

District:  
Wellness Plan for KRS 158.856  
Findings and Recommendations

The Superintendent shall submit the wellness plan that includes a summary of the findings and recommendations of the nutrition and physical activity report as required by May 1 of each year to the Kentucky Department of Education (KDE). (702 KAR 6:090 Section 5 (1,c) / Section 6 (2))

The District shall include within the findings and recommendations the following:

1. Extent to which the District is in compliance with this Policy;
2. A comparison of how the District measures up to model wellness policies provided by recognized state and national authorities; and
3. A description of the measurable progress made towards reaching goals of the District wellness policy and addressing any gaps identified in the wellness report for the previous year.

### **LEA Submission of Findings and Recommendations**

Area of Assessment: NUTRITION

**Findings:**

- Continue implementing the meal standards of the Healthy Hunger Free Kid Act.
- Continue to decrease food used as reward for students and staff.
- Continue to teach and encourage the importance of breakfast and lunch in the school day.

**Recommendations:**

- Continue participation in CEP in all 9 schools.
- Increase student breakfast participation - have alternative sites for breakfast service to make breakfast more convenient for all.
- Give ideas to principals related to food/beverage choices that could be used as a reward for students and staff that follow set nutritional guidelines/standards. Offer guidance on using the smart snack calculator.

## Area of Assessment: Physical Activity/Physical Education

### Findings:

- Continue to encourage student/family physical activity outside of school day.
- Increase availability of before or after school physical activity opportunities other than organized sports teams.
- Provide PE teachers with more tools to help with expanding the knowledge/benefits of healthy living.

### Recommendations:

- Use informational materials/events and outside community partners to emphasize benefit of healthy living for families.
- Partner with volunteers and/or community agencies to form fitness and wellness clubs.

**FINDINGS:** Summarize comments from the public forum and the discussion from wellness leadership meetings about findings of the assessment report.

**RECOMENNDATIONS:** All of the following items should be considered as possible recommendations:

- Strengthen and/or modifying the language of the district wellness policy based on results of WellSAT assessment
- Improve implementation of the district wellness policy based on the Healthy Schools Program assessment or other district needs assessment.
- Implementing the plan to improve the school nutrition and physical activity environments in aligning with a well-rounded education.
- Inclusion of wellness goals, strategies, and/or activities in the CSIP and CDIP to improve access and opportunity state accountability for the whole child measures.