

Christian County Public Schools - Findings and Recommendations 20-21

Area of Assessment: NUTRITION

Findings:

- Encourage students to participate in breakfast program and grow the Grab and Go Breakfast Program.
- Continue to decrease amount of food used as reward.
- Continue implementation of evening meals and healthy snacks being served.

Recommendations:

- Continue to increase student breakfast participation, have alternative sites of breakfast service for convenience and look for popular food trends. Grab and Go Breakfast is being offered at many of the schools across the district and will continue to be utilized.
- 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. Smart Snack lists are provided by the food supplier.
- Due to high number of student involvement at after school functions and the need in our area, evening meals and healthy snacks 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.