

NUTRITION & PHYSICAL ACTIVITY REPORT

WELLNESS RECOMMENDATIONS

January 2015

BACKGROUND: To continue to improve FCPS Student Wellness, this report is designed to serve as a reference. It is to provide guidance for the development of the district improvement plans.

KRS 158.856(1)(4)(5) requires that the District annually assess the Nutrition Environment of the schools, report findings, provide recommendations, solicit public input and develop an improvement plan.

KRS 158.856(2)(3)(5) requires that the District annually assess the Physical Activity Environment of the schools, report findings, provide recommendations, solicit public input and develop an improvement plan.

By January 31 of each year, the local board of education shall hold an advertised public forum to present a plan to improve school nutrition and physical activities in the school district. The school district shall then submit a summary of findings and recommendations to the Kentucky Board of Education.

Federal Law (Child Nutrition and WIC Reauthorization Act of 2004) requires each Board to develop and implement a Student Wellness Policy by July 1, 2006. In June of 2006, FCPS Board of Education approved a Student Wellness Policy and Plan.

For 2015 the following recommendations are made:

PROPOSAL:

Review and Revise District Wellness Policy

It is recommended that staff take internal and external input to improve and strengthen the District's Wellness Policy.

Update District Website

It is recommended that the District Website be updated to provide more information on wellness best practices in a user friendly format.

Recognize Individual School Wellness Efforts

It is recommended that the School Board recognize individual schools that have implemented strong wellness policies and programs.

Change Wellness Report Timeline

It is recommended that the District change the Wellness Report Timeline as follows:

- November 2015 Planning Meeting - Submit the Nutrition and Physical Activity Report to the Board of Education as an informational item only. Ask for input via email or otherwise prior to December 31st and advertise a public forum to be held in January.
- January 2016 Planning Meeting - Host a public forum for comment and present the Nutrition and Physical Activity Report along with any additional input received since the November release of the report.
- January 2016 Regular Board Meeting - Present the Nutrition and Physical Activity Report along with recommendations for improvement and recognize individual school efforts in wellness.

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