

District:
Wellness Plan for KRS 158.856
Findings and Recommendations

Wellness policy 09.2 from the Kentucky School Boards Association states:

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.*

Recommendations from KDE's [*Student Success Through Wellness: A Guide to Wellness Policies in Kentucky*](#):

Summarize comments from the public forum, and the discussion from wellness committee meetings about findings assessment report.

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.*

LEA Submission of Findings and Recommendations

Area of Assessment: NUTRITION

Findings:

406 Collaboration between nutrition services staff members and teachers:

--Limited to no collaborative activities occur between nutrition service staff members and teachers.

114 Fundraising efforts during and outside school hours meet the USDA's Smart Snacks in School nutrition standards:

--Few/limited food items sold during fundraisers meet or exceed the USDA's Smart Snacks in School nutrition standards.

Recommendations:

406 Collaboration between nutrition services staff members and teachers:

--Participate in design and implementation of nutrition education programs; display educational and informational materials that reinforce classroom lessons; provide food for use in classroom nutrition education lessons
Provide ideas for classroom nutrition education lessons; teach lessons or give presentations to students; provide cafeteria tours for classes

114 Fundraising efforts during and outside school hours meet the USDA's Smart Snacks in School nutrition standards:

--Review with all stakeholders the Smart Snack guidelines; monitor approval of food fundraisers to ensure Smart Snack guidelines are met.

Area of Assessment: Physical Activity/Physical Education

Findings:

304 Health-related physical fitness:

--Only 1 of the Presidential Youth Fitness Program components is being addressed.

305 Promotes community physical activities:

--Physical activity is promoted in one way at RJSHS.

307 Promotion or support of walking and bicycling to school:

--RJSHS promotes walking and bicycling in one or two ways.

308 Availability of before and after school physical activity opportunities:

--Opportunities are not currently offered at RJSHS.

311 Professional Development for physical education teachers:

--None of the district's physical education teachers are required to participate in the physical education professional development during the school year.

Recommendations:

304 Health-related physical fitness:

--To improve the rating for this component, all physical education teachers should, in addition to giving the PYFP assessment, receive professional development regarding how to assess and implement/integrate components of the program. Each school should develop a recognition program for students meeting their Healthy Fitness Zones and/or goals.

305 Promotes community physical activities:

--Promote physical activity in a variety of ways/methods, such as class discussions, bulletin boards, public announcements, guest speakers, take home flyers, homework assignments and newsletter articles.

307 Promotion or support of walking and bicycling to school:

--Work with city officials to determine safer possible routes to and from school for our students.

--Provide secure storage facilities (bike racks)

308 Availability of before and after school physical activity opportunities:

--Investigate the possibility of before and after school activities to all students through the use of organized events and/or access to facilities and equipment for physical activity.

311 Professional development for teachers:

--Promote the participation of physical education teachers in discipline-specific professional development during the school year.