

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.
Unity, Belonging, and Student Efficacy	Foster and instill a culture of unity, belonging, and student efficacy across the district and address opportunity gaps.
Highly Effective, Culturally Responsive Workforce	Hire, support, and retain a highly effective, culturally responsive and diverse workforce.
Outreach and Engagement	Effectively engage students, employees, families, and community members to improve opportunities and outcomes for all students.
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.



Whole School, Whole Community, Whole Child Model





2025 Announcement



Presented by Alliance for a Healthier Generation

AMERICA'S HEALTHIEST SCHOOLS

2025 Awardee



Del Monte Foods



KAISER
PERMANENTE



KOHL'S
cares





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 ★
- Bates Creek Ele.
- Bates Creek High

★ Award Winners

Wellness Champion Schools 2025-2026



10 Schools

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- 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.



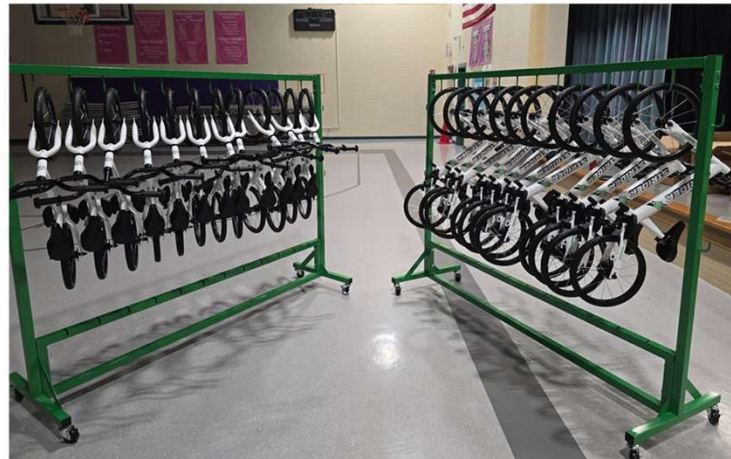
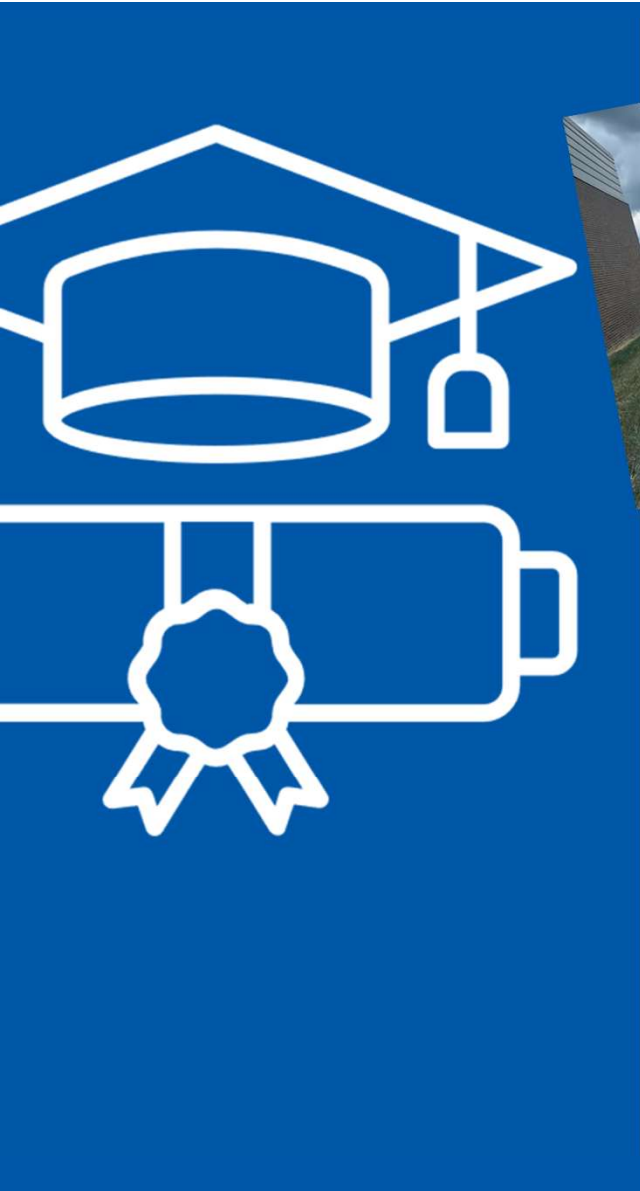
Healthy Schools Work

- 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.





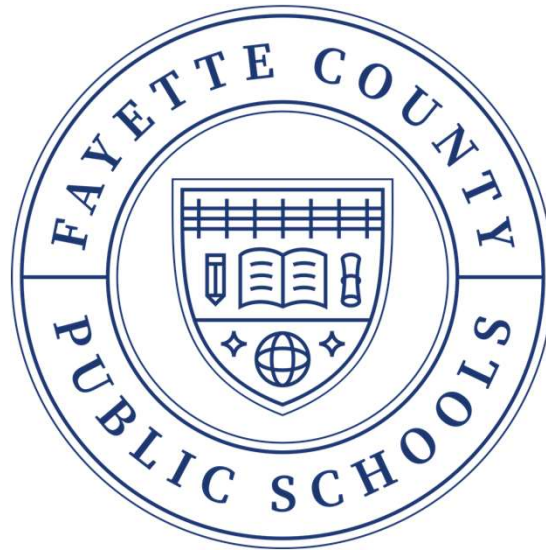
Summer Health and PE

- 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

