

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:**

Elementary, middle and high school students do receive nutrition education, although more may be necessary.

School meals meet more stringent standards than USDA requires, but more information including food nutrition facts need to be available to parents.

Breakfast participation - 74%

Lunch participation is -77%

Both of these numbers could use improvement.

**Recommendations:**

New online menus have been added that provide a public facing side. This information is available to students, parents and teachers. Displaying all menu items per serving period. Along with nutrition, allergen, carbohydrate and calorie information.

Encourage Principals and staff to promote healthier choices, while continuing smart snack education with staff.

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

**Findings:**

More extensive training may be necessary for staff and families on subjects such as modeling healthy physical activity behaviors as well as healthy eating and drinking behaviors.

Physical activity is not being promoted and implemented as often as possible. More marketing of these activities could be beneficial.

**Recommendations:**

It is recommended that students have access to different exercises. Facilities such as playgrounds and gymnasiums are used throughout the day as much as possible.

Plan activities that promote wellness for students as well as families.

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

Provide recourses for family wellness activities, that include nutrition and physical activity components.

Encourage students to utilize the many extra-curricular activities that involve physical activity such as basketball, football, archery, cheer, dance, golf.