

District:
Wellness Plan for KRS 158.856
Findings and Recommendations
2021-2022 School Year

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:

1. Albany Elementary was awarded \$27,060.00 for the Fresh Fruits and Vegetables Program for the 2021-2022 school year. Fresh fruits and/or vegetables are offered to students for a snack two days per week. A different variety (as available) of fruits and vegetables is offered each week.
2. Both breakfast and lunch menus at all the schools consist of food items that are state and federally approved and accepted well by students (example: cereal, chicken biscuit, bananas, chicken nuggets, fries, corn, mandarin oranges, etc.). Each school offers meals through the Seamless Summer Option.

Recommendations:

1. Continue to apply for and obtain (at Albany Elementary) the Fresh Fruits and Vegetables Program for all schools in the district.
2. Encourage teachers to promote healthy eating by facilitating mini lessons pertaining to nutrition and healthy lifestyles.

Area of Assessment: Physical Activity/Physical Education

Findings:

1. Teachers keep students moderately to vigorously active for at least 60% of the time during most or all PE classes.
2. The written physical education curriculum for each grade is aligned with national and/or state physical education standards.

Recommendations:

1. Offer more physical activity extracurricular experiences to students (example-before and/or after school Walking Club)
2. Encourage school administrators to promote more physical movement in the classrooms throughout school days.

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.