

NUTRITION AND PHYSICAL ACTIVITY REPORT WELLNESS RECOMMENDATIONS

January 2019

BACKGROUND: To continue to improve FCPS Student Wellness, this report is designed to serve as a reference. It is to provide guidance for the development of the District Improvement Plans.

KRS 158.856 (1)(4)(5) requires that the District annually assess the Nutrition Environment of the schools, report findings, provide recommendations, solicit public input and develop an improvement plan.

KRS 158.856(2)(3)(5) requires that the District annually assess the Physical Activity Environment of the schools, report findings, provide recommendations, solicit public input and develop an improvement plan.

By Jan. 31 of each year, the local board of education shall hold an advertised public forum to present a plan to improve school nutrition and school activities in the school district. The school district shall then submit a summary of findings and recommendations to the Kentucky Board of Education.

Federal Law (Child Nutrition and WIC Reauthorization Act of 2004) requires each Board to develop and implement a Student Wellness Policy by July 1, 2006. In June 2006, FCPS Board of Education approved a Student Wellness Policy and Plan.

REVIEW OF 2018 PROPOSAL:

2018 PROPOSAL:

The District will provide middle and high schools with Health Curriculum Resources from the Health Smart Curriculum. Curriculum will be mapped so that students who transfer schools will not miss content. Additional resources will be provided on the District's Curriculum and Instruction online app.

The District used Title IV funds to purchase HealthSmart Curriculum materials that were distributed Aug. 8, 2018 at the District's first Health/PE Professional Development event.

2019 PROPOSAL:

The District will create a committee to review its District Wellness Policy.

The District will work with schools to increase daily activity by providing Professional Development to both Health and PE and classroom teachers.