

District: Livingston
Wellness Plan for KRS 158.856
2018-2019 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 (summarized from Coordinated School Health Committees):

- Note: There were no comments from the forum held on December 10, 2018.
- The district's percentages on 'fully met' are higher on current assessments than state and national within Nutrition.

Nutrition Topic: District 76% - State 58% - National 60%
- Compared to the previous year, percentages on 'fully met' have decreased within the Nutrition topic by 3%. This may be attributed to not providing Grab-n-Go at the high school during the 2018-19 school year.

2018-19 Nutrition Topic: 76% 2017-18 Nutrition Topic: 79%
- 100% of schools offer school meals (breakfast and lunch) programs that are fully accessible to all students.
- 100% offer students at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they are seated.
- 75% of health education curriculum addresses all of the essential topics on healthy eating.
- 0% of the schools implement any Farm to School activities.

Recommendations (based on district/school needs assessment):

Offer grab and go option to promote participation during breakfast at all schools.

Incorporate Farm to School activities in the regular classroom utilizing the National Farm to School Network (farmtoschool.org) and resources found therein.

Area of Assessment: Physical Activity/Physical Education

Findings (summarized from Coordinated School Health Committees):

- Note: There were no comments from the forum held on December 10, 2018.
- The district's percentages on 'fully met' are higher on current assessments than state and national within the Physical Activities Topic.

Physical Activity Topic: District 87% - State 56% - National 63%

- Compared to the previous year, percentages on 'fully met' have increased within the Physical Activity topic by 5%.

2018-19 Physical Activity Topic: 87% 2017-18 Physical Activity Topic: 82%

- 100% of teachers keep students moderately to vigorously active for at least 50% of the time during most or all physical education class sessions.
- 75% provide opportunities to participate in physical activity breaks in classroom, outside of physical education, recess, and class transition periods on all or most days during a typical school week.

Recommendations (based on district/school needs assessment):

Provide students opportunities to participate in physical activity breaks in classrooms, outside of physical education, recess, and class transition periods on all or most days during a typical school week.

Provide professional learning opportunities for teachers that supports health and physical education activities for the classroom.