

District:
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:

Hancock County Schools' District Wellness Committee has determined the District to be adhering to the nutritional standards as set by the USDA for the NSLP, SBP, CACFP and SFSP. Nutrition education at the elementary level needs to be examined to ensure it meets expectations to promote healthy lifestyles as it applies to child nutrition. A further effort could be extended to bridge the gap between classroom nutrition education and school food service.

Recommendations:

Through the use of an abundance of USDA Foods, our District will seek to utilize as many of these products to develop menus that would be even more flavorful while obeying the nutritional standards set forth by the USDA. Additionally, the District will use those new menu items in concert with the classroom teacher to promote nutrition education and participation.

Area of Assessment: Physical Activity/Physical Education

Findings:

Formal physical activity/education opportunities are not as available at the high school level. The District requires physical education at the 9th grade level and provides optional advanced classes for other grade levels. Sports of varying activity levels are available to all at the high school.

Recommendations:

The District Wellness Committee recommends that the high school examine any efforts to open the school to unorganized physical activity such as walking clubs, healthy student initiatives, etc. Incentives may be made available by different organizations to encourage participation.

FINDINGS: Summarize comments from the public forum and the discussion from wellness leadership meetings about findings of the assessment report.

RECOMENDATIONS: 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.