

**WOODFORD COUNTY BOARD OF EDUCATION
AGENDA ITEM**

ITEM #: **DATE:** March 27, 2024

TOPIC/TITLE: Wellness Report Card

PRESENTER: Courtney Quire

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

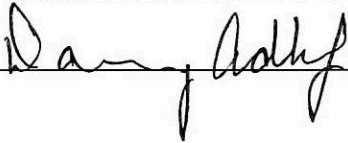
SUMMARY OF MAJOR ELEMENTS:

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))

IMPACT ON RESOURCES: n/a

TIMETABLE FOR FURTHER REVIEW OR ACTION: n/a

SUPERINTENDENT'S RECOMMENDATION: Recommended Not Recommended





2023/2024 SCHOOL YEAR

Wellness Report Card

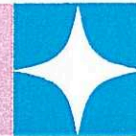


NUTRITION, PHYSICAL ACTIVITY & HEALTH & WELLNESS INITIATIVES

AT A GLANCE

- Overview of Nutrition, Health & Mental Health Services
- Findings & Recommendations for the Physical Activity & Nutrition Report

Food/ Nutrition Services



We provide quality nutrition to support lifelong healthy eating habits for long term student success!

WCPS Food/ Nutrition Services Program is administered through the United States Department of Agriculture (USDA), the Kentucky Department of Education (KDE), the Kentucky Department of Agriculture (KDA), and the WCPS Board of Education. Comprehensive regulations must be followed in order to receive federal funding to operate the program.

DID YOU KNOW?

- Meals served within these programs must meet minimum nutrition standards set forth by USDA.
- The Healthy, Hunger-Free Kids Act contains many provisions that help improve child nutrition programs and make offerings more nutritious.
- WCPS serves meals that meet federal nutrition standards, ensuring that meals are healthy and well-balanced, and providing students with all the nutrition they need to succeed at school.
- School meals offer milk, fruits, vegetables, lean proteins, and whole grains while also meeting the limits for saturated fat, calories, and sodium.
- The nutrition program also serves meals that meet age-appropriate calorie limits, exceed whole grain expectations, and utilize locally sourced fresh fruits and vegetables.

The following USDA programs are provided in WCPS 2023-24

National School Breakfast Program (SBP)= school breakfast meals

National School Lunch Program (NSLP)= school lunch meals

Summer Food Service Program (SFSP) = summer meals

Fresh Fruit and Vegetable Program (FFVP) = fresh fruit & and veggies during the school day

Community Eligibility Provision (CEP) All students enrolled in WCPS attend a CEP school site and receive breakfast and lunch at no cost throughout the school year. However, it is still important for families to complete a Household Income Form for non-meal related benefits associated with student-free/reduced data. This provides a benefit for both the student's family and the school.

Fresh Fruit and Vegetable Program (FFVP) To promote fresh produce, a fresh fruit or vegetable is offered weekly in the classroom for all students during non-meal times. Educational material is provided on these items. FFVP was awarded to the following 2 elementary school sites due to their free/ reduced rate:

Simmons Elementary & Northside Elementary

USDA MEAL REGULATIONS

Meal Components:

- Protein = lean meats, plus vegetarian options
- Grain = only whole grain-rich items including breadings on entrees
- Fruit = variety of fresh and canned (packed in juice)
- Vegetables = variety of fresh, frozen, and canned
- Dairy = fat-free and 1% milk options

Nutritional Guidelines:

- Fat = less 30%, zero trans fats

- Sodium = low sodium guidelines
- Sugar = low sugar guidelines
- Portion controlled

# of participating schools	7
Total Student Breakfasts 2022-2023	253,306
Total Student Lunches 2022-2023	466,962
Total A La Carte Sales Items	279,900
Total Summer Meals 2023	11,302

Health Services



Supporting student's success with innovative health education and quality health care!

- All schools have wellness meetings throughout the year to determine what we are doing well and where we need to make improvements.
- We manage many chronic health conditions in each school including diabetes management.
- We implement drug and alcohol education to all middle school and high school students as well as make resources available to their families.
- Each year vision screenings are conducted for our 3rd and 5th grade students.
- For 5th-grade students, we conduct puberty classes where boys and girls are separated to discuss how their body is changing and how to keep our bodies safe and healthy.
- Our nurses continually monitor immunizations and school medical records to make sure they are up-to-date and in compliance.

Staff & Student Mental Health



Providing emotional, psychological and social well-being from childhood through adulthood.

- Supports for **students** have included:
 - Social-emotional learning programming built into scheduled for grades K-8
 - Universal Behavior Screeners (teacher completed) for grades K-8 to help identify school, class, and individual student needs
 - MOAs with community health agencies - allowing them to come into the schools to service students
 - Removing indirect student responsibilities (like Building Assessment Coordinator) for counselors to increase time spent working directly with students
 - *Addition of 2 mental health specialists in the 22-23 year*
 - *Addition of the Building Assets, Reducing Risks (BARR) program for Freshman at WCHS this school year in the 22-23 year*
 - *Received Stronger Connections Grant that will fund BARR at the high school and middle school. Also budgeted for an additional 0.5 mental health specialists for the next 3 years*
- Supports for **staff** have included:
 - for the 23-24 School Year, Staff have free access to:
 - Individual counseling support through EAP
 - Staff wellness challenges
 - Access to Health Care through Cumberland Medical Group

Nutrition & Physical Activity Report



Findings & Recommendations for 2023/2024 school year

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

The Public Forum was held on January 19, 2023. A presentation was made summarizing our Wellness Policy and 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 and that we are providing nutritious meals and nutrition education.

∅ There were no public comments made at the Public Forum

Area of Assessment: NUTRITION

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 until thirty (30) minutes after the last lunch period. From thirty (30) minutes after the last lunch period until thirty (30) minutes after the school day anything sold must meet the Smart Snack guidelines.

·WCHS Culinary studies nutrition and 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 and 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 of 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

“The USDA is an equal opportunity provider.”