

District: Hancock County Schools
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:

Hancock County Schools' District Wellness Committee has determined the District to be in compliance with the nutritional standards as set by the USDA for the SFSP and CACFP. Programs normally served such as NSLP and SBP were served according to meal pattern requirements for the first 4 days of the school year.

While HCPS only served students in the buildings for 66 days (through April 30) under modified learning models, as much as possible the schools provided nutrition education through virtual and in-person means.

Recommendations:

After a year of modified learning platforms, it would behoove HCPS to revisit the emphases made in nutrition education. Specifically, the inclusion of the effects of nutrition on emotional well-being post COVID-19 would be new avenues to explore.

Area of Assessment: Physical Activity/Physical Education

Findings:

Hancock County Schools' District Wellness Committee has determined the District to be in compliance with physical activity standards in the DWP while students were physically in the buildings. Students were encouraged, particularly at the elementary level, to engage in physical activity breaks during virtual instruction. Due to the nature of virtual instruction, it proved more difficult for the middle and high school aged students.

Recommendations:

While under COVID-19 restrictions, students were somewhat prohibited from engaging in group physical activities. Moving forward, especially now that HCPS has returned to 5 day/week in-person instruction, students should be encouraged to engage in and provided with even more opportunities to move throughout the school day.

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

RECOMMENDATIONS: All of the following items should be considered as possible recommendations:

- Strengthen and/or modifying the language of the district wellness policy based on results of WellSAT assessment
- Improve implementation of the district wellness policy based on the Healthy Schools Program assessment or other district needs assessment.
- 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.