

Wellness Committee Meeting Minutes

May 13, 2024

2:00 – **Welcome**

Kokeeta Wilder – School Nutrition Director

2:05 - 2:20 **Health and Physical Education in Our Schools:**

Shane Kuykendall – K-12 Coordinator of Science, Health and PE

Butch Soles, Elementary Lead PE Teacher

Rashad Muhyee, Secondary Lead PE Teacher

Elementary Level

- There are 16 sport activities at the High School level and all elementary schools have a track team.
- 60 – 90 minutes of PE at the elementary level
- Fitness Grams are 4-5th grades, test is given in the 4th grade to see if they are in the healthy zone. Kids Heart Challenge
- Bike safety program
- Updated playgrounds
- Little Dribblers Club
- Running Club
- Brain breaks, stretch, yoga, and dance

Secondary Level

- Project adventures at Middle School level
- High School level – outdoor education class: camping, kayaking (Will start at Whitewater HS this next SY)
- Health and PE are required at the 9th grade level
- All 9th grades are certified in CPR

2:20 – 2:35 - **Farm to School, Networking with Georgia Farmers**

Kameko Nichols – Outreach Specialist, The Common Market

Fayette Co. School Nutrition was granted a \$91K grant to purchase local non-processed food items from local farmers within a 400-mile radius. Fayette Co School Nutrition has partner with the Common Market to get fresh produce from local farmers.

All produce received from the Common Market is usually delivered within days of harvest and delivered to the schools for consumption. The farms are either organic or non-organic farms and the food can be fully traced to the plot on the farm in which it was grown.

The farmers Fayette Co has used are:

Coastal Georgia Small Farmers Cooperative

BJ Reece Orchards

Farms 2 U

Haynes and Sons

PL Only Organics

Byne Blueberry Farms

The Common Market has developed recipe cards for school nutrition.

2:35 – 2:45 **School Fundraising, Approval Process**

Ronda English – Executive Assistant Superintendent of Operations

Discussed the one form that all schools use to get approval for all types of fundraising within the district.

2:45 – 2:55 **Employee Mental Health, Employee Assistance Program**

Melanie Griffin – Coordinator of Benefits

Discussed the employee assistance program available to all employees and where to locate on the website.

2:55 – 3:00 – **Wellness Survey Goals and Initiatives**

Kokeeeta Wilder – School Nutrition Director

Discussed 2024 prior year goals:

- More school gardens
- Farm to school activity
- Physical activity with staff
- Applications for fundraisers to be turned in to SNP
- Limit snacks with sugar

New goals for SY 2025:

- Encourage water consumption for staff and students
- Encourage extracurricular physical activities for students
- Limit sugary snacks offered to students in the classroom as rewards