

District:
Wellness Plan for KRS 158.856
Findings and Recommendations

The Superintendent shall submit the wellness plan that includes a summary of the findings and recommendations of the nutrition and physical activity report as required by May 1 of each year to the Kentucky Department of Education (KDE). (702 KAR 6:090 Section 5 (1,c) / Section 6 (2))

The District shall include within the findings and recommendations the following:

1. Extent to which the District is in compliance with this Policy;
2. A comparison of how the District measures up to model wellness policies provided by recognized state and national authorities; and
3. A description of the measurable progress made towards reaching goals of the District wellness policy and addressing any gaps identified in the wellness report for the previous year.

LEA Submission of Findings and Recommendations

Area of Assessment: NUTRITION

Findings:

- Great changes have been made to the cafeteria nutrition plan.
- Suggesting a salad bar cooler
- Great changes with using utilizing Facebook, websites, school messenger and emails.
- More choices, better fresh food to offer.

Recommendations:

- Getting a new salad cooler
- More choices

Area of Assessment: Physical Activity/Physical Education

Findings

- Times need adjusted on P.E. minutes.
- Physical education will receive at least 45 minutes per week throughout the school year.
- Health education students to take and pass at least one health education course.

Recommendations:

- At least 45 minutes of physical activity every day
- All elementary students should receive a 20-minute recess every day.

Outdoor /indoor

FINDINGS: Summarize comments from the public forum and the discussion from wellness leadership meetings about findings of the assessment report.

RECOMENNDATIONS: All of the following items should be considered as possible recommendations:

- Strengthen and/or modifying the language of the district wellness policy based on results of WellSAT assessment
- Improve implementation of the district wellness policy based on the Healthy Schools Program assessment or other district needs assessment.
- Implementing the plan to improve the school nutrition and physical activity environments in aligning with a well-rounded education.
- Inclusion of wellness goals, strategies, and/or activities in the CSIP and CDIP to improve access and opportunity state accountability for the whole child measures.