

**District: Lee County
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:

- The 2019-20 school year was our ninth year participating in the Community Eligibility Program providing nutritious meals at no charge to all students enrolled in our district and continues to be very successful.
- We have agreements with the state and federal government to administer the National Breakfast and Lunch Programs, After School Snack Program, and Summer Food Service Program. We have also been awarded the Fresh Fruit & Vegetable Program Grant for several years allowing us to serve fresh fruit to students at Lee County Elementary.
- Our breakfast and lunch menus meet federal and state nutritional guidelines for the programs. The meals are healthier for the students with less fat, saturated fat, calories, sodium, and sugar. Nonfat and 1% milks, whole grain foods, and more fresh fruits and vegetables are offered daily.
- Principals and school staff are 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.

Recommendations:

- The District Wellness Policy has been updated annually by the Wellness Committee and should continue to be updated annually. General recommendations from this group and community members are made to help continue and improve the wellness environment in our district.
- The district and schools should continue to use the Alliance for a Healthier Generation Assessment, WellSat, School Health Index and action plans to evaluate their school and implement strategies to increase the overall health and wellness of

the students, staff, and families in the school community and should continue to include goals for improvement in the School Improvement Plans, District Improvement Plans, and Strategic Plans.

- Continue to find ways to increase breakfast and lunch participation in all schools, including more taste tests for students and surveys that will show what students are interested in.
- The District needs to find different ways to reward students than with food and share them with teachers and/or parents.
- The language of the District's Wellness Policy needs to be strengthened based on things that have changed in the district.

Area of Assessment: Physical Activity/Physical Education

Findings:

- Physical activity is being promoted in all our schools – whether it's in the classroom, PE gym, or on the playgrounds during recess. Lee County Elementary School does not currently have a certified PE teacher in the building, however the Lee County Middle High School does have a certified PE teacher.
- One way PA is being promoted at the Elementary School is through a partnership with Juniper Health. They provide yoga classes once a month to the students during school hours.
- Lee County Elementary School was able to purchase new PE equipment through a wellness grant and updated lesson plans for each teacher in PE that has increased the quality of the teacher-led classes.

Recommendations:

- The district and schools should continue to use the Alliance for a Healthier Generation Assessment, WellSat, School Health Index, and action plans to evaluate schools and implement strategies to increase the overall health and wellness of the students, staff, and families in the school community and should continue to include goals for improvement in the School Improvement Plans, District Improvement Plans, and Strategic Plans.
- As a district, we need to address prohibiting use of physical activity as punishment and prohibit withholding recess as punishment. We are not meeting this criterion. We need to look into various other ways the student behavioral issues can be addressed.
- Professional development in health education for teacher's criterion has not been met and we have not met the criterion to have licensed physical education teachers in all of our schools.
- Continue to increase teacher's awareness of opportunities to provide physical activity in the classroom, PE class, or on the playgrounds during recess.
- Continue to increase opportunities for all students to be active during the school day and encourage more students to become involved in after school events that involve physical activity.

- The language of the District's Wellness Policy needs to be strengthened based on things that have changed in the district.

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

RECOMMENDATIONS: 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.