

McCreary County Schools
Physical Activity and Nutrition Report
Findings and Recommendations

Meeting Date for Public Forum: *January 15, 2021* **Location:** *Food Service Office*

School Assessments Reviewed: *9/21/20 & 11/13/20* **Public Forum Date:** *January 15, 2021* **Due to KDE:** *May 1, 2021*

Note: *Findings & Recommendations were reviewed & discussed @ the Public Forum meeting.*

Area of Assessment: NUTRITION

Findings:

1. Although the McCreary County School district is currently exceeding the baseline in Nutrition (58.8%) and Smart Snacks (64.3%), according to SS Question #6, pertaining to Smart Snacks, the policy to ensure that foods & beverages served & being offered during the extended school day meet or exceed the USDA’s Smart Snacks in School nutrition standards, or do not serve or offer foods & beverages during the extended school day is only partially being implemented across the district.

Recommendations:

2. The local Wellness Committee for the McCreary County School District continues to recommend that School Principals review items sold in their concession stands, vending machines, etc. & ensure they meet Smart Snack guidelines. The Food Service Director has sent out the link to the KDE Smart Snack calculator, which can be used to determine the nutritional value of foods sold.

Area of Assessment: Health and Education

Findings:

1. According to HPE-5 Question pertaining to Health and Physical Education, Professional development for physical education teachers, this policy is only partially implemented across the school district.

Recommendations:

2. The local Wellness Committee for McCreary County School District recommends that all Physical Education Teachers and Health teachers receive some Professional Development in their area of expertise.

Member Name	School/Role	Signature
Rowe, Brandy	Chairperson/School Nurse Whitley City Elementary	Via Phone Conference & E-Mail Response due to COVID School Closure
Stephens, Mitzi	Co-Chairperson/Food Service Director Central Office Staff	Via Phone Conference & E-Mail Response due to COVID School Closure
Conatser, Shonda	School Nurse/Committee Member Whitley City Elementary	Via Phone Conference & E-Mail Response due to COVID School Closure
Strunk, Rhonda	School Nurse/Committee Member Pine Knot Elementary School – Bldg. 1	Via Phone Conference & E-Mail Response due to COVID School Closure
Gregory, Sandra	School Nurse/Committee Member Pine Knot Elementary School – Bldg. 2	Via Phone Conference & E-Mail Response due to COVID School Closure
Shelley, Casey	School Nurse/Committee Member McCreary Middle School	Via Phone Conference & E-Mail Response due to COVID School Closure
Elam, Nicole	School Nurse/Committee Member McCreary Central High School	Via Phone Conference & E-Mail Response due to COVID School Closure