

LEA Submission 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 1st of each year.

Area of Assessment: NUTRITION

Findings:

- The need for more student and parent involvement in nutrition.
- We need to make available to parents different ideas on how to improve their children's nutritional needs.
- Find new fun and interesting ways to reach parents with nutritional ideas

Recommendations:

- We would like to work with our vendors to set up food testing sites across our district. This would give students and parents an opportunity to taste existing products as well as possible new ideas for their nutritional needs.
- Show parents how to improve their children's nutrition by sending out monthly newsletters addressing nutrition.
- The use of social media and our website page to reinforce nutrition facts and nutritious food choice ideas for parents
- How to make healthier choices – Healthy Choices can be Fun!

Area of Assessment: Physical Activity/Physical Education

Findings:

- Recess time less than 20 mins/using recess for punishment
- Involve students, parents, faculty and staff in extracurricular physical activities.
- Employee fitness programs and incentives
- Make available to parents ways to increase their children's physical activity as well as ways for them as parents to be involved in physical activities with their children.

Recommendations:

- Due to class scheduling we do not see improving the recess time
- Involve students, parents, faculty, and staff in extracurricular physical activity classes. For example, we would like to bring in a dance instructor to work with our health and PE teachers. This could be a fun physical activity for our students.
- Make available to parents more creative ways to increase their children's physical activity by sending out newsletters that addresses these fun, new ideas to increase physical activity.
- The use of social media would be a great way to reach parents with ideas on how to increase physical activities that the whole family can participate in.