

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:

Breakfast participation continues to lag behind lunch participation  
Breakfast participation at <40% and lunch participation >68%  
Breakfast participation needs to increase

Recommendations:

- \*explore new breakfast items that interest students
- \*consistent "cold" breakfast choices (student preferences!) (supply issue)
- \*adjust breakfast times/serving opportunities to attract target students

## Area of Assessment: Physical Activity/Physical Education

### Findings:

Physical activity levels throughout the district exceeds minimum requirements  
HS enrollment in dual credit PE class is low  
LWP was updated/modified during the school year to reflect district goals

### Recommendations:

\*ensure through scheduling that PE electives are available to HS students (not an offering during core class time)

\*grow the college level PE program in enrollment numbers

**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.