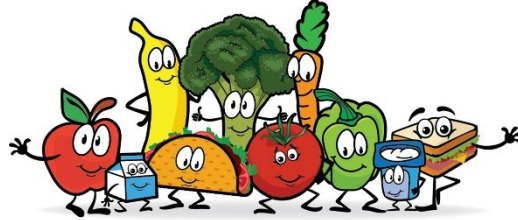


Ashland Independent School District

Nutrition and Physical Activity Report Card
2023-2024 School Year



The Ashland Independent School District is dedicated to serving nutritious meals and providing physical activity opportunities to ensure our students are fueled and ready to learn.

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Ashland, KY 41101
(606) 327-2706

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Tiffany Callihan
**District Health/Wellness
Coordinator**
tiffany.callihan@ashland.kyschools.us

AISD Wellness Committee used the WellSat 3.0 to evaluate the district’s wellness policy. WellSat 3.0 reflects the new USDA school food and beverage requirements and current best practices in all areas of school wellness. It is the most extensive evaluation of compliance with school wellness policies and measures the quality of written wellness policies.



Strengths:

- District wellness committee meets annually
- School wellness committees and policies in place
- Implementation of a Standard’s-Based Health and Physical Education curriculum as well as Standard’s-Based Nutrition Education Curriculum
- Compliance with USDA Nutrition Standards for all food and beverages sold and served during the school day



Improvement in:

- Review policies annually to ensure appropriate language and programs addressed in policies
- Address time per week of physical education instruction for all elementary students
- Address the development of a comprehensive school physical activity program (CSPAP) plan at each school.
- Collaborate with community partners to provide information for students, parents, and the community to address overall wellness.
- Incorporate wellness activities to include staff.

Ashland Independent Food Service Program

The Food Service Program of Ashland Independent Schools is a program operating from federal funds received for every reimbursable meal served to our students during breakfast and lunch, as well as ala carte sales revenues generated from daily sales. These revenues are used for labor and fringe benefits, the purchase of food, miscellaneous supplies, equipment and repairs for the food service program.

**FREE STUDENT MEALS-EVERY STUDENT-
EVERY DAY**

The AISD participates in the USDA Community Eligibility Provision (CEP) program. The CEP allows the school district to provide a free breakfast and lunch to all enrolled students, regardless of their economic status.

School Breakfast and Lunch Program

Studies show that children who participate in school meals have significantly higher standardized achievement test scores than non-participants. Children with access to school breakfast and lunch also have significantly less tardiness, absences, and injuries.

# of Schools Participating	8
Total Breakfasts Served	214,039
Federal Reimbursement of Breakfasts August 2023-May 2024	\$572,017.55
Total Lunches Served	381,084
Federal Reimbursement of Lunches August 2023-May 2024	\$1,591,285.08

CACFP Snack Program

The CACFP contributes to the wellness, healthy growth, and development of young children by providing healthy snacks.

Number of Sites Participating	3
Total Snacks Served October 2023 to May 2024	20,448
CACFP Reimbursement Amount	\$24,746.66



Summer Food Service Program

The Summer Food Service Program (SFSP) was established to ensure that low-income children continue to receive nutritious meals when school is not in session. Free meals that meet Federal nutrition guidelines are provided to all children at approved SFSP sites in the Ashland area. These sites include schools, churches, community summer programs, summer athletic/educational enrichment programs, etc. The SFSP operates from May-August.



SFSP Reimbursement 2024	\$80,259.77
Total Meals Served	19,592

SCHOOL WELLNESS

The Ashland Independent School District Coordinated School Health Committee uses the Whole School, Whole Community, Whole Child (WSCC) model from the Centers for Disease Control and Prevention (CDC) to provide a framework for greater alignment, integration, and collaboration between health and education to improve each child's cognitive, physical, social, and emotional development. The CSH committee consists of both school and community partners and is responsible for the implementation and periodic review and update of the Health and Wellness Policy.

For more information or if you would like to be a member of our committee, please call (606) 327-2706.

HSP ASSESSMENT

The Healthy Schools Program (HSP) assessment was completed by all schools in our district. This tool assesses the physical activity and nutrition environments in the schools as well as health education, health promotion, and family/community involvement. The Alliance for a Healthier Generation compiles all of the data into a district report for review the second week in November.

Assessment Focus	Percentages
Mod 1: School Health and Safety Policies and Environment	63.1%
Mod 2: Health Education	86.5%
Mod 3: Physical Education and Other Physical Activity Programs	54.1%
Mod 4: Nutrition Services	57.1%
Mod 7: Smart Snacks	57.1%
Mod 8: Employee Wellness	40.5%

Health education, physical education and other physical activity programs, family and community involvement all exceeded the state percentages.

Rise Index

Tool used to access, prioritize, and plan activities to promote social-emotional health of staff and students.

- 1) Improve connectedness, engagement, and relationships within the community.
- 2) Increase skills related to social and emotional learning.

Thriving Schools Integrated Assessment

Tool used to identify strengths and opportunities to promote student achievement of students, staff, and teachers.

Areas assessed but are not limited to:

- 1) Nutrition and food access.
- 2) Physical education and physical activity.
- 3) Family and community engagement.
- 4) School and health services.
- 5) Absenteeism.

- 3) Increase mental health support.

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Head Start Food Service Manager: Opal Hobson (606) 327-2706
Ashland Middle School Food Service Manager: Paula Allen (606) 325-4645
Blazer High School Food Service Manager: Angela Gehringer (606) 327-6048
Charles Russell Elementary Food Service Manager: Tracy Bradley (606) 327-2735
Crabbe Elementary Food Service Manager: Tammy Gumbert (606) 327-2793
Hager Elementary Food Service Manager: Amanda Dunaway (606) 327-2731
Oakview Elementary Food Service Manager: Ashley Nichols (606) 327-2733
Poage Elementary Food Service Manager: Vickie Kight (606) 326-1993



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