Oldham County Schools Wellness: Policy VS Plan

Local Wellness Policy

In accordance with 2 CFR 210.31, each Local Educational Agency (LEA) will establish and follow a local school wellness policy (LWP) for all schools participating in the National School Lunch Program and/or School Breakfast Program under the jurisdiction of the LEA.

The Local Wellness Policy is intended to be a useful tool in establishing, evaluating, and maintaining a healthy school environment and promoting transparency to the public on key areas that affect each school's nutrition environment regarding applicable minimum federal standards.

The wellness policy identifies "WHAT" wellness requirements must be implemented at the school district level; however the policy only provides general direction allowing for specific actions to be determined by the Local Wellness Plan Team.

Local Wellness Plan

The wellness plan describes how the LEA will implement the written policy. The plan for implementation should be updated to meet emerging needs and priorities of the community in addition to addressing local, state, or federal requirements.

The wellness plan generates a strategy that describes "HOW" the wellness policy requirements will be implemented into the school environment to address the goals and objectives identified by the Local Wellness Plan Team.

The wellness plan includes descriptive objectives and action steps which include timelines and measures of success that explain the wellness policy's broad goals, is more easily customizable for your district's needs as this does not need board approval and allows for more creative implementation.

Wellness Plan

This document, referred to as the "wellness plan" is intended 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.

Effective Date
8/24/26
Last Date Updated

School Official (name and title) Responsible for Implementation and Oversight
Carlina Wilson, Director of School Nutrition

Local Wellness Plan Team

Name	Title	Start Date
Carlina Wilson	School Nutrition Director	
Shelli Ward	School Nutrition Asst. Director	
Niki Brown	Deputy Superintendent	
Richard Parrott	Elementary Principal	
Kindra Witak	Middle Principal	
Ashley Webb	High Principal	
Eric Davis	Director of Student Services	
Lisa Burgess	District Health Coordinator	
Kate Luxemburger	Parent	
Linda Key	Reconciliation Clerk	

Notification

Description of how stakeholders are provided with an opportunity to participate in the development, implementation, and review of policy.
The following statement will appear on the school's district website:
https://www.oldham.kyschools.us/

Oldham County Schools is committed to creating a healthy environment for each student. If you are interested in reviewing the district local wellness plan and/or would like the opportunity to provide feedback on the nutrition environment please contact us at 502-241-3500 or email us at carlina.wilson@oldham.kyschools.us or visit OCS website.

Description of how content, implementation and progress is shared with stakeholders.
The goals and objectives of the local wellness policy are shared in the following ways:
1. A hard copy of the policy is available upon request. OCS Wellness Plan is maintained on the district website.
2. Goals and objectives are shared at the school level at staff meetings.
3. At the end of each year, the child nutrition director presents any updates at the May/June Board meeting.

Evaluation

Description for measuring implementation of policy.
The policy is measured in two ways. **Goal and Objectives-** Progress is measured by reviewing accomplishments of set goals. Progress updates are reviewed during local wellness team meetings. **Policy-**The strength of the policy is measured using the Well-Sat tool. This tool is completed at a minimum on a three-year basis, and more frequently if possible. Results are available on our District Website.
Date of last Triennial Assessment **8/13/2026**

Recordkeeping

Each local educational agency must retain records to document compliance with the requirements of CFR 210.31. Please list where you maintain the following records:

Written local school wellness policy
The local school wellness policy is available by request. This information is found on the district website: https://www.oldham.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 on our website. A copy will be shared upon request.

Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessment available to the public.
To demonstrate compliance with the following requirements, a screen shot of the public website is taken at the beginning of each school year and maintained by the Director of School Nutrition. The website is checked on a regular basis to ensure information is accurate and still available.

Documentation of the triennial assessment of the local school wellness policy.
A copy of the most recent WellSat Assessment can be found on the District Website. The report will include an assessment on compliance, the extent to which our wellness policy compares to model policies, and progress toward achieving goals.

OLDHAM COUNTY SCHOOLS

Nutrition Education Goals

Objective	Action Steps
Increase student awareness of the importance of proper nutrition. K-12	The Health/PE teacher or other identified professional will teach lessons on proper nutrition to all students. Nutrition Education will be integrated into the broader curriculum, where appropriate.

Nutrition Promotion Goals

Objective	Action Steps
Increase student participation in the school breakfast program	"Grab and go" breakfast days will continue at specific schools to determine if that increases participation. Schools will advertise breakfast menu items in a variety of school communication methods.
Increase the number of local foods served in the school meals program	The School Nutrition Director will advocate adding more local farmers to the list of vendors.
Increase student involvement in menu planning	School cafeterias will offer taste testing opportunities at each level that will allow students to give feedback on new products or recipes.

Physical Activity

Objective	Action Steps
Increase the amount of student physical activity outside of the school day.	Provide information to students on the variety of clubs and sports activities available to join. Provide opportunity for movement for late bus students.
Encourage student movement during recess K-5	Share the benefits of physical movement on student achievement with all building leaders.
Encourage student movement at grade level 6-12.	Share the benefits of physical movement on student achievement with all building leaders.
Increase student awareness of physical activity	The Health/PE teacher or other identified professional will teach the need for physical activity to all students. Students may engage in movement breaks throughout the school day.
Increase parent involvement in opportunities for physical activity for students.	Inform parents of opportunities to participate in activities like walk-a-thons, color runs,field day, etc. with their child.
K-5 schools will provide at least 20 minutes of daily recess to all elementary students.	K-5 schools will schedule at least 20 minutes of daily recess for all elementary students.

Other School Based Activities

Objective	Action Steps
Increase employee awareness of Employee Assistance Plan.	Promote access through employee newsletter and principal communication.
Encourage employees to model healthy eating and physical activity behaviors	Promote access to digital health platform.

OLDHAM COUNTY SCHOOLS

Standards and Nutrition Guidelines

Food and Beverage Marketing Guidelines on School Grounds

Standards
All food and beverages that are marketed on school grounds must meet Smart Snack standards. This includes vending machines and billboards.

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

Standards
Celebrations: Schools should limit celebrations that involve food and beverages during the school day to no more than one party per class per month. Food and beverages used for celebration should comply with the USDA Smart Snack Standards. Due to concerns about food safety and allergies, food and beverage brought in for celebrations during the school day should be individually packaged and labeled. No homemade food is allowed. This does not include food being prepared within a classroom as part of daily living instruction. Lists of compliant snacks can be obtained from the School Nutrition Department or the Cafeteria Manager at each school.
Rewards: Schools are recommended to use non food alternatives as rewards. For example, extra recess or physical activity may be provided when time allows. Meals/scheduled snacks will not be withheld as punishment.
Potable Water is encouraged and available to students free of charge at all times during the school day.

OLDHAM COUNTY SCHOOLS

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

Standards
All foods and beverages sold on school grounds must meet Smart Snack compliance and compliance with 702 KAR 6:090. Foods and beverages sold 30 minutes after the end of the school day do not need to meet standards.
High School principals are encouraged to limit the sale of beverages with caffeine to high school students.