



Report of the Local Wellness Policy Updates and Activities

01/27/2025

I would like to start by saying that Dawson Springs Independent School District have many Groups and Programs that go above and beyond everyday to help our students and staff to live their best lives. I would like to recognize the DSIS Administration Team, Staff, Students, the PTO and FRYSC for all of their hard work.

The Local Wellness Policy incorporates Nutrition, Physical / Mental Health and Wellness.

Nutrition: I am very proud of our school nutrition staff. We have one of the best teams I have ever worked with and I want to thank them all for their outstanding work and dedication.

We continue to add new items to our menu. I would also like to incorporate more locally sourced fresh produce and fruit in the coming year.

Our enrollment for this year has been around 630 students. From that number we are feeding on average 54% at breakfast and 80% at lunch. Compared to other districts this is a very high participation rate. We always strive for improvement and we would love to feed more students at breakfast.

We offer 10-20 Breakfast Entrees and 8-10 Lunch Entrees everyday so please check out our menu. I'm sure your child will see something they like. Even better, it's free to all students because our district offers free meals for students through the USDA and Kentucky Department of Education's (KDE) Community Eligibility Provision (CEP).

Our menu is included in the monthly newsletter or visit the school's website <https://www.dawsonsprings.kyschools.us/menus> to access all of our menus. Click on the interactive Menu <https://www.myschoolmenus.com/organizations/1394> link to see more information about every item on our menu.

For example:

1. Allergens
2. Carbohydrates
3. Calories
4. Ingredients
5. Nutritional's and much more

Please let me know if you have any questions regarding the interactive menu and I will be glad to help with that.

Physical & Mental Health: Our district incorporates physical and health education as required by law, but they also have:

1. All-In Rewards
2. PBIS Rewards
3. Brain Breaks (In class physical movement allowances)
4. Reading Challenges
5. Snowman Challenge (during an at home snow day)
6. Dodgeball rewards (lots of other things, too many to name them all)
7. Family Events to encourage movement
8. On-Site Counselors

We have also added a Work Out Room for the staff's physical & mental wellness.

Community Outreach:

FRYSC

Shannon Garrett has made our FRYSC Program better than it has ever been and I think she deserves a huge **SHOUTOUT!!!** for all she and her team do on a daily basis, they are amazing.

1. Parent Workshops
2. Big Smiles Dental
3. Happy Feet
4. Enrichment Programs
5. Angel Tree
6. Crisis Assistance
7. Food Drive
8. Much, Much More

PTO:

Another program that does so many things for this school and community. They are amazing and I want them to know how much we appreciate and depend on them.

1. Back-to-School Bash
2. Fun Night
3. Fall Festival
4. Window Painting
5. Mom/Son Fun & Father/Daughter Dance
6. Several School Dances
7. Grinch Night
8. Dodgeball Tournament
9. Spring Carnival
10. Much, Much More

In closing I would like to say that this school district and community offers so many things that benefit not only our students but the staff and all our stakeholders, so we are able to live a very healthy and happy life.

Thank You!!

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