

District: Clay County Public Schools
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.

LEA Submission of Findings and Recommendations

Area of Assessment: NUTRITION

Findings:

- Nutrition Education and USDA Child Nutrition Program sections both have strong WellSat comprehensiveness and strength scores.
- According to school health assessments, some of the competitive foods and beverages sold to students during the school day do not meet USDA's nutrition guidelines.

Recommendations:

- Provide all schools with information and guidance regarding USDA's nutrition guidelines for all competitive foods sold to students during the school day and encourage all schools to follow the guidelines.

Area of Assessment: Physical Activity/Physical Education

Findings:

- Overall WellSat district policy scores are above the average from a 2018 study (Comprehensiveness 54, Strength 33) – District Scores: Comprehensiveness 72, Strength 40.
- According to the WellSat scorecard, the district policy does not address physical activity being used as a reward or punishment.

Recommendations:

- Include language in the district policy encouraging schools to offer additional physical activity as a student reward.
- Include language in the district policy encouraging schools to prohibit taking recess as punishment.

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

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

- Strengthen and/or modifying the language of the district wellness policy based on results of WellSAT assessment
- Improve implementation of the district wellness policy based on the Healthy Schools Program assessment or other district needs assessment.
- Implementing the plan to improve the school nutrition and physical activity environments in aligning with a well-rounded education.
- Inclusion of wellness goals, strategies, and/or activities in the CSIP and CDIP to improve access and opportunity state accountability for the whole child measures.