

NUTRITION AND PHYSICAL ACTIVITY REPORT
WELLNESS RECOMMENDATIONS
January 2016

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 school 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 2016 the following recommendations are made:

PROPOSAL:

Review and Revise District Wellness Policy

It is recommended that staff review the Wellness Policy once changes in Federal Guidelines have been made and make updates to reflect compliance with those guidelines.

Update District Website

Continue updates and launch of District Wellness Website to provide more information to teachers, parents, students and staff in a user friendly format.

Continue Recognition of Schools

Continue to Recognize Individual School Wellness Efforts Using a Scoring Matrix such as the Alliance for a Healthier Generation's Healthier Schools Program, the U.S. Department of Education's Sustainability, Wellness and Environmental Literacy scorecard, etc.

CPR/First Aid Train the Trainer – American Red Cross Grant

A grant has been obtained by the Bluegrass Chapter of the American Red Cross to train individuals to be CPR/First Aid trainers. Those trainers will then be able to train and certify others in CPR/First Aid. This is intended to expand the number of persons in our school facilities who are CPR/First Aid certified.

Expansion of Health Clinics and Telemedicine

A work group of stakeholders will convene to discuss additional clinics in elementary schools, as well as clinics or telemedicine options in middle and high schools.