

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:

Regulations were met in Weekly Nutrient Statistics.

Weekly Component Regulations were met.

Regulations in Weekly Subgroups of Vegetable Components were met.

Whole Grain Requirements were met.

Milk Requirements were met.

Recommendations:

Continue to meet all requirements of providing nutritional meals to children.

Area of Assessment: Physical Activity/Physical Education

Findings:

Physical Activity Requirements were met at all schools.

School facilities are accessible to the community for physical activity.

Children have access to water throughout the school day.

Recommendations:

Continue to meet all physical activity requirements at all schools. Promote healthy living and physical activity among our students and staff by working with our community partners such as the Extension Office and local Health Department.

**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.