

TAYLOR COUNTY Schools
Physical Activity and Nutrition Report
Assessment and Recommendations
2018-2019

NUTRITION

1. Average daily participation needs to be increased for students eating breakfast and lunch across all grade levels.

Recommendation: School wellness committees will be engaged to develop innovative methods and resources for increasing student meal participation.

2. Nutrition education information needs to be communicated to parents and students to promote healthy eating habits.

Recommendation: All district staff will be encouraged to implement/integrate nutrition concepts into daily lesson plans. Food service menus will include nutrition “snippets” to promote healthy eating. Nutrition information will be made available at family nights, school events, etc. when possible.

PHYSICAL ACTIVITY

1. District will continue to seek ways for students to achieve more physical activity during the school day.

Recommendation: Further implementation of physical activity “Brain Breaks” will be encouraged district wide. All district staff will discourage (if possible) the denial of recess or any physical activity time as disciplinary action.

MONITORING AND POLICY REVIEW

1. The District will develop and maintain a plan for implementation to annually manage and coordinate the execution of the wellness policy.

Recommendation: The Alliance for a Healthier Generation website will be used to complete school level assessments based on the Center for Disease Control and Preventions School Health Index. The results will be used to create an action plan that fosters implementation and generate an annual progress report.