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

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| Findings:   * The district is in overall good compliance with the district Wellness Policy, but will cite ways in this report in which improvements can be made. Our district strives to have a strong, but very realistic Wellness Policy, which is comparable to other model policies provided by other school districts and other authorities. * AFFECTED BY COVID: The 2020-2021 school year was our ninth year participating in the CEP program and it continues to be very successful. All children are getting a free breakfast & lunch and we look forward to this program continuing. We also operated the Summer Feeding Program for the duration of the school year, due to the Covid pandemic. * The WellSAT was conducted during the SY and our district received a score of 83 for total comprehensiveness and a score of 50 for total strength. These numbers will give us something to build on, while trying to maintain a realistic policy. * All school nutrition program directors, managers, and staff meet the annual continuing education/training hours required by the USDA Professional Standards. * AFFECTED BY COVID: Students have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, from the time they are seated. * AFFECTED BY COVID: Meal participation rates have been impossible to track due to virtual learning and reduced in person learnings, but we will begin tracking those again for the 2021-2022 SY. * Our breakfast & lunch menus meet federal and state requirements and nutritional guidelines of the program. The meals are healthier with less fat, saturated fat, calories, sodium, sugar, and etc. Low fat milks, whole grain foods, and more fresh fruits and vegetables are being offered daily. * Safe, unflavored, drinking water is made available throughout the school day at no cost to the students. * The food service program underwent a state audit during the 2019-2020 school year and the audit went very well with no noted errors that would require fiscal action. * Continuing to close one recommendation gap from prior years - a food service secretary continues to work and assist in the food service programs. This has allowed more time for the director to explore other possible program expansions in the future, in addition to lessening the clerical work performed by the program director. * Principals and staff are becoming more and more aware of items that can be sold during the school day and of the competitive food guidelines. Healthy drinks and snacks are being sold to the students as a result and meet the USDA’s Smart Snacks standards. * The Weekend Food Backpack Program began on December 20, 2013. Approximately 182 identified children are receiving a food bag with non-perishable food items to take home with them twice a month to ensure they have food to eat. Several private donors and employees are committed to helping and food and monetary donations are being collected. * The district also participates in the Farm to School Program. We have expanded and currently incorporate “Cheesy Chicken Bread Bowls” and “Broccoli Cheddar Soup” on our lunch menu. These products are bought from Custom Food Solutions and are made from sweet potatoes and squash that is grown in Kentucky. |

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| Recommendations:   * The food service department is interested in looking at ways to continue incorporating more Farm to School in their program and into the schools. The district wellness policy committee is working with the UK extension program to inquire about local farmers and the possibility of procuring “local produce” and products in the future. * Breakfast participation can always improve. The district has began “breakfast grab and go” near student entry - ways at the high school level and that has increased participation as well. * Venues outside the cafeteria, including school stores could explore offering fresh fruits and vegetables. |

Area of Assessment: Physical Activity/Physical Education

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| Findings:   * AFFECTED BY COVID: Physical activity is being promoted in all our schools – whether it’s in the classroom during physical activity breaks, in the PE gym, or on the playgrounds during recess. The teachers encourage students to be active, though not certain, depending on grade levels, that they get at least 20 minutes and 150 minutes of activity each day. * Not all of our schools have a certified PE teacher in the building, Sebastian Elementary is the only elementary with a certified PE teacher on staff. * Consistent with the district wellness policy, all schools prohibit using physical activity and recess as punishment. * AFFECTED BY COVID: Not all indoor and outdoor physical activity facilities are open to students, their families, and the community outside school hours. * AFFECTED BY COVID: All schools offer opportunities for students to participate in physical activities, at some time over the school year, through organized sports teams. |

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| Recommendations:   * Like so many other Kentucky districts, we are lacking in the number of PE teachers. We continue to look at funding sources and ways to hire more certified instructors to increase the student level of physical activity. * AFFECTED BY COVID: The district should explore avenues and ways to make the physical activity facilities more accessible to students and their families. |

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.