

Garrard County School 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:

The Garrard County School District complies with the nutritional standards required by federal and state laws and regulations which apply to the food program and to other food and beverages available during the school day. Garrard County is a certified CEP (Community Eligibility Provision) district which means all Garrard County students are served breakfast and lunch at no cost. Garrard participates in the following USDA child nutrition programs:

- NSLP (National School Lunch Program)
- SBP (School Breakfast Program)
- CACFP (Supper Program)
- SFSP (Summer Food Service Program)

Any food or beverage available to students during a school day that is not a part of these programs complies with the strict Smart Snack guidelines required by the Healthy-Hunger Free Kids Act of 2010 to insure offering healthier snacks to our students.

Garrard County Schools offer 2nd chance Breakfast or Breakfast in the Classroom. The District is committed to supporting healthy food choices and improving student health and well-being. Menus are designed for specific age groups and each has its own requirements for portion sizes, calories, and sodium levels. The child nutrition program accommodates students with special dietary needs. All foods available comply with state and local safety and sanitation regulations. Garrard Schools promote hydration by providing free, safe, unflavored drinking water throughout the school day and throughout each school, especially where school meals are served during mealtimes. School nutrition program director, managers, and staff meet or exceed the hiring and annual USDA professional standards for child nutrition professionals. Menus are typically posted on the district website, but in serving through the Summer Program in 20-21

due to the pandemic the menus had become too varied and unpredictable to publish online. Menus for the Summer program have been greatly affected by lack of product availability, budget, and different types of meal service, so it has been virtually impossible to publish these uncertain plans online to make families aware of what to expect curbside, at remote sites, or in person. Marketing of the nutrition program could use some improvement with an increased presence on social media.

Additionally, we added a water bottle refill station to CDR, PLE, LE, GMS, GCHS. This has allowed our students easier access to filtered water and led to healthier beverage choices. Water's many benefits allow for Garrard students to perform at a higher level in the classroom and during extra curricular activities. We are excited that each school will be installing their second water bottle refill station very soon. The GEC and Board office will also be receiving a refill station.

Recommendations:

Increase frequency of Wellness Committee Meetings, Increase parent communication on menus and nutritional analysis, Increase presence on Social Media, educate the importance of drinking water and encourage teachers to allow students to refill their water bottles.

Area of Assessment: Physical Activity/Physical Education

Findings:

Garrard County School District is behind in the amount of Physical Education minutes each student receives based off the Center for Disease Control and Prevention (CDC) School Health Index Assessment. The CDC endorses that students K-12 receive 150 minutes of Physical Education every week. The CDC stats that students should participate in Physical Education at least 3 days a week and recommends daily Physical Education for all students. The average amount of PE for Garrard Elementary Students is 75 minute a week. Middle School students only attend PE one out of the four quarters of the school year and some don't attend PE at all. Each High School student must complete PE 1 out of 3 trimesters during the school year. They attend PE every day for the 12 weeks of the trimester, but do not attend PE at all for the other 24 weeks.

Mental Health Trauma is a growing situation for Garrard County. A growing number of our students have suffered through divorce, death, abuse, neglect, etc. Using fitness, physical activity and mindfulness activities are important tools that should be part of all student's day, especially students who deal with Mental Health Trauma. These tools allow students to produce at their peak level and help them deal with everyday challenges.

Recommendations:

When looking at the Whole School, Whole Community, Whole Child (WSCC) model, Camp Dick Robinson piloted a zero hour fitness program during the 2019/2020 school year. 20 students (test group) attended a moderate to high intensity fitness class for 25 minutes each day before the academic school day started. Most of the 20 were selected to the test group due to their higher levels of mental health trauma (death, divorce, abuse, etc)

These students outperformed a peer control group by 88% when comparing their fall Iready tests to their December Iready tests. In addition, 65% of the test group improved in school attendance.

One recommendation is to target similar students throughout Garrard County Schools and have in place similar programs like the, "Zero Hour Fitness" group to help improve these students' Attendance, Academics and Behavior.

Another Recommendation is to educate and make movement and mindfulness breaks in the classroom a focus. Teaching is about quality not quantity. Students sitting for more than 20 minutes at a time is not helping their Academics, SEL or Health. A combined vision by all schools, staff, and administration to focus on utilizing more movement and mindfulness breaks is needed.

Finally, it is recommended that each school create their own Wellness Advisory Council. This council should seek to have members made up of the school staff, including PE/Health teacher(s), Administration, school nurse, guidance counselor, classroom teachers. In addition, the council should look to have representation from parents, the community, and students. It recommended that this council meet quarterly throughout the school year. The council's purpose is to review the Garrard County Wellness plan and analyze strengths and areas of growth.

All these recommendations come with the Whole School, Whole Community, Whole Child (WSCC Model) philosophy in mind. We need to address the physical and emotional needs of a student, before we try to build their academic talents.

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 School Health Index 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.