

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:

Improvement on breakfast participation is needed districtwide.
Lunch participation is holding steady but could also use improvement.

Breakfast Participation Districtwide is – 69%

Lunch Participation Districtwide is- 84%

*due to Covid-19, percentages are based on participation in September 2019

Recommendations:

Encouraging schools that do not currently utilize breakfast after the bell or second chance breakfast to do so.

Breakfast carts are back in use at Harlan County High School so students have quick and easy access to breakfast. Added new item (Iced Coffee) to encourage student participation.

Use Student sampling and surveys to improve lunch participation. Use student councils at each individual school to gain knowledge of barriers of student breakfast and lunch participation.

Area of Assessment: Physical Activity/Physical Education

Findings:

Barriers such as nutrition education for younger students.

Lack structured times for students to be active and engage in various exercises to promote strength, endurance and flexibility.

After months of quarantine, there are concerns of a rise in obesity concern districtwide.

Recommendations:

It is recommended that students have access to different exercises such as installing a pull up bars for strengthening exercises.

Five minutes stretching at the desk periodically throughout the day to promote flexibility.

Continue to work on integrating physical exercise and promote healthy nutrition in our daily curriculum at all grade levels.

New playground equipment is currently being installed at all elementary schools.

Assessment of the obesity concern after a normal school year resumes