

Wellness Report for Fiscal Year 2020

The Bourbon County Schools compiled all policies and procedures from each school and entered the data into the WellSAT 3.0 program. The Well Sat program provides an evaluation tool to score the wellness policies and practices for the district. There are six sections of evaluation sections:

1. Nutrition Education
2. Standards for USDA Child Nutrition Programs and School Meals
3. Nutrition Standards for Competitive and Other Foods and Beverages
4. Physical Education and Physical Activity
5. Wellness Promotion and Marketing
6. Implementation, Evaluation and Communication

The scores for Bourbon County Schools are:

1. Nutrition Education- Comprehensive Score: 100 Strength Score: 75
The two weak areas: Nutrition education is not been integrated into other subjects beyond health education. Nutrition education has been included in other areas but backup data is not included. Links nutrition education with school food environment. The food service department needs to be more proactive in participating in the National School Lunch and Breakfast weeks during the year.
Standards for USDA Child Nutrition Programs and School Meals- Comprehensive Score: 100 Strength Score: 100

Nutrition Standards for Competitive and Other Foods and Beverages: Comprehensive Score: 100 Strength Score: 85. Exemptions for infrequent school-sponsored fundraisers. SBDM and Principals give exemptions to fundraisers. Concession sales are not included in the policies.
2. Physical Education and Physical Activity- Comprehensive Score: 100 Strength Score: 75.
Addresses time per week for physical activity at the middle and high school. PE not required by everyone every term. Addresses family and community engagement in physical activity opportunities at all schools. Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities. The policy does not include offered activities at each level.
3. Wellness Promotion and Marketing-Comprehensive Score: 100 Strength Score: 92. The policy does not address marketing on school property.

4. Implementation, Evaluation and Communication-Comprehensive Score: 100 Strength Score: 100.

District Overall Score: Comprehensive Score: 100 Strength Score: 88

Bourbon County Schools have policies and procedures in place to address student wellness. It is difficult for the food service department to control practices across the district. Nutrition is the responsibility of all. Our schools work hard to provide a well-rounded education that includes nutrition and physical well-being.

A complete copy of the evaluation tool is available by sending a written request to: Andrea Kiser, Food Service Director, Bourbon County Schools, 3343 Lexington Rd., Paris, KY 40361 or via email at andrea.kiser@bourbon.kyschools.us

The Bourbon County Board of Education will hold a public forum to address input on nutrition and food service at the December 19, 2019 at 6:00pm Bourbon County Schools Central Office, 3343 Lexington Rd. Paris KY 40361.