

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 is in compliance with 7 CFR 210.31.

Effective Date:
Last Date Updated:
School Official Responsible for implementation and oversight:

Local Wellness Plan Team

Name	Title	Start Date
Katie Johnson	High School Health & PE Teacher	SY 25-26
Kyle Finchum	Primary & Intermediate Health & PE Teacher	SY 25-26
Greg Stephens	Middle School Health & PE Teacher	SY 25-26
Lisa Marsh	Food Service Director	SY 25-26

Notification

Description of how stakeholders are provided an opportunity to participate in the development, implementation and review of policy.
Site-Based Committees and Open Forum for Meeting.
Description of how content, implementation and progress is shared with stakeholders.
Implementation & Progress is shared via Open Forums, Food Service Webpage and District Webpage.

Evaluation

Description for measuring implementation of policy.
Triennial Assessment, Open Forum Feedback, Nutritional Audits & Comprehensive self-assessment of health programs.
Date of last Triennial Assessment:
Transitioning from a school-level structure to a District-Level Wellness Committee for the 2025-2026 school year represents a professional shift toward systemic alignment and standardized accountability. This transition ensures that wellness is not a series of isolated initiatives, but a unified district-wide policy.

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.
To ensure maximum transparency and regulatory compliance, the written Local School Wellness Policy is maintained and accessible through the following official channels: • Digital Access: The comprehensive policy is hosted publicly on the District Website, providing 24/7 access to all stakeholders, including parents, staff, and community members. • Physical Records: A formal hard copy is maintained on file within the Office of the Food Service Director, available for professional review and audit purposes during standard business hours.
Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public.

Digital Accessibility: The District Wellness Policy and the most recent Triennial Assessment are published on the official District Website.

Documentation of the triennial assessment of the local school wellness policy.

Digital Accessibility: The District Wellness Policy and the most recent Triennial Assessment are published on the official District Website.

Specific Goals

Please input your District's objectives in the left column. In the right column, provide comprehensive Action Steps detailing the strategies to accomplish each listed objective.

Nutrition Education Goals

Objective	Action Steps
The committee ensures that nutritional education is aligned with State or National Health Education Standards.	Set a bi-annual meeting specifically to review student outcome data and adjust the curriculum based on updated state mandates.
Smart Snacks Audit: The Food Service Director conducts an audit of all vending machines and school stores to ensure 100% compliance with federal standards.	• Validate the "First Ingredient": Ensure every snack item meets the "General Standard": • Be a grain product that contains 50% or more whole grains by weight (whole-grain rich); OR • Have as the first ingredient a fruit, vegetable, dairy product, or protein food. • Run the Numbers: Use the <u>Alliance for a Healthier Generation Smart Snacks Calculator</u>. Input the nutrition label data for any "questionable" items to check for: • Verify Beverage Limits: Confirm portion sizes and types are grade-appropriate: • Elementary/Middle: No caffeine; milk/juice max 8 oz (Elem) or 12 oz (Middle).

	High School: May include "no-calorie" (up to 20 oz) or "lower-calorie" (up to 12 oz) beverages.																								
Triennial Assessment Prep: Ensure all SY 25-26 documentation (agendas, minutes, and audit logs) is archived in the Food Service Office for the upcoming federal review.	SY 25-26 Archive Checklist <table border="1"> <thead> <tr> <th>Document Type</th><th>Location</th><th>Status</th><th>Verified By</th></tr> </thead> <tbody> <tr> <td>Committee Agendas</td><td>Blue Binder / Shared Drive</td><td>[]</td><td></td></tr> <tr> <td>Meeting Minutes</td><td>Blue Binder / Shared Drive</td><td>[]</td><td></td></tr> <tr> <td>Vending Audit Logs</td><td>Compliance Folder</td><td>[]</td><td></td></tr> <tr> <td>Public Updates</td><td>District Website / Social Media</td><td>[]</td><td></td></tr> <tr> <td>Triennial Tool (Form 222)</td><td>Federal Portal / Office File</td><td>[]</td><td></td></tr> </tbody> </table>	Document Type	Location	Status	Verified By	Committee Agendas	Blue Binder / Shared Drive	[]		Meeting Minutes	Blue Binder / Shared Drive	[]		Vending Audit Logs	Compliance Folder	[]		Public Updates	District Website / Social Media	[]		Triennial Tool (Form 222)	Federal Portal / Office File	[]	
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Nutrition Promotion Goals

Objective	Action Steps
Themed Monthly Calendars: Use the <i>School Nutrition Association</i> (SNA) 25-26 calendar to celebrate events like National School Lunch Week (Oct 13-17) and National Whole Grains Month (Sept) .	1. Pre-Launch Planning 2. Execution Monthly 3. Communication & Marketing
"Try-it Tuesdays": Conduct district-wide monthly taste tests where students sample a small portion of a new vegetable or fruit	1. • Select the "Entry" Vegetable: Choose a high-probability winner for your first Tuesday (e.g., Roasted Sweet Potato Fries or Cucumber Slices with Tajín). Avoid polarizing items like beets or raw broccoli for the very first launch. 2. • The "Voting Station" Logistics: * Place three clear bins at the exit of the lunch line. Label them: "LOVED IT," "OKAY," and "NO THANKS." • Students vote by dropping their empty sample cup or a colored token into the bin. The "Live Leaderboard": * At the end of the lunch period, tally the votes. 3. Post the results on the school's social media or digital monitors: <i>"85% of 4th Graders voted YES on Sweet Potatoes! Look for them on the main menu next month."</i>

Food and Beverage Marketing Guidelines on School Grounds

Objective	Action Steps	
Alignment Rule. This states that only those foods and beverages that meet the USDA Smart Snacks in School nutrition standards are permitted to be marketed or advertised on school grounds during the school day.	Phase	Action Item
	Week 1	The Walkthrough: Document every food/beverage logo visible in the cafeteria, hallways, and gym.
	Week 2	The Review: Cross-reference every brand found with the USDA Smart Snacks calculator.
	Week 3	The Removal: Take down non-compliant posters, stickers, and menu board graphics.
	Week 4	The Refresh: Install new "School Nutrition" branded materials that celebrate fresh produce.

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

Objective	Action Steps
Holiday Hero Campaign: Prior to major holidays (Halloween, Winter Break, Valentine's Day), send "Healthy Celebration Tips" to parents via the district's mass communication system.	The "Holiday Hero" campaign is a brilliant way to flip the script from "the nutrition department says 'no' to treats" to "the nutrition department provides better ideas." It positions your team as a resource for parents rather than a "food police" enforcer.

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

Objective	Action Steps
In the inaugural SY 25-26 district-level model, the guidelines for foods and beverages sold on school grounds are strictly governed by federal regulations and local standards. These rules apply to any location where money is exchanged for food, including the cafeteria, school stores, vending machines, fundraisers and a-la-carte lines.	☐ SY 25-26 Food & Beverage Compliance Checklist ☒ 1. General Food Standards (Snacks & Entrées) <i>All food items sold must meet at least one of these general criteria:</i> ☐ First Ingredient: Is the first ingredient a fruit, vegetable, dairy product, or protein food? ☐ Whole Grain: Is the product "Whole Grain-Rich" (at least 50% whole grain by weight or have whole grain as the first ingredient)? ☐ Combination Food: Does the item contain at least $\frac{1}{4}$ cup of fruit and/or vegetable? ☒ 2. Nutrient Limits (Per Item as Served) ☐ Calories: < 200 calories for snacks; <350 calories for entrées. ☐ Sodium: <200 mg for snacks; < 480 mg for entrées ☐ Fats: Total fat < 35% of calories; Saturated fat < 10% of calories. ☐ Trans Fat: Must be 0g per serving. ☐ Total Sugar: < 35% of weight from total sugars. ☒ 3. NEW for SY 25-26: Added Sugar Limits <i>Phase 1 of the new federal sugar limits is now in effect for specific items:</i> ☐ Breakfast Cereals: < 6 g of added sugar per dry ounce. ☐ Yogurts: <12 g of added sugar per 6 ounces (2 per oz).

	• ☐ Flavored Milk: < 10 g of added sugar per 8 fluid ounces. • ☐ A-la-carte Milk: <15 g of added sugar per 12 fluid ounces (Middle/High School only). ☒ 4. Beverage Standards (By Grade Level) • ☐ Elementary: Only plain water, low-fat (1%) unflavored milk, non-fat flavored/unflavored milk, and 100% fruit/veg juice (max 8 oz). • ☐ Middle School: Same as Elementary, but juice/milk size can increase to 12 oz. • ☐ High School: Same as Middle, plus "No-Calorie" (< 5 kcal/8 oz) and "Low-Calorie" (<40 kcal/8 oz) flavored/carbonated waters (max 20 oz). ☒ 5. Operational & Procurement Rules • ☐ "School Day" Timing: Are sales restricted to the period between midnight and 30 minutes after the final bell?

Physical Activity

Objective	Action Steps
To ensure all students (K-12) receive a minimum of 150 minutes per week of physical education and physical activity, with a specific focus on achieving the Kentucky-mandated 30 minutes of daily physical activity for elementary students.	Curriculum Alignment • Standards Audit: Ensure all PE curriculum is aligned with the Kentucky Academic Standards for Physical Education for the 25-26 school year. • Diversify Electives: For secondary schools, offer physical activity-based electives beyond traditional PE, such as Lifetime Fitness, Yoga, or Strength & Conditioning, to ensure non-athletes meet their 150 minutes.

Other School Based Activities

Objective	Action Steps
Provide professional development and wellness resources to 100% of district employees to reduce burnout and model healthy behaviors for students.	Micro-Learning Modules: Provide on-demand, 10-minute video modules on topics like "The Power of No" (boundary setting), "Digital Decompression" (disabling work alerts after hours).
Host a district-wide "Open House Wellness" night, inviting health department, local farmers, and fitness instructors to engage with families.	Recruit Key Partners: • Health Department: Offer on-site flu/COVID-19 shots or blood pressure screenings. • Local Farmers: Invite them to host a "Pop-up Farmers Market" where families can use SNAP/EBT or WIC vouchers. • Fitness Instructors: Recruit local yoga, HIIT, or Zumba instructors to lead 15-minute "Intro" sessions.
Use the Year 1 data to refine the SY 26-27 "Other Activities" roadmap, ensuring the initiatives remain relevant to the specific needs of Kentucky students.	