

District: Harlan 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:**

Resources and activities covering education about nutrition for students and families are available in elementary, middle and high school in some capacity. Additional promotion in these areas are needed.

Farm to school programs are utilized, when available local products are served. Awareness of participation in Farm to School may require more promotion in community as well as with students and staff.

Variety of food offerings are provided in school meals, with lunch offering a larger variety. Breakfast menu provides choices but a wider variety of items could improve program participation.

Breakfast participation - 74%

Lunch participation is -68%

Both of these numbers could use improvement.

**Recommendations:**

Nutrition education to be distributed daily along with fresh fruit and vegetables. Promotions of nutrition programs through social media along with distributing to students, staff and community members. All menus are to be posted to website with interactive tools.

Farm to school items will be used when seasonal or available. All vested members will be made aware of Farm to School activities and food through signage, social media and school webpage.

Adding breakfast items to cycle menu to offer a wider variety of choices, along with each school utilizing the 15 minutes of time allotted for breakfast after the bell. Both of these recommendations would improve participation as well as improve healthy eating habits.

**Area of Assessment: Physical Activity/Physical Education****Findings:**

Health education classes are provided in all grades, with subjects covering essential topics on healthy eating as well as other areas of health. While these areas are being covered they may be underdeveloped.

Information and materials for physical education is provided to students and parents, but additional recourse may be necessary.

Physical activities and breaks in classrooms are available on all levels. Recess and physical education are fully in place as well as before and after school physical activity opportunities. Adding additional activities could help improve physical activity and awareness. Health Education is taught in all grades, with subjects covering essential topics on healthy eating as well as other areas of health. While these areas are being covered they may be underdeveloped.

Information and materials for physical education is provided to students and parents, but additional recourse may be necessary.

Physical activities and breaks in classrooms are provided on some level. While recess and physical education are fully in place. Availability of before

and after school physical activity opportunities are available, additional activities could help improve physical activity.

**Recommendations:**

It is recommended that information concerning physical activity and good nutrition habits are promoted to students, parents and the community.

Provide professional development for staff covering nutrition and physical activity.

Implement curriculum that integrates physical activities daily.

Make available resources for family wellness activities, that include nutrition and physical activity components.

It is recommended that information concerning physical activity and good nutrition habits are promoted to students, parents and the community.

Provide professional development for staff covering nutrition and physical activity.

Implement curriculum that integrates physical activities daily.

Make available resources for family wellness activities, that include nutrition and physical activity components.

Students should have access to a variety of physical activities, using facilities such as playgrounds and gymnasiums as often as possible.

Encourage students to utilize the many extra-curricular activities that involve physical activity such as basketball, football, archery, cheer, dance, golf. Participating in these activities would provide students with opportunities to use facilities.

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