

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 to be purchased for the Harlan County High School to be placed strategically throughout the building so students have quick and easy access to breakfast.

Student sampling and surveys to improve lunch participation

Area of Assessment: Physical Activity/Physical Education

Findings:

Upon accessing previous data from the fitness fair that is conducted by Harlan ARH, we have found that students need to be exposed and have access to different types of exercise to increase strength, flexibility and endurance.

Participation in the fitness fair has steadily declined over the past few years.

Barriers such as nutrition education for younger students

After months of quarantine, findings of a rise in obesity has been an area of 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.

Continue to implement nutrition education for elementary schools by providing the option for SCHOOLPLAY

Reassessment of the obesity concern after a normal school year resumes