

Wellness Plan

This document, referred to as the “wellness plan” is intended to accompany policy which has been adopted by the board to comply with the requirements for a school wellness policy that follows 7 CFR 210.31.

Effective Date
10-29-25
Last Date Updated
9-29-25; 10-29-25; 4-21-26

School Official (name and title) Responsible for Implementation and Oversight
Jennifer Notton, Director Student Nutrition
Paula Rust, Director Health Services

Local Wellness Plan Team

Name	Title	Start Date
Jennifer Notton	Director Student Nutrition	10-22-23
Paula Rust	Director Health Services	7-1-2011
Karla Allison	District Nurse	8-2-2021
Amanda Meece	Student Nutrition Operations Coordinator (menu planner)	9-29-25
Sally Freed	PE Teacher	9-30-25
Juana Pinto	Parent and district School Nurse Assistant	1-15-26

Notification

Description of how stakeholders are provided with an opportunity to participate in the development, implementation and review of policy.
The following statement appears on the district website: www.kenton.kyschools.us

The Kenton County School District is committed to creating a healthy environment for each student. If you are interested in reading the district wellness plan, would like the opportunity to participate as a member of the school wellness team that is responsible for the development and implementation of the policy, or would like to provide feedback on the wellness policy, please contact us at jennifer.notton@kenton.kyschools.us and/or paula.rust@kenton.kyschools.us.

Description of how content, implementation and progress is shared with stakeholders.

- The Student Welfare and Wellness policy guidelines can be found on the KCS D website: www.kenton.kyschools.us → Board → Board Policies and Procedures → Online Policy Manual → Chapter 9 → Policy 09.2
- The Wellness Plan is posted on the district website in several areas, including the Student Nutrition Department and Health Services Department.
- As goals are met and/or have shown progress, this info may be shared on the Community Based Accountability System (CBAS) part of the district website.
- The local wellness team has access to and maintains a local school wellness Google drive, entitled District Wellness. This is where all documentation is stored and shared relating to work associated with the local wellness policy and plan. The drive is monitored and maintained by the local school wellness team leads.

Evaluation

Description for measuring implementation of policy.

Annually, the goals will be evaluated for completion and/or progress. Documentation is maintained in the local wellness team Google drive file.

The strength of the policy is measured using the Healthier Generation tool. This tool is completed at a minimum of a three-year basis, and more frequently if possible.

Results are available by request. A copy of the results from the previous three years are maintained in the local wellness team Google drive file.

Date of last Triennial Assessment

10-29-25

Recordkeeping

Each local educational agency must retain records to document compliance with the requirements of CFR 210.31. Please list where you maintain the following records:

Written local school wellness policy

The local school wellness policy is available by request. This information is found on the district website: www.myschool.kyschools.com.

Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessment available to the public.

To demonstrate compliance with the following requirements, a screen shot of the public website is taken each year and maintained in the local school wellness Google drive. The website is updated as the wellness policy and/or plan is updated.

Documentation of the triennial assessment of the local school wellness policy.

A copy of the most recent Healthier Generation Assessment can be found in the local school wellness Google drive.

Specific Goals

Please input your District's objectives in the left column. In the right column, provide

comprehensive Action Steps detailing the strategies to accomplish each listed objective.

Nutrition Education Goals

Objective	Action Steps
<p>Increase students' exposure to and subsequent knowledge of nutrition and healthy eating habits.</p>	<p>Introduce students to what nutrients are in food and how the nutrients function in the body, and provide healthy eating habit guidance from evidence-based literature and by using the Dietary Guidelines for Americans.</p> <p>The Director of Student Nutrition will create a monthly mini poster, called a Minute Message:</p> <p>that includes nutritional highlights about a type of food or a healthy eating habit;</p> <p>that portrays the info with eye-catching colors and graphics;</p> <p>that is posted in an area where students are frequently waiting in a line;</p> <p>and that should be able to be read by most students or by a teacher to the students in a minute or less.</p> <p>The effectiveness of these posters will be measured by asking for and receiving feedback from school staff, such as if the students and teachers are using them, if the messages are posted in the best areas, and if any students/teachers have shown increased knowledge from reading them.</p>
<p>Increase nutrition info and related resources to families – to educate families and to help reinforce what their children have learned in schools, and to help caregivers to help fuel their students' minds for learning.</p>	<p>Each month, the Student Nutrition section of the online district newsletter includes a recipe and highlights its nutritional importance.</p> <p>Beginning in midyear in the 25-26 SY, a Wellness Wednesday piece of info will be sent out via social media (district, school, and/or X platform).</p> <p>On the digital menu, highlight a food component/requirement of the NSLP each month and how it benefits the body.</p>

<p>Continue to expose and introduce students to a variety of foods.</p>	<p>FFVP: This program began in one KCS D school a couple years ago. This year, another school was added. Each year, the Director will evaluate applying for additional grant money for additional schools.</p> <ul style="list-style-type: none"> ● Posters highlight each fruits/veggies of the week and their nutrition and fun facts and are hung and discussed in the classroom. ● The Director provides nutrition information with catchy wording for the morning announcements. <p>Menu: In addition to evaluating and modifying the breakfast and lunch menus in order to provide items that the students like, taste tests and special item days will be included throughout the year.</p>
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Nutrition Promotion Goals

Objective	Action Steps
<p>Continue to decrease foods that include artificial ingredients, especially coloring.</p>	<p>All managers committed to removing one “Smart” Snack that had artificial coloring (primarily red 40) at the beginning of the 25-26 SY</p>
<p>Increase student participation, especially at breakfast.</p>	<p>Create a Student Nutrition Student Advisory Team to gather input from those eating or not eating at school and to help promote the program.</p> <p>In the process of collaborating with the assistant superintendent leading the student council to see if can, at least initially, work with this group when they meet for their meetings.</p>

Physical Activity

Objective	Action Steps
<p>The physical activity education curriculum promotes a physically active lifestyle</p>	<p>Schools will provide physical education that fosters lifelong habits of physical activity. Shall provide all students physical education that teaches them the skills needed for lifelong physical fitness.</p>

Policy that promotes physical activity,	Per Policy 02.4241 Schools with K-5 organization, or any configuration thereof, shall develop and implement, in compliance with requirements of federal and state law and board policy, a wellness policy that includes moderate to vigorous physical activity each day, encourages healthy choices among students, and incorporates an assessment tool to determine each child's level of physical activity on an annual basis. The policy may permit physical activity to be considered part of the instructional day, not to exceed thirty (30) minutes per day, or one hundred and fifty (150) minutes per week. (In the absence of a council, the Principal of the school shall develop and implement the required wellness policy.)
Provide physical education training for physical education teachers	All staff involved in physical education should be provided with opportunities for professional development.
Family and community engagement in physical activity opportunities are encouraged at all schools.	Physical activity opportunities should be provided at the school for families and community members.
Before and/or after school physical activity should be encouraged for students including clubs, intramural, interscholastic opportunities.	Schools are encouraged to provide physical activity opportunities for all students before and after school in all elementary, middle and high schools.
Physical activity breaks during school	Teachers should provide students with physical activity breaks.
Physical Activity should not be used as a punishment and it should not be withheld as a punishment	Teachers are discouraged from assigning physical activity as student punishment. Recess and other opportunities for physical activity are an essential part of the school day. Teachers are encouraged to find alternatives to withholding recess or other physical activities as a punishment.

Other School Based Activities

Objective	Action Steps
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Ensure engagement of students, families, and the community in ways that contribute to the overall growth and success of all stakeholders.	Monitor CBAS Student, Family, and Community Engagement Pillar Dashboard
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Food and Beverage Marketing Guidelines on School Grounds

Standards
All foods and beverages that are marketed on school grounds must meet Smart Snack standards. This includes vending machines and bill boards.
 Resources - Smart Snacks Cheat Sheet.pdf

Nutrition guidelines for all foods and beverages available but NOT SOLD on school grounds

Standards	
Recommend that birthday celebrations should be limited to classrooms once a month.	
Recommend other classroom celebrations should be limited to three or less times per year and include healthy options.	
Staff must not provide students with beverages that contain caffeine at the elementary school level at school events.	
Encourage rewards other than candy.	

Nutrition guidelines for all foods and beverages available SOLD on school grounds

Standards
All foods and beverages sold on school grounds must meet Smart Snack compliance and compliance with 702 KAR 6:090. Foods and beverages sold 30 minutes after the end of the school day do not need to meet standards.
 vending machines 07A12.docx
 Competitive Foods 07A111.docx
 Resources - Smart Snacks Cheat Sheet.pdf

The KCSD triennial assessment is available upon request.