

District: Rowan County  
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: While meals offered continue to be more nutritious, difficulty still exists in getting students to eat the healthy offerings (fruits and vegetables).

Recommendations: Continue to strive to not only offer but entice students to eat the healthy options given. Ideas are to start a farm to school program with either local farmers, Morehead State University, and or the high school agriculture department.

In addition, coordinated instruction with health/physical education classes to encourage healthy eating.

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

**Findings:** Obesity is still a major issue with students. There remains a need for more opportunities for physical activity.

**Recommendations:** Continue to protect the school schedule to have regularly scheduled physical education classes for all students K-12. In addition, K-5 teachers are to continue to explore and implement in-class physical activities. Possible partners are St. Claire Medical Center and Morehead State University.

In addition, CSIP and CDIP will continue to address the needs for physical activity for all students.

**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.

