

Wellness Plan for KRS 158.856

Findings and Recommendations

Area of Assessment: NUTRITION

Findings: Nutritional education within the classroom needs to include agriculture and food system. The availability of water throughout the school day is not included in policy or plan, nor promoted throughout the school. USDA Smart Snack program is omitted from District Policy and Wellness Plan, nor promoted throughout the school.

Recommendations:

- 1) Strengthen and/or modifying language of District Wellness Plan on results of WellSat Assessment.
- 2) Include the availability of water throughout the school day within the District Wellness Plan
- 3) Include USDA Smart Snacks into the Wellness Plan and include advertising campaign to promote Smart Snack.

Area of Assessment: Physical Activity/Physical Education

Findings: Staff physical activity is not promoted or incentivized within the district. District and School SBDM policy do not address exemption requirements or substitutions for all students for physical activity. District does not address active transport, even though the vast majority of our students walk or ride bicycles to school.

Recommendations:

- 1) Strengthen and/or modifying language of District Wellness Plan to include staff wellness and physical activity.
- 2) Promote Safe Routes to School for all students within the district.