

**District: Corbin Independent 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:**

- The district does have a student wellness policy and is therefore in compliance but improvement is desired.
- The district's current student wellness policy has not been updated since 2017.
- The student wellness policy does not provide specific information in regards to standards for all foods and beverages sold to students.

**RECOMMENDATIONS:**

- The district shall improve efforts to establish a wellness leadership group and meet regularly during the school year.
- Observations from the triennial assessment of the current wellness policy will be used to make necessary changes.
- Specific language as to what the regulations and standards are could be reviewed and added to wellness policy.

## AREA OF ASSESSMENT: PHYSICAL ACTIVITY/PHYSICAL EDUCATION

### FINDINGS:

- The physical activity and physical education component of the district wellness policy needs improvement.
- The current policy does not address the withholding of physical activity (including) recess) as a punishment during the school day.

### RECOMMENDATIONS:

- Include specific language to address prohibiting the use or withholding physical activity as a punishment during 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:

- Strengthening and/or modifying the language of the district wellness policy based on results of WellSAT assessment
- Improving 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.
- Including wellness goals, strategies and/or activities in the Comprehensive School Improvement Plan and Comprehensive District Improvement Plan to improve access and opportunity for whole child measures.