

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.