

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:**

All findings are a direct result of data gathered from assessments completed for the Alliance of a Healthier Generation reports. All areas of food service follow all policies and procedures involving nutrition and healthy eating habits. Our food service program is 100% compliant with all state/federal guidelines for breakfast and lunch, including snacks, as they pertain to nutrition and healthy eating for both staff & students. These policies and guidelines (school, district, state, & federal) guidelines are reviewed annually and any changes/improvements are addressed/made.

Our area of improvement would involve getting nutrition and healthy eating habits instruction spread throughout our education curriculum. We have a limited amount of this instruction in our school outside of and including the physical education classes.

**Recommendations:**

Develop/implement grade level curricula for schools on nutrition and healthy eating habit instruction that teachers can include in their everyday instructional practices/day. Each student in the district can/will receive instruction on nutrition and maintaining good health through their eating habits. Implementation of the curriculum will improve the school nutrition and healthy eating environment in aligning with a well-rounded education.

**Area of Assessment: Physical Activity/Physical Education****Findings:**

All findings are a direct result of data gathered from assessments completed for the Alliance of a Healthier Generation reports. Our schools have not fully implemented or have very limited in place for physical education teachers professional development and providing information and materials to teach the essential topics on physical activity; therefore, students do not receive an appropriate amount of instruction on the essential topics of physical education. Also, our data reports show the schools do not provide a variety of physical activities (other than organized sports teams) before- and after- school that promote physical exercise and activities. With this, students do not have access to the physical space or facilities the school has to offer.

**Recommendations:**

Develop/implement before- and after- school programs at every school/grade level that promote the importance of physical activity and exercise with promoting a healthy life-style. Encourage physical education and health teachers to attend professional development workshops, webinars, trainings, and/or conferences on the instruction and teaching of the essential topics in health and physical education. Physical education teachers can implement curriculum on the essential topics for all students in the district to receive instruction of these essential topics on physical education and health topics in the classroom. Implementation of the curriculum will improve the schools' physical education environment in aligning with a well-rounded education.

**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.