Scott County Schools
District Wellness Plan

Executive Summary

Purpose. Scott County Schools' District Wellness Plan serves as the administrative implementation guide for Board Policy 09.2, Student Welfare and Wellness, translating required federal, state, KDE, and local wellness expectations into clear action steps for schools and district leaders. The plan supports healthy school environments by addressing nutrition education and promotion, physical activity, school meals, Smart Snacks and Kentucky nutrition standards, foods and beverages sold or provided during the school day, food and beverage marketing, stakeholder participation, public notice, recordkeeping, and triennial assessment. The District Wellness Committee will guide implementation, review evidence, monitor progress, and recommend updates through a fall launch meeting and a spring review meeting. The plan also responds to 2025 WellSAT findings by targeting practice gaps while preserving administrative flexibility, ensuring Scott County Schools remain compliant, transparent, and focused on student health, well-being, and readiness to learn.

Compliance Crosswalk

Authority	Core Requirement	Placement in Recommended Draft
7 CFR 210.31(c)(1)	Specific goals for nutrition promotion/education, physical activity, and other wellness activities using evidence-based strategies.	Policy sections: Goals; Plan sections: Goals 1-4 and annual work plan.
7 CFR 210.31(c)(2)	Standards for foods and beverages provided, but not sold, to students during the school day.	Policy section: Foods and beverages provided but not sold; Plan: celebrations/rewards, snacks, and school events.
7 CFR 210.31(c)(3)	Standards for foods and beverages sold during the school day, school meals, Smart Snacks, and marketing limits.	Policy section: Nutrition standards; Plan: school meals, competitive foods, vending, fundraisers, marketing.
7 CFR 210.31(c)(4)	Identify official responsible for implementation and oversight.	Policy: Superintendent/designee; Plan: Assistant Superintendent/designee, Child Nutrition Director, principals/designees.
7 CFR 210.31(c)(5)-(6)	Stakeholder participation, measurement, reporting, and public notification.	Policy: public/staff input and triennial assessment; Plan: committee membership, notification, recordkeeping.
KRS 160.345	K-5 school council wellness policy/plan requirements, including moderate to vigorous physical activity and healthy choices.	Policy: K-5 SBDM responsibilities; Plan: school-level wellness contacts and annual principal/SBDM review.
702 KAR 6:090 / 7 CFR 210.11	Minimum nutrition standards for competitive foods and beverages on public school campuses during the school day.	Policy and Plan: competitive foods, a la carte, vending, school stores, fundraisers, and marketing.

Recommended Administrative Wellness Plan

Effective date: May 14, 2026

Review cycle: Annual implementation review; triennial assessment at least once every three years

Primary Responsible District Official: Assistant Superintendent (Operations)

Support District Officials: District Health Coordinator, Director of Food Services

Purpose. This plan implements the Board-adopted wellness policy. It may be updated administratively to address legal requirements, KDE guidance, WellSAT results, student needs, school feedback, and available resources.

1. District Wellness Committee

Category	Recommended Representation	Role
District administration	Assistant Superintendent/designee; Student Support/Health Services as applicable	Coordinates plan, meeting schedule, and annual public update.
Child Nutrition	Child Nutrition Director or designee	Confirms meal standards, Smart Snacks, vending, a la carte, marketing, and nutrition promotion.
School leadership	Principal or designee from representative elementary, middle, and high schools	Coordinates school-level implementation and evidence collection.
Physical/health education	At least one PE/health representative; include elementary and secondary when practicable	Supports physical education, physical activity, and PE minutes documentation.
School health/mental health	Nurse, counselor, family resource/youth services, or related staff as available	Supports whole-school wellness and family health promotion.
Students/parents/community	Students, parents/caregivers, and public/community representatives as practicable	Provides stakeholder feedback and strengthens public involvement evidence.
Board	Board member or Board designee as practicable	Provides governance connection without shifting operational duties to the Board.

District Wellness Committee Meeting Cycle. The District Wellness Committee will meet at least twice annually. The fall meeting will launch annual implementation of the District Wellness Policy and Wellness Plan, confirm required stakeholder participation, review applicable federal and state requirements, establish annual goals and evidence expectations, and ensure schools understand nutrition, physical activity, public notice, and recordkeeping responsibilities. The spring meeting will review implementation evidence, assess progress toward wellness goals, review nutrition and physical activity compliance, prepare annual public reporting and KDE-required submissions, consider stakeholder feedback, and recommend any needed updates to the District Wellness Policy, District Wellness Plan, or school-level wellness practices.

2. Public Notice and Stakeholder Participation

- The District Wellness Committee will host the wellness policy, wellness plan, district and school contact information, and triennial assessment on the district website under Nutrition and School Health.
- Annually notify stakeholders that policy and plan are available, that feedback is invited, and that stakeholders may request participation in the District Wellness Committee or school-level wellness process.
- Maintain evidence of notices, agendas, records, in a central wellness compliance folder.
- Use plain-language public notice. Recommended website language: "Scott County Schools is committed to creating healthy school environments for students. The District Wellness Policy, Wellness Plan, and most recent triennial assessment are available for public review. To provide feedback or request participation in the District wellness process, contact [name/title/email/phone]. For school-level wellness questions, contact the school principal or SBDM council."

3. Recordkeeping

Record	Location/Evidence	Owner
Written policy and plan	Central Office wellness compliance folder; Board policy portal as applicable	Superintendent/designee
Public notice evidence	Website screenshots; annual notice copies; district communications	District lead
Stakeholder involvement	Agendas, attendance, minutes, public feedback, committee roster	District lead
Nutrition compliance	Menus, Smart Snacks verification, vending/school store review, fundraiser review, meal time evidence	Child Nutrition Director/designee
School implementation	School contact list, school wellness policy evidence for K-5 schools, PE/activity documentation	Principal/designee
Triennial assessment	WellSAT or comparable assessment; summary report; Board/public update	District Wellness Committee lead

4. Wellness Goals, Action Steps, and Measures

Area	Objective	Action Steps	Measure of Success	Timeline
Nutrition Education	Increase student exposure to skills-based nutrition education and healthy eating messages.	Schools will use health/PE curriculum, school meal programming, and classroom connections when appropriate. Elementary schools will provide at least one nutrition education or promotion activity per semester. Secondary schools will include nutrition concepts through required health/PE coursework or other appropriate wellness activities.	Curriculum/lesson evidence, activity records, school reports, committee review.	Annual review; update each spring.
Nutrition Promotion	Increase student participation in reimbursable breakfast and lunch programs, with emphasis on accessible breakfast options.	Child Nutrition will review breakfast participation by school, use promotion strategies, and support grab-and-go or alternate breakfast models where feasible. High schools should maintain or pilot at least one breakfast access strategy appropriate to building logistics.	Participation data, school strategy list, menu/promotion samples.	Midyear and annual review.
Physical Activity	Increase student opportunities for physical activity before, during, or after school without substituting activity for required PE.	Elementary schools will maintain daily recess or activity opportunities consistent with school schedules and safety/weather conditions. Teachers are encouraged to use short movement breaks. Schools will identify existing before/after-school activity opportunities and report annually.	School schedule/recess evidence, PE schedules, activity opportunity inventory.	Annual review.
Other School-Based Wellness	Strengthen family and staff awareness of student wellness resources without creating new event mandates for every school.	District and schools may use existing family nights, FRYSC events, school communications, staff wellness activities, or community partnerships to promote healthy eating, physical activity, and student wellness.	Examples of communications/events; staff wellness opportunities; community partner evidence.	Annual review.

5. Nutrition Standards and Implementation

- School meals: Meals served through NSLP, SBP, and other federal child nutrition programs will meet applicable federal and state meal pattern, nutrient, calorie, and professional standards. Menus and allergen/nutrition information should be made available through District nutrition communication tools.

- Access and privacy: Students qualifying for federal child nutrition programs will not be overtly identified. Students with unpaid meal balances will receive regular reimbursable meals and will not be stigmatized.
- Water: Free drinking water will be available to students during the school day, including where meals are served.
- Competitive foods: Foods and beverages sold to students during the school day, including a la carte items, vending, school stores, snack carts, and school-day fundraisers, must meet Smart Snacks and applicable Kentucky standards.
- Vending/school stores: The Child Nutrition Director/designee and principal/designee will annually verify that vending machines and school stores selling to students during the school day meet applicable standards or are restricted from student sales during the school day.
- Fundraisers: School-day fundraisers involving foods or beverages to be consumed during the school day must meet applicable nutrition standards and Board fundraising procedures.
- Foods provided but not sold: Schools should use non-food rewards and celebrations when practicable. Food or beverages provided to students during the school day should be commercially prepared, labeled when feasible, and consistent with allergy, safety, and nutrition procedures. Elementary schools will receive annual guidance on celebrations, snacks, and rewards.
- Rewards: Staff should not use foods or beverages as routine rewards for academic performance or behavior. When exceptions are used for instructional, individualized, or special circumstances, they should be reasonable, infrequent, and consistent with student health/safety needs.
- Marketing: During the school day, marketing on campus will be limited to foods and beverages that meet applicable nutrition standards. New or renewed contracts should be checked for this requirement before approval.

6. Physical Education and Physical Activity Implementation

- Physical education curriculum will remain age-appropriate, sequential, and aligned with Kentucky academic standards and applicable national standards where appropriate.
- Physical education classes will be taught by certified/licensed teachers consistent with staffing law and certification requirements.
- Elementary schools will document weekly PE minutes and daily recess or physical activity opportunities. Middle and high schools will document required health/PE course access and any exemptions/substitutions according to District procedures.
- Schools should not withhold physical activity as punishment.
- Schools may encourage physical activity as a positive reinforcement when appropriate and inclusive.
- The District will annually review facility-use/community-use procedures to determine whether existing Board Policy 05.3 sufficiently supports safe community access without creating additional joint-use obligations.

7. 2025 WellSAT Improvement Plan

WellSAT Gap	Action	Owner	Evidence/Timeline
FR8: Vending Smart Snacks practice score 1	Annual vending inventory and verification for student-accessible machines during the school day.	Child Nutrition Director/designee with principals	Inventory/verification complete by Sept. 30 annually.
FR11/NES13: Celebrations and food rewards practice gaps	Issue annual celebration/reward guidance to principals and staff; include non-food reward options and Smart Snacks resources.	District lead; principals	Guidance distributed by opening day; reviewed at fall admin meeting.
FR13: District wellness committee representation practice score 0	Adopt committee roster categories and maintain annual membership record with at least the required stakeholder categories invited.	District lead	Roster, invitations, agendas, and attendance retained annually.
FR18: Policy revision based on triennial assessment practice score 0	Board policy update and plan revision explicitly reference the 2025 WellSAT assessment and action plan.	Superintendent/designee	Board agenda item and plan revision completed in 2026.

NES12: After-school sales practice score 0	Clarify whether after-school student food/beverage sales occur and whether CACFP/Smart Snacks standards or time restrictions apply.	Child Nutrition Director/designee; principals	Principal certification or sales review by Dec. 1 annually.
NE5/NE6/NE7: Nutrition integration practice scores 1	Identify at least one cross-curricular or cafeteria-classroom nutrition connection per school level, including food system/agriculture where feasible.	Curriculum/PE/Child Nutrition reps	Examples collected in spring committee folder.
PEPA5/PEPA6: Middle/high PE minutes policy/practice gaps	Document required health/PE course access, PE minutes where applicable, and exemptions/substitutions annually.	Secondary principals/designees	Annual PE documentation submitted to District lead.
PEPA15/PEPA16/PEPA17: Shared use, walking/biking, PA rewards	Review existing community-use policy, school arrival patterns, and positive PA incentive practices without creating new facilities mandates.	Operations/Student Services/Principals	Summary reviewed in spring committee meeting.

Source Documents Reviewed

- 7 CFR 210.31 Local School Wellness Policy excerpt, up to date as of Sept. 29, 2025.
- KDE Wellness Plan Guidelines, last updated June 2025.
- KRS 160.345 excerpt related to school councils and wellness policy.
- WellSAT Triennial Scorecard 5-2025.