

Monroe County School District  
20/21 school year  
LEA submissions of Findings and Recommendations

KRS 158.856 requires school districts to compile a summary of findings and recommendations and submit the summary to the Kentucky Board of Education by May 1 of each year. Submit to [wellnessreport@education.ky.gov](mailto:wellnessreport@education.ky.gov)

The findings and recommendations are derived from survey to principals, Wellness team, Food service director, Health Coordinator and Local Department of Public Health. Representatives from each school have reviewed the report and provided input.

This school year extensive guidance has been provided by KDE for lunchroom staff, social distancing in the lunchroom, safety procedures during the school day. Special emphasis on wearing masks, social distancing, hand washing and sanitizing regularly. The Monroe County school system has followed the guidelines and made changes to policies and daily procedures.

Nutrition

Findings:		
2019/20	Breakfast	Lunch
Schools participating	5	5
Federal reimbursement	\$436,236.38	\$709,090.51
Total served	204,473	209,078
Average daily participation	1570	1633
Students approved for free meals	1356	1356
Student approved for paid meals	505	505
Enrollment (19/20 school year) 1883		
Enrollment (20/21 school year)	1861	1861

The 19/20 school year ended with the pandemic which started in March. The pandemic altered the food service program due to school closures. The Monroe County Food service program continued to prepare and distribute meals to students the total number of meals distributed from March to the start of the 20/21 school year. Meals have been distributed in a

variety of creative ways, delivery at stops in outlying communities by school bus, deliveries to homes by staff, pick up at schools with both cold and hot meals being prepared and announced at differing times.

Meals at the start of school have been prepared in the school lunch room for those who are attending school on the hybrid schedule. The schedule allows students to participate virtually from home. Meals have been provided to these students as well. Students are able to pick up or have meals delivered. Meal participation has been good.

**Recommendations:**

- Logistical changes have been made at the beginning of school to facilitate a smoother delivery of food to students while maintaining social distancing, etc.
- Portion size was voiced as a concern but has been resolved

A priority has been to assure that students have an opportunity to eat and have meals provided if needed.

Virtual students have an opportunity to pick up meals or have them delivered.

**Physical activity:**

**Findings:**

- Physical activity at each school and grade level has increased this year due to classes taking regular mask breaks, going outside and walking. This provides students with a break from wearing the mask but also provides extra physical activity for the students and teachers.
- Unable to monitor the amount of physical activity for virtual students.

**Recommendations:**

- Continue to explore new ways to increase physical activity with students (in door activities)
- Consider how to monitor physical activity for virtual students
- Continue to educate students and staff on the importance of physical activity for not only physical health but mental health.