

District:
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:

Hancock County Schools has been found to be in compliance with regard to nutritional standards in accordance with the National School Lunch Program, the School Breakfast Program, the Summer Food Service Program, and the Child and Adult Care Food Program's At-Risk Supper Program. Adding the Supper Program in 2018-19 helped to reinforce the nutritional needs of our students were being met in an additional nutritional feeding opportunity.

A new challenge will begin in 2019-20 when our Early Head Start program will begin at the Hancock County Child Development Center. Menus will be designed to meet the nutritional needs of children aged 6 weeks through 3 years through CACFP. More training with staff will be required to ensure meal plans are within compliance.

Recommendations:

Promote all feeding opportunities to increase participation and increase training requirements regarding each age group's meal patterns.

Area of Assessment: Physical Activity/Physical Education

Findings:

Hancock County Schools, while in compliance with the previous policy, seeks to strengthen this aspect of the LWP. The goals are to:

- a) Suggest recess take place before lunch periods.
- b) Emphasize the importance of sleep related to physical activity;
- c) Educate about the dangers of vaping on overall student health;
- d) Stress the importance of monitoring heart rate during physical activity.
- e) Provide mental health wellness facts as part of the curriculum.
- f) Promote the benefits of mental health coping skills.

Recommendations:

Hancock County Schools will enhance its physical education classes to include the effects of sleep patterns relating to physical activity, the dangers of vaping on student health, and the importance of monitoring heart rates during physical activity. This plan will be supported by a grant from a local industry to supply FitBit heart rate monitors to be used during Physical Education classes.

To support the renewed emphasis on mental health awareness, HCS has employed a Social Worker and School Resource Officer while utilizing the S.T.O.P. Safety Tipline, Online Prevention program to assist with student mental health needs.

HCS will also provide access to physical activity programs such as GoNoodle® to boost productivity, improve behavior and build community within all our schools.

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.