

PENDLETON COUNTY SCHOOLS WELLNESS **PLAN**

Date: July, 2025

Updated: July, 2025

This Wellness Plan is to accompany policy which has been adopted by the board to comply with the requirements for a school wellness policy that follows: 7 CFR 210.31.

Wellness Plan Team

Matt Compton – Executive Director Pupil Personnel /Student Services / Assistant Superintendent

Lisa Mitchell- Pendleton County School Nutrition Director

Donna Boden – Administrative Asst. Food Service

Jon Wirth – District Athletic Director

Sarah Wolfe - Health and Service District School Nurse

Wesley Murray – Northern Elementary Principal

Mark Hegyi – Southern Elementary Principal /Stephanie Prince – Counselor

Robert Hoover – Phillip Sharp Middle Principal

Chad Simms – High School Principal

Cheri Griffin – Board Appointed Board Member

Kenna Knight – Community Extension Member

Jody Buckley – Middle & Northern Family Resource Services

Kelly Klaber – Southern and High School Family Resource Services

Nicky Smith – Parent Member

Ava Wood - Student Board Member

PENDLETON COUNTY SCHOOLS WELLNESS **PLAN**

The following statement appear on the school's district website:

www.pendleton.kyschools.us

Pendleton County School District is committed to creating a healthy environment for each student. If you are interested in reviewing the district local wellness plan and would like the opportunity to participate as a member of the school wellness team that is responsible for the development and implementation of the plan or provide feedback on the nutrition environment, we are seeking input and ideas.

This report is provided in compliance with KRS 158.856 as an overview of the nutrition and physical activity available in the Pendleton County School system with the recommendation for areas of improvement.

Please review the Wellness Plan with any comments or recommendations to:

Lisa Mitchell, Pendleton County Schools Food Service Director at lisa.mitchell@pendleton.kyschools.us

PENDLETON COUNTY SCHOOLS WELLNESS **PLAN**

The goals and objectives of the local wellness plan are shared in the following:

A copy of the plan is available by request, and / or the information is maintained on the district website for the public.

Our goals and objectives, are written that are Specific, Measurable, Achievable, Relevant and has a time target date. Progress is measured by reviewing accomplishment of set goals. Progress updates are reviewed during local wellness Team Meetings.

The strength of the plan is measured using the Well-Sat tool. This tool is completed at a minimum on a three-year basis, more is possible.

Results are available by request. A Copy of the results from the previous three years are maintained in the local wellness team file. Results are also posted on the Food Service Website.

Last Triennial Assessment was 2024-2025 school year.

Each local educational agency must retain records to document compliance with the requirements of CFR 210.31

The local school wellness policy is available by request. This information is found on the district website: www.pendleton.kyschools.us

A copy of the local wellness policy can be found in the KSBA online portal. A copy of the district wellness plan is maintained in the local school wellness binder. It may also be found under the School Food Service webpage.

To demonstrate compliance with the following requirements, a yearly meeting with the Wellness Committee will take place each school year and maintained in the local school wellness

Documentation of the triennial assessment of the local school wellness file or on the Food Service webpage.

PENDLETON COUNTY SCHOOLS WELLNESS *PLAN*

WELLNESS GOALS

1. Nutrition Education Goals

OBJECTIVE	ACTION STEPS
*Food Service will provide Nutrition Education information on District Food Service webpage	*Will post and update webpage with nutrition Nuggets and FitFuture *Food Buying Guide *Smart Snack Calculator *Choose my Plate
*Increase access to fruits and vegetables	*Provide fresh fruit options at Breakfast and Lunch * Provide two vegetable choice at each lunch meal. *Introduce different fresh fruit and vegetables when available *Implement more farm to school products when available. *Horticultural with 4th grade once a month Southern *LEAP – literacy, Eating Activity Program with Northern Preschool May extend to both schools next year
*Increase student knowledge and application of healthy eating, drinking and physical activity principles in daily routines.	*Integrate nutrition education into health curriculum (K-12) *Extension and Family resource partner to Offer Hunters for hungry *Encourage self-contained classrooms to provide routine physical activity breaks throughout the school day to reduce sedentary time and support physical and academic wellbeing *Promote hydration with water station and fountains
*Food and Beverages will not be used as a reward for students.	*Provide a list of non-food rewards examples on the food Service webpage

PENDLETON COUNTY SCHOOLS WELLNESS *PLAN*

2. Nutrition Promotion

OBJECTIVE	ACTION STEPS
*All schools will provide breakfast and Lunch through the USDA School Breakfast and Lunch program. *All students enrolled in Pendleton County School District will be offered a Breakfast and Lunch at no cost to them or their family. *Increase students and family awareness of healthy eating practice through nutrition promotional activities and resources.	* Pendleton County food Service partners with UMC to provide our district students and families with home delivered meals for our summer feeding program *Extension office offers Hunters for hunger and partners with the Family Resource Centers *Family Resource provides Back pack program, a food pantry and participates in the Red Box Thanksgiving program *Display posters and visual aids in the cafeteria promoting nutritious food choices. *Food Service using Farm to School Products from local farmers in the district when possible *Family Resource offers Backpacks to needy students; we have food pantry and provide meals at Thanksgiving

PENDLETON COUNTY SCHOOLS WELLNESS *PLAN*

3. Food and Beverage Marketing Guidelines on School Grounds

OBJECTIVE	ACTION STEPS
*Ensure that 100% of food and beverage Marketing on school grounds promotes healthy, nutritious options that meet the USDA Smart Snacks in School Standards each school year. This goal ensures a consistent message across the school environment and supports healthy eating habits for students.	* *Randomly check inventory of all food and beverages currently displayed on school grounds including Bending Machines, School Stores. *Place materials promoting fruits, vegetables, whole grains, water and other healthy options. *School Food Service provides Smart Snack Calculator on the School Food Service website to check for smart snacks compliant.
*Limit and regulate food and beverage marketing on school grounds to support healthy food choices for students.	*Review existing food and beverage advertisement within the school to identify non-compliant items *Remove or replace any marketing that promotes foods not meeting federal and state guidelines *Provide resources to our school staff to ensure compliance with marketing policies (Competitive Food -District policy) *Conduct periodic checks to maintain compliance with new marking materials

PENDLETON COUNTY SCHOOLS WELLNESS *PLAN*

4. Nutrition guidelines for all foods and beverages available but *NOT SOLD* on school grounds. (i.e., Classroom celebrations, rewards, etc.)

OBJECTIVE	ACTION STEPS
*To promote a healthy school environment by ensuring that all foods and beverages provided align with nutritional standards that support students' health, academic performance, and well-being.	*Limit high - sugar or High-fat items. Encourage healthier option, such as fruits, vegetables, whole grains, and low-fat dairy, while limiting sugary treats and high- fat snacks. *Promote non-food rewards: Encourage alternatives to food-based rewards, such as stickers, extra recess time or educational prizes, student of the week, homework pass, or late assignment pass. (A list of non-food items is posted on Food Service website) *Align these foods and beverages with the school nutrition policy and standards such as the USDA's Smart Snacks in School guidelines. *Develop and distribute a list of approved healthy food and beverage option for classroom celebrations and rewards (posted on webpage for teachers)
*Ensure that all food and beverages provided (not sold) on school grounds meet established nutritional guidelines	*Provide a list on Food service website for healthy food and beverages *Monitor compliance by verbal checks with classroom teachers and parents on adherence and challenges.
*Making Healthy Choices	*Encourage fruits and vegetables at class parties with 1% milk and 100% juice
*Promote healthy choices for food when providing for team meals	*Encourage Coaches to educate on healthy food choices *Encourage Coaches and parents to order healthy food from local restaurant catering

PENDLETON COUNTY SCHOOLS WELLNESS *PLAN*

5. Nutrition guidelines for all foods and Beverages available *SOLD* on school grounds. (i.e., a la carte, school stores, vending machines, etc.)

OBJECTIVE	ACTION STEPS
*More Healthy choices for vending machines *Food Service Vending machines will continue to offer smart snacks Compliant food and beverage items	*Encourage those who order for vending machines to provide healthier snack choices *Provide Vending items and ala carte items that are 100% juice, whole wheat and baked items.
*To ensure all foods and beverages sold on school grounds meet nutritional standards that promote students' health, academic success and long-term well-being, aligning with national guidelines such as the USDA's Smart Snack in School standards and meet federal and state nutritional standards.	*Ensure all items meet calorie, sugar, sodium and fat, limits outlined by USDA *Offering such as whole grains, fruits, vegetables and low-fat dairy and lean proteins. *Will post "A Guide to Smart Snacks in School," reference Booklet on the Food Service website *Encourage water consumption by making it easily accessible with water fountains and or water stations and vending. *Review all items sold in a 'la carte lines, school stores and vending machines to ensure compliance with nutritional standards *Replace non-compliant items with healthier alternatives that meet established guidelines. *Collaborate with food and beverage vendors to ensure that they understand and support the school's nutritional requirement- Randomly check food and beverage offerings to maintain compliance and adjust where needed.

PENDLETON COUNTY SCHOOLS WELLNESS *PLAN*

6. Physical Activity

OBJECTIVES	ACTION STEPS
*Students shall be given opportunities to have physically active lifestyles	*Classroom dance and movement to daily activities in all subject areas (EX. alphabet chant with exercise) *Cooking club and gardening club once a month for enrolled 4-8 grade provided by Pendleton Co. Extension *High school and Trinity Partner to provide an award party rather than have a food party.
*Athletes are getting physical activity at least 4 days a week	*Coaches make sure they are practicing and playing at least 4 days a week *High School -ROTC – has Physical Therapy 2x/ week for their classes
Self-contained classrooms to provide routine physical activity breaks throughout the school day to reduce sedentary time and support physical and academic wellbeing *Provide students with activities to engage in regular physical activity throughout the school day and meeting the recommended guidelines for the age group	*Implement 2-3 short physical activity breaks daily in each self-contained classroom (stretching, movement-based learning or other classroom exercises) *Increase overall student movement time during instructional hours *Encourage age appropriate, physical activities for grade levels ensuring students are actively engaged most of the class time. * All Freshmen have Physical Education classes * Encourage Movement breaks (Ex. Stretching, movement-based learning in classroom routines.) * High School gym is open to students during and after lunch time for activities. *Encourage least 20 to 30 minutes of unstructured recess for elementary students promoting free play and movement outdoors when weather permits *Middle school has Monthly Awards Day to celebrate with assorted activities for students to interact with each other.

PENDLETON COUNTY SCHOOLS WELLNESS **PLAN**

7. Other School Based Activities

OBJECTIVES	ACTION STEPS
*Provide students with a relaxed, enjoyable climate/environment, that is safe, positive, and enjoyable experience in the cafeteria	*Will provide each student a breakfast and lunch meal free each day at no charge to them or their family *Will obtain input from the students on meal suggestions and ideas for our meal program *Continue to look for new products to increase students' participation.
*Provide students the opportunity to have a safe, enjoyable, afterschool physical activity events.	*Southern and Middle school – have the Girls on the Run *Northern Elementary – Has family Night for families and students to participate in different activities *Horticultural with 3rd grade once a month

PENDLETON COUNTY SCHOOLS WELLNESS **PLAN**

8. Standards and Nutrition Guidelines

Food and Beverage Marketing Guidelines on School Grounds

STANDARDS

*All foods and beverages that are marketed on school grounds during the school day must meet Smart Snack Standards.

” **School-Day” means the period of time from midnight before to thirty (30) Minutes after the end of the Official School Day (3:00pm)

9. Nutrition guidelines for all foods and beverages available but NOT SOLD on school grounds

STANDARDS

*Classroom teachers are encouraged NOT to use food/candy as Rewards

*Birthday celebrations in classrooms are encouraged to offer fruits and vegetables instead of items with a high calorie / high sugar content.

10. Nutrition guidelines for all foods and beverages available SOLD on school grounds

STANDARDS

* All foods and beverages sold on school grounds during the school – day must meet Smart Snack compliance and compliance with 702 KAR 6:090.

” **School-Day” means the period of time from midnight before to thirty (30) Minutes after the end of the **Official School Day (3:00pm)**

*Foods and beverages **sold 30 minutes after the end of the school day do not need to meet standards.**