

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:

The district is in substantial compliance with the policy.

District policy is in alignment with state recommendations.

Nutrition Services needs to take action in the following areas according to the SHI:

- Collaboration with teachers
- Promotion of healthy food/drink choices
- Farm to school initiatives.

Recommendations:

-Further increase the promotion of healthy food choices through smarter lunchroom techniques.

-Work on collaborating with classroom teachers to reinforce nutrition education.

-Creation and implementation of a farm to school program.

Area of Assessment: Physical Activity/Physical Education

Findings:

The district is in substantial compliance with the policy.

District policy is in alignment with state recommendations.

- Some schools are not implementing individual physical fitness plans.
- Need to increase opportunities for more physical activity in the classrooms.
- Regular maintenance is needed on some equipment used for student physical activity.
- All of the components of the Presidents Youth fitness program are not integrated into the physical fitness programs.

Recommendations:

-Schools plan to implement individual physical fitness plans

-Resources will be provided to classroom teachers to incorporate more student movement in classrooms.

-Schools will work with maintenance dept on equipment upkeep.

-For grades 3-5, all components of the Presidents Youth fitness program will be implemented.

-Work needs to be done to strengthen/modify language of the district and school wellness policies based on the results of the School Health index.