

**WOODFORD COUNTY BOARD OF EDUCATION  
AGENDA ITEM**

**ITEM #:**           **DATE:** March 24, 2023

**TOPIC/TITLE:** Wellness Plan

**PRESENTER:** Courtney Quire, Michelle Hinman

**ORIGIN:**

- ☒ TOPIC PRESENTED FOR INFORMATION ONLY (No board action required.)  
☐ ACTION REQUESTED AT THIS MEETING  
☐ ITEM IS ON THE CONSENT AGENDA FOR APPROVAL  
☐ ACTION REQUESTED AT FUTURE MEETING:            (DATE)  
☐ BOARD REVIEW REQUIRED BY

- ☐ STATE OR FEDERAL LAW OR REGULATION  
☐ BOARD OF EDUCATION POLICY  
☐ OTHER:

**PREVIOUS REVIEW, DISCUSSION OR ACTION:**

- ☒ NO PREVIOUS BOARD REVIEW, DISCUSSION OR ACTION  
☐ PREVIOUS REVIEW OR ACTION

- ☐ DATE:  
☐ ACTION:

**BACKGROUND INFORMATION:**

Wellness Plan for KRS 158.856

**SUMMARY OF MAJOR ELEMENTS:**

LEA Submission of Findings and Recommendations for Nutrition and Physical Activity/ Physical Education

**IMPACT ON RESOURCES:** n/a

**TIMETABLE FOR FURTHER REVIEW OR ACTION:**

**SUPERINTENDENT'S RECOMMENDATION:** ☒ Recommended            ☐ Not Recommended



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.

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 19, 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

RECOMENNDATIONS:

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

## LEA Submission of Findings and Recommendations

### Area of Assessment: NUTRITION

#### Findings:

#### Findings:

- Woodford 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.
- WCHS Culinary studies nutrition & also learns to prepare healthy meals in class.

#### Recommendations:

- Continue to instill healthy eating habits by expanding our partnerships with local farmers and producers.
- Continue to review & revise the District Wellness Policy to align with KRS and USDA guidelines.

## Area of Assessment: Physical Activity/Physical Education

### Findings:

- At all WCPS Elementary Schools each student will engage in at least 15 minutes of planned moderate to vigorous physical activity each day.
- At all WCPS Elementary Schools each student will be given the opportunity to participate in a physical education class once a week.
- At all WCPS Elementary Schools students will not be deprived of recess or other physical activity as a consequence for bad behavior or academic performance.
- At WCMS teachers will make a reasonable effort to avoid periods of inactivity. When possible, physical activity will be integrated into learning activities.
- At WCHS students must participate in and pass a one semester physical education class and one semester health class before graduating from high school.

### Recommendations:

- Continue to offer Staff wellness and mental health services through Inova.
- Partner with Cumberland Family Medical to offer students and staff health and mental wellness services.
- Partner with Planet Youth to offer activity opportunities to students.
- Continue to offer Districtwide Back to School Supplies Drive