



District Assessment
Findings
&
Recommendations



OUR DISTRICT'S
GUIDE TO HIGH
STANDARDS IN
NUTRITION AND
PHYSICAL
ACTIVITY FOR
STUDENTS AND
STAFF



District: **Taylor County Schools**
Wellness Plan for KRS 158.856
Findings and Recommendations
2019-2020

Public Forum and Plan Overview

The District Wellness Committee held an open forum to discuss the 2020 Wellness Policy design and listen to feedback from any interested members of the public. The meeting took place on January 13th at 5:00p.m. in the Taylor County Board of Education Boardroom. The District Wellness plan discussion was led by Suzanne Grubestic. All items, changes, and new directions were accepted. Major new initiatives fell into 3 main categories: Physical Activity, Nutrition, and Policy Communication. In order to move our assessment results in a positive direction we developed three overarching objectives to address each of these categories.

1. Increasing physical activity through active academics, online video promotion of quick activity breaks, encouraging more GoNoodle usage, and finding more ways to encourage walking between classes in the secondary setting.
2. Increasing opportunities for menu feedback quarterly
3. Leveraging social media to promote and education the district about our policies with the development of a district wellness portal.

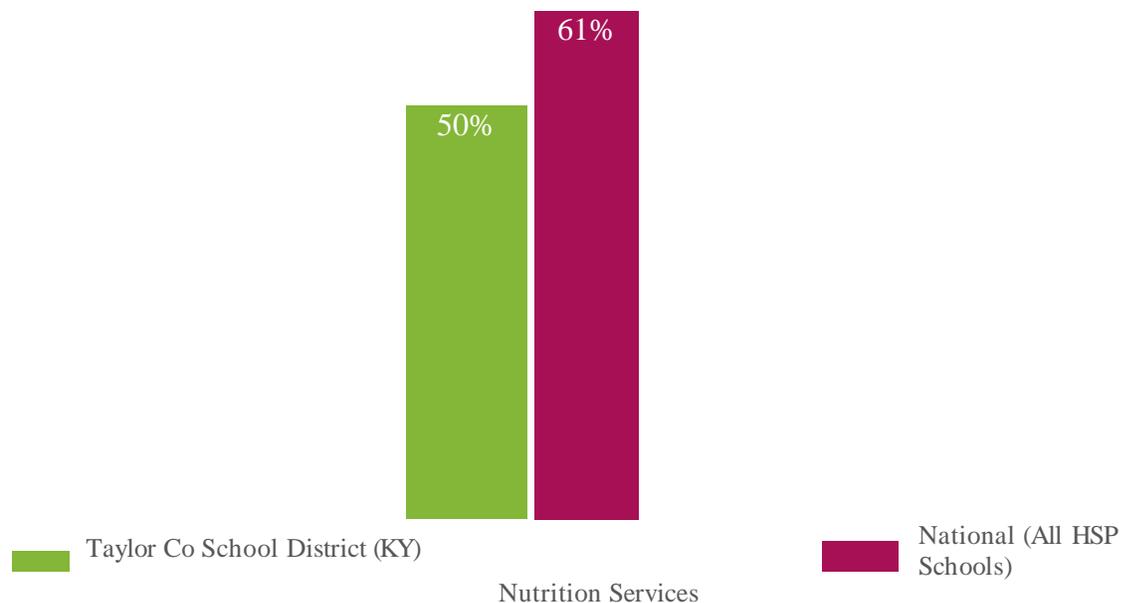
LEA Submission of Findings and Recommendations

Area of Assessment: NUTRITION

Findings: Our assessment results provided insight into the following opportunities for growth and improvement in our nutrition program:

1. More opportunities for input and feedback from parents, students, staff
2. Increase access to fruits and vegetables
3. Increase education efforts pertaining to Smart Snack Guidelines

This graph compares the total number of assessment items fully implemented (marked as a "3") on the most recent Healthier Generation Healthy Schools Program Assessment for Nutrition in our district.



Recommendations:

During public forum and during DWC meetings, we discussed the need to open communication about our menus and food provided during the school day. The DWC will create a survey to be administered 4 times during the school year. The survey will be made available to students, staff, and teachers in print and online formats. Survey results will inform seasonal menu creation while still abiding by the NSLP guidelines and regulations.

The need to increase access to fruits and vegetables was a topic of discussion in the forum and in DWC meetings. The committee will make an effort to work with kitchen staff and make fruit and vegetable offerings more attractive through presentation in bowls rather than metal pans and we will look for ways to create more opportunities for students to access fruits and vegetables. Additionally, our school will actively pursue grant programs that provide more fruit and vegetable options.

USDA Smart Snack Guidelines are not completely understood in the district, especially by those parties who sell/offer snacks outside of the lunch room. We will update our DWP to highlight the requirements, publicize those requirements through various communication vehicles, and post snack suggestions on our district homepage.

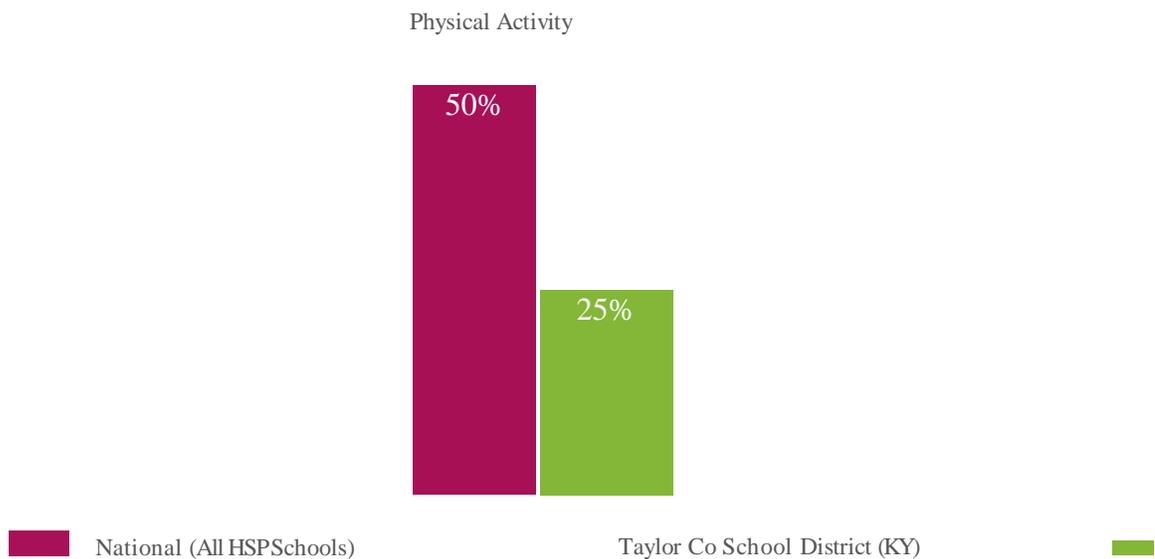
Area of Assessment: Physical Activity/Physical Education

Findings:

Our assessment results in physical activity showed the following areas for improvement.

1. Increasing opportunities for outdoor play
2. Educating staff about alternative discipline strategies
3. Creating more before and after school opportunities for physical activity
4. More commitment to classroom activity breaks

This graph compares the total number of assessment items fully implemented (marked as a "3") on the most recent Healthier Generation Healthy Schools Program Assessment for Physical Activity in our district.



Recommendations:

During public forum and during DWC meetings, we discussed the need to tighten our current DWP description of what weather conditions were “feasible” to provide outdoor play to students. We created specific benchmarks for temperature as well as ideas to overcome the obstacle of

coats/warmth for children who are not properly dressed. We also updated our plan to include more emphasis on active play when recess must be inside.

As a committee we all agreed that recess and physical activity breaks should not be withheld as a discipline strategy. We created a link to alternative strategies on our district website and will be looking for teachers to spotlight each month and share success in their PLC groups.

Classroom activity breaks like GoNoodle have been a part of our wellness plan for several years but their use is not carried through at the high school. Our committee will work to incorporate more age appropriate cues for activity in the high school –starting with signs that mark laps and distance correlation to encourage students to move during class transition. Additionally, we will publicize, on our new wellness portal, periodic physical activity burst ideas in the form of short videos.

To incorporate more opportunities for activity before and after school, we will leverage the 21st Century programs and Extended School Services leadership. These programs will put an emphasis on provided workshops geared toward movement and educating students/families about the importance of 60 minutes a day.

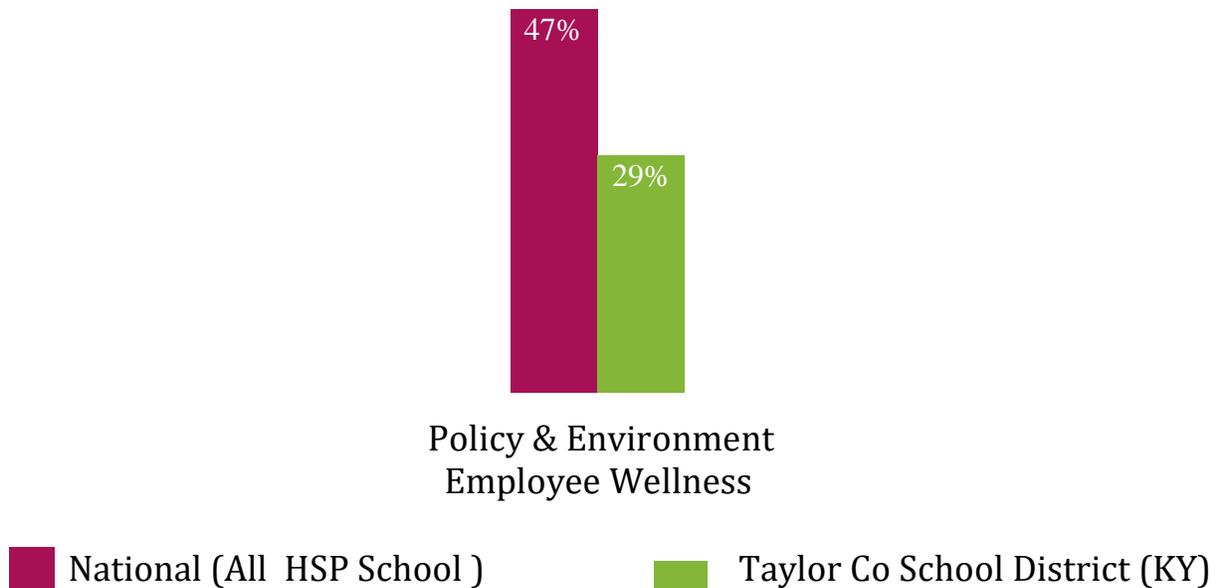
Area of Assessment: Policy/Environment & Employee Wellness

Findings:

Our assessment results showed one of the area we needed the most growth and improvement in was policy/environment & staff wellness. Our DWC will focus on the following for the 2019-2020 year:

1. Better communicating our policies
2. Leveraging social media
3. Creating Wellness Professional Development Opportunities to Staff

This graph compares the total number of assessment items fully implemented (marked as a "3") on the most recent Healthier Generation Healthy Schools Program Assessment for Nutrition in our district.



Recommendations:

During public forum and during DWC meetings, we discussed how to open the lines of communication and make the district's wellness goals and expectations more broadly understood. Group discussion brought us to the

idea of creating a wellness portal that would house all of our wellness plan initiatives, educational resources, surveys, and guidelines. We also will start to use the school's social media account more prolifically to educate the community about our wellness goals and ideas. Lastly, we will begin to emphasize the importance of staff wellness in addition to student's wellness by incorporating professional development workshops during each school year's back-to-school staff sessions. We will go over the wellness plan as a district and provide tips and resources to enhance staff wellness goals.