

District: Russell County  
2022 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: **NUTRITION**

Findings:

- The Alliance for a Healthier Generation Data shows that the overall assessment score for our district is slightly higher than both the state and national average. District = 51.6%, State = 47.6%, and Nation = 38.1%
- The Alliance for a Healthier Generation Data shows that the Russell County School District is also higher than both the state and national average of items fully meeting best practices in the area of Nutrition Services. District = 60.0%, State = 55.0%, and Nation = 41.7%
- In the Area of Smart Snacks, our district is at 68.6% of Items Fully Met compared to the State at 51.7% and National level of 41.7%.
- Specific assessment items indicate that Russell County Schools Nutrition Services are fully meeting best practices in the areas of school breakfast and lunch, variety of offering in school meals, promoting healthy food and beverage choices, adequate time to eat meals and a variety of offerings for school meals.

- The assessment also shows that collaboration between school nutrition services and teachers and farm to school activities are under development.
- The **Smart Snack** portion of the assessment indicate that all items in this section are fully in place and all foods sold during the school day met the USDA's Smart Snacks in Schools nutritional standards.

#### Recommendations:

- Promote nutrition education by modeling and encouraging healthy eating.
- Allow students opportunities to test taste new food items and give feedback.
- Promote National School Breakfast and Lunch week and provide more opportunities for family engagement.
- Encourage faculty to integrate nutrition education lessons into their curriculum when possible. Nutrition education can be incorporated into areas of math, science, language arts, social studies and electives.

#### Area of Assessment: **Physical Activity/Physical Education**

##### Findings:

- The Alliance for a Healthier Generation data shows that Russell County School District is slightly above the state and national average at 70% of items fully meeting best practices in the area of Health & Physical Education. State = 54.0%, Nation = 43.7%
- In the Area of Physical Activity, our district is at 44.4% of items fully met compared to 34.4% at the state level and 30.2% at the National level.
- Specific assessment items in the Physical Education area indicate that we are fully meeting best practices in sequential Physical Education curriculum, providing professional development for Physical Education teachers and having licensed Physical Education teachers.

- In the area of Employee Wellness, our district is below the averages at 26.7% compared to the state at 39.4% and the nation at 32.3%.
- The assessment also indicates that in the area of Physical Fitness there is adequate time allotted for recess each day, recess and physical activity is not withheld as a form of punishment.
- Professional development for classroom teachers is under development and access to physical activity facilities outside of school hours is partially in place.
- Our district has licensed teachers teaching Physical Education.

#### Recommendations:

- Provide district resources for teachers to integrate physical activity into the classroom.
- Provide access and incorporate a stress management program for district employees.
- Promote and build on physical fitness programs that are established and meeting the needs of the students.
- Continue updating Wellness Policies/Plans at the school level to include physical activity goals for both students and faculty.
- Physical Education teachers at the elementary level will incorporate health education as much as possible into their curriculum.
- Offer more opportunities for students to participate in physical activities after school hours.

**FINDINGS: Summarize comments from the public forum and the discussion from wellness leadership meetings about findings of the assessment report.**

The Russell County School District updated its Wellness Plan in 2020 to include language that is more in align with the Alliance for a Healthier Generations model policy. Our 2022 assessment data indicates that we are still slightly below the national average percentage of items fully meeting best practices in the area of Policy & Environment.

- Specific assessment items in the area of **Policy & Environment** show that more attention is needed to parenting strategies, counseling, family engagement in school decision making, community involvement in school health initiatives and out-of-school programs. (These areas continue to be an area of focus for all 5 of our schools.)
- The Russell County School District follows this Policy. The District Wellness Committee meets 3-4 times each year to look at data and make recommendations to promote the health and well-being of students in the Russell County School District.
- Each of our 5 schools have a wellness committee and meet on a regular basis to identify areas that need attention. Their plans are updated and revised based on their individual school assessments that are generated through the Alliance of a Healthier Generation assessment tools. All schools completed their assessments in the fall of 2021 and are using the data to make decisions moving forward
- **Employee Wellness** is an area that our assessment indicated we were below the State and National percentage of items fully meeting best practices. Attention is still needed to provide staff with programs for physical activity/fitness, healthy eating/weight management and stress management.

**OTHER RECOMENNDATIONS: All of the following items should be considered as possible recommendations:**

- Use data from both the Healthy Schools Assessment and District WellSat 3.0 assessment (updated in July of 2021) to implement strategies of improvement.
- Develop strategies at each school to promote Employee Wellness.
- Continue to work on policy language that will further strengthen the district wellness policy.
- Each school will implement the components of their revised Wellness Plan to achieve both nutritional and physical activity requirements for students as stated in their Wellness Plans.