

District:
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:

- Allen County Schools continues to provide a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity.
- The Food Service Director ensures that students are provided with healthy meals that meet the USDA guidelines. We strive to serve nutritious, appealing foods and give students adequate time to enjoy their meals.
- We observe the competitive food rules and no school serves competitive foods or beverages from midnight before until thirty (30) minutes after the last lunch period. From thirty (30) minutes after last lunch period until thirty (30) minutes after the school day anything sold must meet the Smart Snack guidelines.
- Continue to instill healthy eating habits by taking children on field trips to local farms to see how produce is grown and harvested.
- WellSAT 3.0 was completed in October 2022. WellSAT has to be completed every 3 years.
- ACSH Culinary studies nutrition & also learns to prepare healthy meals in class.
- 21st Century afterschool program offers several programs that promote healthy eating & physical activity. The culinary class allows students to learn to prepare healthy food options.

Area of Assessment: NUTRITION

Recommendations:

- Continue to review & revise the District Wellness Policy to align with KRS and USDA guidelines.
- Continue farm visits and have vegetable sampling to introduce children to new healthy fruits & vegetables. The samplings will help them understand how the food is grown. The farm tours allow children also assist with farm chores which increases physical activity.
- Continue to seek out foods that are appealing that meet nutritional guidelines to reach more of the student population and to assist in increasing participation.
- Work with our school Agriculture Dept. and discuss a student garden and incorporate items grown on the school lunch menu.

Area of Assessment: Physical Activity/Physical Education

Findings:

- Allen County Primary Center, Allen County Intermediate Center & James E. Bazzell Middle School offers P.E. on a rotational basis for all students and encourages teachers to integrate movement into their daily classroom activities for in class students.
- Allen County Scottsville High School requires a credit for Health & PE; and offers Advanced P.E as an elective.
- K-6 has recess daily and encourages physical activity for at least 15 minutes per day.
- There are multiple after school activities offered for all ages. Ex: Run Club, Archery, & multiple sports activities offered to all ages.
- Also our community offers multiple activities that we communicate & encourage our students to participate. Examples: Core activities, Boys & Girls Club.
- ACSH offers a JROTC course that includes physical activities and competitions.
- JEBMS & ACSH has Sources of Strength which includes training on eating healthy and being physically active.
- ACIC studies the 7 Habits of Highly Effective People. Habit 7 teaches that you must take time to maintain balance between physical, mental, social/emotional and spiritual dimensions.
- Allen County Health Department comes to the district and administers annual flu shots but had suspended yearly wellness checks for staff.

Area of Assessment: Physical Activity/Physical Education

Recommendations:

- Continue to review & revise the District Wellness Policy to align with KRS and USDA guidelines.
- Provide opportunities for increased daily movement K-12.
- Review physical education curriculum assuring that it is aligned with state and national standards.
- Encourage teachers to incorporate health, physical education & wellness components.
- Work with Allen County Health Dept. & continue to provide school staff with annual wellness checks & flu shots etc.

FINDINGS: Summarize comments from the public forum and the discussion from wellness leadership meetings about findings of the assessment report.

- We held the Public Forum on January 16, 2023. A presentation was made summarizing our Wellness Policy & the findings and recommendations that the wellness committee completed. The committee will strive to make sure we are aligned with all guidelines. We will continue to review the plan each year to ensure children are being physically active during the school day & that we are providing nutritious meals and nutrition education.
- There were no public comments made at the Public Forum.

RECOMMENDATIONS: All of the following items should be considered as possible recommendations:

- See recommendations made by the Wellness Committee listed about for Nutrition and Physical Activity/Education.
- There were no recommendations made at the Public Forum.