

## Wellness Plan

This document, referred to as the “wellness plan” is intended to accompany policy which has been adopted by the board to comply with the requirements for a school wellness policy that follows 7 CFR 210.31.

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| <b>Effective Date</b>    |
| 11-20-25                 |
| <b>Last Date Updated</b> |
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| <b>School Official (name and title) Responsible for Implementation and Oversight</b> |
| Kirby Smith, Superintendent  |

### Local Wellness Plan Team

| Name             | Title                           | Start Date |
|------------------|---------------------------------|------------|
| Tawana Eastridge | Food Service Director           | 11-1-21    |
| Richard Dooley   | Assistant Food Service Director | 7-1-25     |
| Dale Estes       | Parent                          | 7-1-23     |
| Jessica Lile     | CES Assistant Principal         | 12-1-21    |
| Hannah Jones     | CMS Principal                   | 12-1-21    |
| Tammy Wilson     | CHS Assistant Principal         | 7-1-23     |

### Notification

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| <b>Description of how stakeholders are provided with an opportunity to participate in the development, implementation and review of policy.</b>   |
| Campbellsville Independent School District is committed to creating a healthy environment for each student. If you are interested in reviewing the district local wellness plan, would like the opportunity to participate as a member of the school wellness team that is responsible for the development and implementation of the policy, or providing feedback on the nutrition environment please contact Tawana Eastridge at 270-465-4162 or email <a href="mailto:Tawana.eastridge@cville.kyschools.us">Tawana.eastridge@cville.kyschools.us</a> |

**Description of how content, implementation and progress is shared with stakeholders.**

The goals and objectives of the local wellness policy are shared in the following ways:

1. A copy of the policy is available by request. Information maintained on the district website.
2. Goals and objectives are shared at the school level at staff meetings.
3. A progress update is presented in January annually at a district board meeting. The update contains information on the status of achieving goals and possible additional new goals

**Evaluation**

**Description for measuring implementation of policy.**

The policy is measured in two ways.

**Goals and Objectives**

All goals are written using SMART objectives. Progress is measured by reviewing accomplishments of set goals. Progress updates are reviewed during local wellness team meetings. Standards are monitored on a regular basis.

**Policy**

The strength of the policy is measured using the Well-Sat tool. This tool is required at a minimum on a three –year basis, but will be completed annually.

Results are available by request. A copy of the results can be found on the district website.

**Date of last Triennial Assessment**

**11-20-25**

**Recordkeeping**

Each local educational agency must retain records to document compliance with the requirements of CFR 210.31. Please list where you maintain the following records:

**Written local school wellness policy**

The local wellness policy is available by request. This information can be found on the district website: <https://www.cville.kyschools.us/departments/food-services>

A copy of the local wellness plan is also available on the district food service website.

**Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessment available to the public.**

SFA checks the district website on a regular basis to ensure information is accurate and available to the public.

**Documentation of the triennial assessment of the local school wellness policy.**

A copy of the most recent WellSat Assessment can be found on the district food service website.

<http://www.cville.kyschools.us/departments/food-services>

### Specific Goals

Please input your District's objectives in the left column. In the right column, provide comprehensive Action Steps detailing the strategies to accomplish each listed objective.

#### Nutrition Education Goals

| Objective  | Action Steps   |
|--|--|
| Food and beverages will not be used as a reward for students         | <ul style="list-style-type: none"> <li>a) Provide teachers with a list of non-food reward examples</li> <li>b) Discuss changes at back to school staff training</li> <li>c) Follow-up mid-year to discuss challenges and determine additional communication needed.</li> </ul> |
| Increase student awareness of the importance of nutrition education. | Promote awareness for students on nutrition education by food service releasing quarterly educational worksheet for K-5 on food service website starting Jan 2026.   |
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### Nutrition Promotion Goals

| Objective                                       | Action Steps  |
|---|---|
| Increase breakfast participation district wide. | Yearly, food service will promote nutritious free breakfast meals available to all students through signage and social media. Steps will work toward a 5% increase in participation over 3 years. |
|   | CES will implement grab and go meal service starting Dec 25.  |
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### Physical Activity

| Objective  | Action Steps  |
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| Increase student and staff awareness of the importance of physical activity. | Each school will offer physical activity opportunities, supporting teachers to use an in-class movement structure during the day to incorporate physical activity starting Jan 26 |
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### Other School Based Activities

| Objective   | Action Steps   |
|---|--|
| Reduce hunger in our school community through access to nutrition food. | Monthly, the CMS/CHS FRYSC coordinator will increase awareness and access to food resources available in Taylor County by distributing a resource list through the backpack program. This list will include updated locations of local blessing boxes and food pantries. The coordinator will also post the above locations on social media on a monthly basis, to start Feb 26. |
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### Standards and Nutrition Guidelines

Please input your District's standards and nutrition guidelines for the following areas.

#### Food and Beverage Marketing Guidelines on School Grounds

| Standards  |
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| All foods and beverages that are marketed on school grounds must meet Smart Snack standards. This includes vending machines and bill boards. |
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**Nutrition guidelines for all foods and beverages available but NOT SOLD on school grounds**

| <b>Standards</b>  |
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| All food made available on campus will adhere to USDA, food safety and security guidelines.                                     |
| Classroom celebrations should be limited.<br>Store purchased items with nutrition labels for birthdays or holiday celebrations. |
| No food or beverage sold from 7:30 am to 1:00 pm, this includes the use of door dash or other delivery services.                |
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**Nutrition guidelines for all foods and beverages available SOLD on school grounds**

| <b>Standards</b>  |
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| All foods and beverages sold on school grounds must meet Smart Snack compliance and compliance with 702 KAR 6:090. Food and beverages sold 30 mins after the end of school day do not need to meet these standards. |
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## **Local Wellness: Policy VS Plan**

### **Local Wellness Policy**

In accordance with 7 CFR 210.31, each Local Educational Agency (LEA) establish and follow a local school wellness policy (LWP) for all schools participating in the National School Lunch Program and/or School Breakfast Program under the jurisdiction of the LEA.

The Local Wellness Policy is intended to be a useful tool in establishing, evaluating, and maintaining a healthy school environment and promoting transparency to the public on key areas that affect each school's nutrition environment regarding applicable minimum federal standards.

The wellness policy identifies "WHAT" wellness requirements must be implemented at the school district level, however the policy only provides general direction allowing for specific actions to be determined by the Local Wellness Plan Team.

### **Local Wellness Plan**

The wellness plan describes how the LEA will implement the written policy. The plan for implementation should be updated to meet emerging needs and priorities of the community in addition to addressing local, state, or federal requirements.

The wellness plan generates as strategy that describes "HOW" the wellness policy requirements will be implemented into the school environment to address the goals and objectives identified by Local Wellness Plan Team.

The wellness plan includes descriptive objectives and action steps which include timelines and measures of success that explain the wellness policy's broad goals, is more easily customizable for your district's needs as this does not need board approval, and allows for more creative implementation.