

District: Southgate Independent  
Wellness Plan for KRS 158.856  
2022-23 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 district is in overall compliance but recognizes opportunities for improvement in some areas.
- All students are offered a free breakfast and lunch under the CEP program.
- Meals served meet federal and state requirements and nutritional guidelines unless during SFSP waiver.
- All staff have met the annual continuing training/education hours.

**Recommendations:**

- Provide teachers and staff a list of alternative ways to reward students versus snacks or food items that do not meet the Smart Snacks regulations.
- Increase nutrition promotion and participation in meal programs by improved digital communication regarding menu items and online nutritional information.
- Continue offering more local produce and expand our Farm to School activities to include more hands-on activities.

## Area of Assessment: Physical Activity/Physical Education

### Findings:

- The district is in overall compliance but recognizes a need for improvement in some areas.
- Physical activity is recognized as important by the elementary schools through implementation of brain breaks and by offering it as an elective for middle school students (in addition to PE).
- Numerous opportunities are provided for students to participate in physical activity after the school day.
- Students receive health and physical education by licensed teachers in all schools.
- Health and PE curriculums are sequential and consistent with national and state standards.

### Recommendations:

- Increase recruitment of students, parents, staff and community members to participate in wellness committees and decision-making regarding physical activity environments.
- Increase content/age specific professional development for teachers during the school year.