

## Christian County Public Schools - Findings and Recommendations 23-24

### Area of Assessment: NUTRITION

#### **Findings:**

- Encourage students to participate in breakfast program and grow the Grab and Go Breakfast Program.
- Make nutritional information more readily available and user friendly to students, parents, and nursing staff.
- Continue to offer a wider variety of entrees such as vegetarian boxes, fresh fruits and vegetables, and ethnic foods.
- Continue to seek avenues to procure locally grown fresh fruits and vegetables.

#### **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.
- Implement ProTeam Nutrition software, which provides in-depth, easy to use information regarding meal components.
- Due to the high number of student involvement at after school functions and the need in our area healthy snacks are being served.
- Beginning to work with a local farmer and farm cooperatives to procure local foods.

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

#### **Findings:**

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

#### **Recommendations:**

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