

## Christian County Public Schools - Findings and Recommendations 19-20

### Area of Assessment: NUTRITION

#### Findings:

- Encourage students to participate in breakfast program.
- Continue to decrease amount of food used as reward.
- Continue implementation of evening meals being served.

#### Recommendations:

- Continue to increase student breakfast participation, have alternative sites of breakfast service for convenience and look for popular food trends.
- Give ideas to principals related to food/beverage choices that could be used as a reward for students at staff events that follow set nutritional guidelines/standards. Reinforce this at Administrator's Academy meetings and offer guidance on using the snack calculator.
- Due to high number of student involvement at after school functions and the need in our area, evening meals are being served.

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

#### Findings:

- Continue to encourage student/family physical activity outside of school day.
- Increase availability of before or after school physical activity opportunities other than organized sports teams.
- Provide PE teachers with more tools to help with expanding the knowledge/benefits of healthy living as it affects the whole student.

#### Recommendations:

- Use informational materials/events and outside community partners to emphasize benefit of healthy living for the family.
- Partner with volunteers and/or community agencies to form fitness and wellness clubs.
- Utilize Administrator's Academy to reinforce/educate on health updates, policy/procedure, and teaching of KAR/KRS. Emphasize importance of health and give ideas for physical education plans.

