

Estill County Schools
Physical Activity and Nutrition Report Findings and Recommendations Findings:

Findings

NUTRITION

- Our breakfast and lunch menus meet federal and state requirements and nutritional guidelines for the programs.
- Principals and school staff are more aware of items that can be sold during the school day and of the competitive food guidelines.
- The District Wellness Policy is updated annually. General recommendations are made to help continue and improve the wellness environment in the district.
- Our district and schools will continue to use the alliance for a Healthier Generation Assessment and action plans.
- Continue to increase breakfast participation in all schools
- Successful participation in the Community Eligibility Program providing nutritious meals at no charge to all students enrolled.

PHYSICAL ACTIVITY

- Physical activity is being promoted in all our schools
- Structured Recess

Recommendations:

NUTRITION

- Healthier fundraisers
- Non-food rewards for celebrations
- Continue to increase breakfast in all schools

PHYSICAL ACTIVITY

- Increase teacher awareness of opportunities to provide physical activity in the classroom, PE class or on the playgrounds during recess
- Increase opportunities for all students to be active during the school day As a district, we need to address prohibiting use of physical activity as punishment and prohibit withholding recess as punishment.
- Need for more PE time

