

# **NUTRITION AND PHYSICAL ACTIVITY REPORT WELLNESS RECOMMENDATIONS January 2020**

**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 January 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 of 2006, FCPS Board of Education approved a Student Wellness Policy and Plan.

## **REVIEW OF 2019 PROPOSAL:**

### **2019 PROPOSAL:**

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

A Committee of students, teachers, and community stakeholders met to review the District's Wellness Policy. Changes were recommended and adopted by the Board in January 2020.

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

The second annual Health/PE teacher focused Professional Development Day was held August 12, 2019. A module for activity in classrooms was added to the agenda.

*The District will encourage more activity during the school day. See above.*

*The District will provide Professional Development to Health and PE teachers so that they can provide training to staff in classroom activity to increase the level of activity students have in a day. See above.*

*The District will attempt to have three schools reach Bronze level in the Alliance for a Healthier Generation assessment in 2019-20.*

Although this goal was not met, the District was able to get all schools to enter data in the Alliance assessment. A first for the District.

*The District will provide Professional Development for PE/Health Teachers in using the Alliance for a Healthier Generation tool. The goal being to get at least three schools to Bronze or higher in 2019-20.* A module for using the Alliance for a Healthier Generation tool was conducted at the Health/PE teacher Professional Development Day. Although the goal of Bronze was not attained by three schools, this module did result in all schools completing their assessment by the deadline.

## **2020 PROPOSAL:**

*Juul and Vaping have been identified as a concerning trend in middle and high schools. Use of the Planet Youth Model: Addiction Prevention was presented at the Public Forum. FCPS Staff and the Board will explore use of this model for students.*

*FCPS will work to insure that all schools have a functioning Wellness Committee, as a subcommittee of their SBDM.*

*Work will be done to improve staff wellness. Studies show that teacher absences have a greater impact on students than individual student absences.*

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: HEALTH

Findings: THE DISTRICT NEEDS TO ADDRESS THE GROWING TREND OF , JUULING, VAPING AND E-CIGARETTE USE AMONG STUDENTS

Recommendations: FCPS will review the Planet Youth Model for Addiction Prevention, as well as other models for educating and preventing use of vaping products by teens.

Area of Assessment: WELLNESS

Findings: MANY SCHOOLS DO NOT HAVE ACTIVE WELLNESS COMMITTEES.

The District will work to insure that every school has some form of wellness committee that will give annual reports and recommendations to the school based council.

Recommendations: STAFF ABSENCES IMPACT STUDENT LEARNING

The District will work to improve staff wellness. Studies show teacher absences have a greater impact on students than individual student absences.

**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:

- The Planet Youth Model for Addiction Prevention has been proven to be effective in many communities around the world. The District should review this model to see if it would be a good fit for the community.
- Health teachers play a vital role in guiding the health in a school community. They should be encouraged to play a greater role in guiding school decisions.
- 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.
- Teachers should be encouraged to see their health and well-being as a priority.