

NUTRITION & PHYSICAL ACTIVITY REPORT
WELLNESS RECOMMENDATIONS \ SUMMARY
JANUARY 2019

BACKGROUND: To continue to improve Cloverport Independent Schools Student Wellness.

KRS 158.856 (1)(4)(5) requires the District to 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 the District to 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 physical activities in the school district. The school district shall then submit a summary of the findings and recommendations to the Kentucky Board of Education.

For 2019 the following recommendations are made:

PROPOSAL:

Review and recommend: Review the current District Wellness Policy. Make recommendations on any updates or changes to the current policy. No policy changes at this time.

Health and Wellness Coordinator: Consideration appointing an individual to serve as the Health and Wellness Coordinator to monitor implementation and evaluation of the policy.

Meeting Dates: Schedule quarterly meeting dates for the Health and Wellness Committee.

Update District Website: It is recommended that the District Website be updated to provide accurate information on wellness practices for students and staff.

Wellness Goals: New wellness practices offered to our staff and students consist of: Yoga and Dance Move classes. Our district has a fitness center located on our campus. This fitness center is available to our students, staff and members of our community.

Gail Hale, Food Service Director