Activity
- Deep Springs Ele
 - Physical Education/Physical Activity
 - Staff Wellness
 - Family and Community Engagement
 - Social Emotional Learning
 - Supporting School Health Services
 - Implementing Local School Wellness Policy
- James Lane Allen Ele
 - Staff Wellness
- Mary Todd Ele
 - Supporting School Health Services
 - Family and Community Engagement

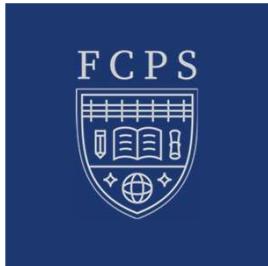


America's Healthiest Schools



- Beaumont Middle
 - Physical Education/Physical Activity
- SCAPA Bluegrass
 - Physical Education/Physical Activity
- Sandersville Ele
 - Physical Education/Physical Activity
 - Staff Wellness
 - Family and Community Engagement
 - Social Emotional Learning
 - Supporting School Health Services
- Picadome Elem
 - Physical Education/Physical Activity
 - Staff Wellness
 - Family and Community Engagement
 - Implementing Local School Wellness Policy

Wellness Champion Schools 2024-2025



9 Schools

- Deep Springs Ele.
- Leestown Middle
- Mary Todd Ele.
- Northern Ele.
- Picadome Ele
- Sandersville Ele.
- SCAPA Middle
- Tates Creek Ele.
- Tates Creek High

Award Winners

Wellness Champion Schools 2025-2026



10 Schools

- Athens-Chilesburg Ele.
- Ashland Ele.
- Bryan Station High
- Clays Mill Ele.
- Dunbar High
- EJ Hayes Middle
- Frederick Douglass High
- Glendover Ele.
- Julius Marks Ele.
- Millcreek Ele.



District Wellness Committee



- 31 committee members including Lexington Parks and Rec, UK #1ChampionHealth, HealthFirst, LFUCG Bike and Pedestrian Advisory member, High School students, Feeding Kentucky, New Vista, K-12 teachers, parents, FRYSC, School Nurses, Child Nutrition, Employee Wellness, Elementary Chief, etc.
- Meets quarterly (minutes on FCPS Website)

Committee Work:

- Reviewed and revised District Wellness Policy
- Created Action Steps for wellness goals:
 - Nutrition Education
 - Nutrition Promotion
 - Physical Activity
 - Other School Based Activities
- Discussed doing a district wide wellness event in the spring
- Initiated an Employee Wellness event, Pickleball Palooza.



Healthy Schools Work



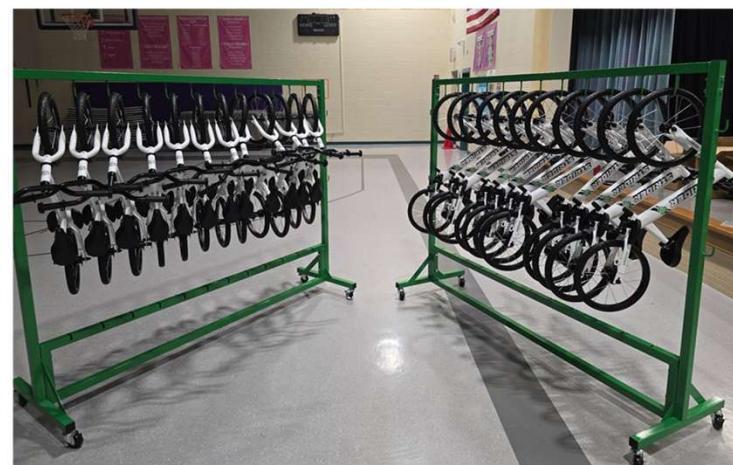
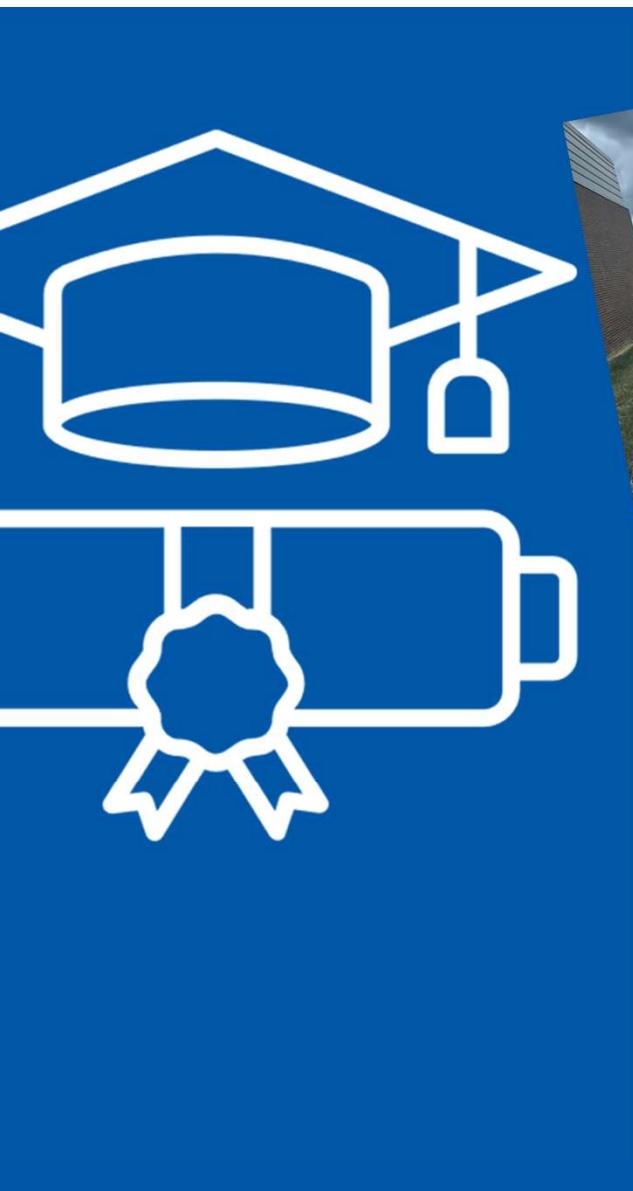
- Working with Health and PE teachers on implementing standards, equipment needs, adaptive PE, connecting with community partners, etc.
- Assisting schools in creating Wellness Committees that combine Employee and Student Wellness.
- Assisting schools in completing Healthy Schools Assessment and creating action plans.
- Presenting in schools on active classrooms and benefits (academic, behavior, and attendance) to physical activity.
- Collaborating with Employee Wellness Team to bring physical health to the program. (Pickleball Palooza Event)
- All Kids Bike - Bringing K-1 Bike Education and Safety to PE programs at Sandersville and Tates Creek Ele. (Funded by Paula Nye Grant)
- All Kids Bike - Millcreek Ele and Dixie Ele. Paula Nye Grant applied for 2026.



Healthy Schools (Cont)

- Collaborating with LFUCG with Safe Routes to Schools including the Bike Bus to increase walking/biking to school and decrease accidents.
- Collaborating with Sustainability on Outdoor Classrooms and Gardens (nutrition education).
- Presented to paraeducators on how to support special needs students in Physical Education class and specials/electives.
- Collaborating with FRYSCs and FACE team with wellness focused events.
- Working with schools on bringing Farmers Markets to our school campuses.
- Working on creating an FCPS Healthy Schools Assessment/Dashboard in Qualtrics to show wellness data in real time.







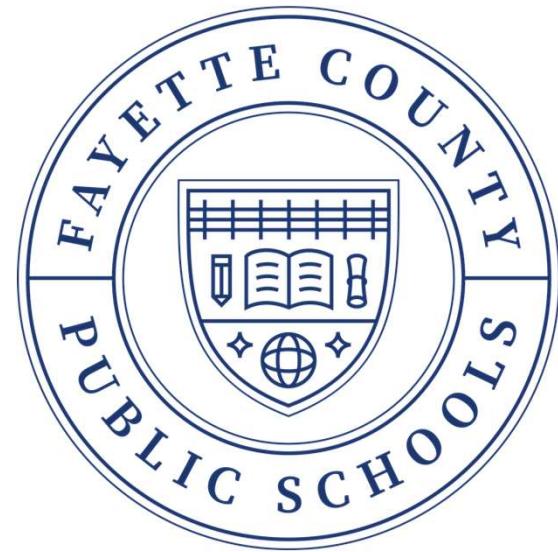
Summer Health and PE

- Discussions with Health and PE team and counselors to gain feedback to make improvements.
- Discontinuing Virtual PE
- Streamlining the registration/payment process (utilizing SchoolCash Online)
- Online Health Education run by FCPS Health Teachers (Canvas 6 week summer course)
 - We have used eSchool in the past.

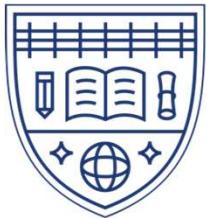


Health Services

- Student Health Services are provided by:
 - The Lexington Fayette County Health Department and
 - Healthfirst Bluegrass
- LFCHD provides a school nurse for every campus
- Healthfirst Bluegrass provides a School-Based Clinic in 11 of our facilities.
 - School-Based Clinic staffing includes - an APRN, RN (who serves as the school nurse), a clerk, and at least one mental health professional
- Dental Health services are provided by the Lexington Fayette-County Health Department (dental varnish and checks), Healthfirst Bluegrass (cleanings and minor restorative work), University of Kentucky Dental School (cleanings, major and minor restorative dentistry).
- Vision services are beginning to be provided by the University of Kentucky medical van
- The UK medical van is providing on-site sports physicals



Thank you!



Fayette County Public Schools

