

**WOODFORD COUNTY BOARD OF EDUCATION
AGENDA ITEM**

ITEM #: **DATE:** March 18, 2025

TOPIC/TITLE: Wellness Report

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:

By May 1, the superintendent or designee will submit the nutrition and physical activity report, including a summary of findings and recommendations, to the Kentucky Board of Education via wellnessreport@education.ky.gov and post to the district website. (702 KAR 6:090 Section 5 (1,c)/Section 6 (2))

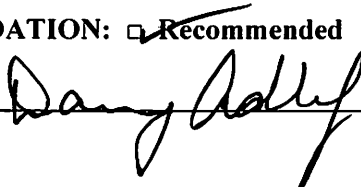
SUMMARY OF MAJOR ELEMENTS:

1. Comments from the public forum
2. Findings and recommendations

IMPACT ON RESOURCES: n/a

TIMETABLE FOR FURTHER REVIEW OR ACTION: n/a

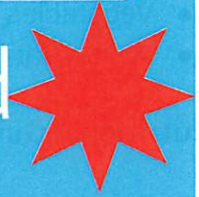
SUPERINTENDENT'S RECOMMENDATION: ☒ Recommended ☐ Not Recommended





2024/2025 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 to receive federal funding to operate the program.

- 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 provide students with all the nutrition they need to succeed at school.
- School meals offer milk, fruits, vegetables, lean proteins, and whole grains while meeting saturated fat, calories, and sodium limits.
- 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 2024-2025

National School Breakfast Program (**SBP**)= school breakfast meals

National School Lunch Program (**NSLP**)= school lunch meals

Summer Food Service Program (**SFSP**) = summer meals

USDA MEAL REGULATIONS

Meal Components:

- Protein = lean meats, plus vegetarian options

- Grain = @ least 80% of grains offered are 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 |

| | |
|------------------------------------|---------|
| participating schools | 7 |
| Total Student Breakfasts 23/24 | 252,866 |
| Total Student Lunches 23/24 | 453,089 |
| Total A la Carte Sales Items 23/24 | 199,470 |
| Total Summer Meals 2024 | 77,853 |

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 improve.
- We manage many chronic health conditions in each school, including diabetes management.
- We implement drug and alcohol education for all middle school and high school students and make resources available to their families.
- Vision screenings are conducted for our 3rd and 5th-grade students each year.
- For 5th-grade students, we conduct puberty classes where boys and girls are separated to discuss how their bodies are changing and how to keep our bodies safe and healthy.
- Our nurses continually monitor immunizations and school medical records to ensure they are up-to-date and compliant.

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*
 - *I received the Stronger Connections Grant to fund BARR at the high and middle school levels. Also budgeted for an additional 0.5 mental health specialists for the next 3 years*
- Supports for staff have included:
 - for the 24-25 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 assessment report's findings.

The Public Forum was held on January 23, 2025. A presentation summarizing our Wellness Policy and the findings and recommendations that the wellness committee completed was made. The committee will strive to ensure that we are aligned with all guidelines. We will continue to review the plan each year to ensure that children are physically active during the school day and that we are providing nutritious meals and nutrition education.

Ø 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.

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 allowed 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 committee will provide indoor recess activities resources to Elementary schools to promote physical activity when outdoor recess is not possible.

“The USDA is an equal opportunity provider.”