Johnson County Schools

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: Assessment of the nutrition environment for the district found: School meals programs are fully accessible to all students; Grab & go breakfast options are offered to maximize participation in the breakfast program; School meals meet program requirements and include a variety of offerings that go beyond NSLP guidelines; Food service department follows practices to ensure healthier foods are purchased and prepared; Healthy food and beverage choices are promoted using Smarter Lunchroom techniques; Adequate time is provided for students to eat school meals; There are no venues outside the cafeteria that offer fruits and non-fried vegetables; School Nutrition Services staff have annual continuing education training requirements and are trained on food safety best practices; More collaboration is needed between school nutrition staff and teachers for educational enrichment opportunities; Cafeterias provide a clean, safe, and pleasant eating environment. These findings are noted on Module 4 of the School Health Index. |

|  |
| --- |
| Recommendations: To improve the nutrition environment in our schools, we recommend having vending machines, school stores/concessions that offer fresh fruit and vegetable choices as well as ensuring all school concessions, snacks, and fundraising programs (during school hours) be in compliance with the Smart Snacks in Schools guidelines. It is also recommended that more collaboration among school nutrition staff and teachers occur for better nutrition education programs. These recommendations were based on weaknesses noted on Module 4 of the School Health Index. |

Area of Assessment: Physical Activity/Physical Education

|  |
| --- |
| Findings: Assessment for the Physical Activity/Physical Education environment for our district’s elementary schools found: Adequate teacher/student ratios for physical education classes and recess; Students active at least 50% of class time; The need for individualized physical activity and fitness plans; Special health care needs are addressed; Professional development for physical education teachers is provided as well as adequate physical activity facilities; Further professional development for classroom teachers. These findings are noted on Module 3 of the School Health Index |

|  |
| --- |
| Recommendations: To improve the physical activity/physical education environment in our elementary schools, we plan to work on developing individualized physical activity and fitness plans and to provide professional development for classroom teachers. These recommendations were based on weaknesses noted on Module 3 of the School Health Index. |

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.