Kentucky Department of EDUCATION

Local Wellness: Policy VS Plan

Local Wellness Policy

In accordance with 7 CFR 210.31, each Local Educational Agency (LEA) establish and follow a local school wellness policy (LWP) for all schools participating in the National School Lunch Program and/or School Breakfast Program under the jurisdiction of the LEA.

The Local Wellness Policy is intended to be a useful tool in establishing, evaluating, and maintaining a healthy school environment and promoting transparency to the public on key areas that affect each school's nutrition environment regarding applicable minimum federal standards.

The wellness policy identifies "WHAT" wellness requirements must be implemented at the school district level, however the policy only provides general direction allowing for specific actions to be determined by the Local Wellness Plan Team.

Local Wellness Plan

The wellness plan describes how the LEA will implement the written policy. The plan for implementation should be updated to meet emerging needs and priorities of the community in addition to addressing local, state, or federal requirements.

The wellness plan generates as strategy that describes "HOW" the wellness policy requirements will be implemented into the school environment to address the goals and objectives identified by Local Wellness Plan Team.

The wellness plan includes descriptive objectives and action steps which include timelines and measures of success that explain the wellness policy's broad goals, is more easily customizable for your district's needs as this does not need board approval, and allows for more creative implementation.

This institution is an equal opportunity provider.

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
July 1, 2025
Last Date Updated
July 23, 2026

School Official (name and title) Responsible for Implementation and Oversight
Shelina McClain- School Nutrition Director

Local Wellness Plan Team

Name	Title	Start Date
Shelina McClain	School Nutrition Director	7/1/2014
Autumn Jeffords	Central Elementary School PE/Health Teacher	7/1/2025
Blake Myhand	Fancy Farm Elementary School PE/Health Teacher	7/1/2024
Janee Heath	Farmington Elementary School PE/Health Teacher	7/1/2014
Hannah Gibson	Graves County High School Family and Consumer Science Teacher	7/1/2024
Adam Ragdale	Graves County Middle School PE/Health Teacher	7/1/2023
Paige Jirak	Sedalia Elementary School PE/Health Teacher	7/1/2026
Travis Griggs	Symsonia Elementary School PE/Health Teacher	7/1/2025
Jill McCormack	Wingo Elementary School PE/Health Teacher	7/1/2020
Libby Johnson	Graves County Board of Education Benefits Coordinator	7/1/2024
Katlyn Brooks	Graves County Health Department	7/1/2024

Eric Walker	Community Education Provider	7/1/2024
Courtney Jefferies	ASAP Executive Director	7/1/2024
Kelcey Rutledge	Baptist Health Project Director School Wellness Initiative	7/1/2014
Chris Price	Baptist Health Project Specialist School Wellness Initiative	7/1/2026
Bethany Clapp	Graves County Schools Nurse	7/1/2024
Andrea Hoskins	Graves County FRYSC	7/1/2024
Heather Burgess	Graves County Middle School Counselor	7/1/2024
Jena Thacker	Graves County Schools- Counseling	7/1/2024
Olivia Prince	Graves County Schools Student	7/1/2024

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 school's district website: https://www.graves.kyschools.us/departments/school-nutrition Graves County Schools is committed to creating a healthy environment for every student. If you are interested in reviewing the district's Local Wellness Plan, we invite you to do so.You may also participate as a member of the School or District Wellness Team, which is responsible for developing and implementing the policy.If you would like to provide feedback on the Local Wellness Plan, please get in touch with us at 270-328-1548 or email **shelina.mcclain@graves.kyschools.us.**
Description of how content, implementation and progress is shared with stakeholders.
The goals and objectives of the local wellness policy are shared in the following ways: 1. A copy of the policy and Information is maintained on the district website. 2. Goals and objectives are shared at the school level at staff meetings. 4. During the year, the Child Nutrition Director presents a progress update at a regularly scheduled Board meeting. The update contains information on the status of achieving goals and possible additional new goals. 5. The local wellness team has access to and maintains a local school wellness Google Drive. 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 lead.

Evaluation

Description for measuring implementation of policy.
The policy is measured in multiple ways SCN LWP Assessment Healthy Schools Assessment Thriving Schools Integrated Assessment WellSAT Practice Assessment WellSAT Policy Assessment Annual District Review and Revision <u>Goal and Objectives:</u> Progress is measured by reviewing accomplishments of set goals. Progress updates are reviewed during local wellness team meetings. Standards are monitored on a regular basis. Documentation is maintained in the local wellness team Google Drive file and America's Healthiest Schools Award Application Policy The strength of the policy is measured using the Well-Sat tool. This tool is completed at a minimum on a three-year basis, and more frequently if possible. Results are available on the district website. 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
July 2026

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 maintained on the district website: https://www.graves.kyschools.us/departments/school-nutrition.

A copy of the local wellness policy can be found in the KSBA online portal. A copy of the district wellness plan is maintained in the local school wellness Google Drive. A copy will be shared upon request.

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 at the beginning of each school year and maintained in the local school wellness Google Drive. The website is checked on a regular basis to ensure information is accurate and still available.

Documentation of the triennial assessment of the local school wellness policy.
A copy of the most recent WellSAT Assessment is maintained on the district website: https://www.graves.kyschools.us/departments/school-nutrition. A copy of the most recent Well-Sat Assessment can be found in the local school wellness GoogleDrive.

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
Increase student knowledge and awareness of healthy eating habits, nutrition, and overall wellness by partnering with the local Health Department, community organizations, and School Nutrition Staff to provide engaging, age-appropriate nutrition education lessons in classrooms throughout the school year.	1. Collaborate with the local Health Department and community organizations to identify nutrition education resources, materials, and guest speakers. 2. Partner with School Nutrition Staff to plan and deliver age-appropriate nutrition education lessons in classrooms. 3. Coordinate with classroom teachers and school administrators to schedule nutrition education activities throughout the school year.

	4. Provide opportunities for students to participate in School Nutrition taste testing and focus groups.

Nutrition Promotion Goals

Objective	Action Steps
Increase student participation in the School Nutrition Program by providing appealing, high-quality meals, gathering student feedback, and implementing strategies that encourage more students to eat school breakfast and lunch.	1. Conduct student taste-testing events to introduce new menu items and gather feedback before adding them to the menu. 2. Organize student focus groups to discuss meal preferences, menu variety, food quality, and opportunities for improvement.Review monthly breakfast and lunch participation data to identify trends, areas for improvement, and opportunities to increase participation at each school. 3. Collaborate with school administrators and teachers to promote the benefits of eating school breakfast and lunch. 4. Review monthly breakfast and lunch participation data to identify trends, areas for improvement, and opportunities to increase participation at each school. 5. Collaborate with school administrators and teachers to promote the benefits of eating school breakfast and lunch.

Physical Activity

Objective	Action Steps
Increase student physical activity before, during, and after school by encouraging brain breaks, incorporating interactive movement activities such as GoNoodle, and implementing physical activity strategies presented by Baptist Health Deaconess to support student health, focus, and overall wellness.	1. Encourage classroom teachers to incorporate scheduled brain breaks throughout the school day to increase movement, improve focus, and support student engagement. 2. Promote the use of GoNoodle and other age-appropriate movement activities to provide students with opportunities for physical activity during classroom instruction.

	3. Collaborate with Baptist Health Deaconess to share and implement physical activity strategies and resources presented through their school wellness initiatives.

Other School Based Activities

Objective	Action Steps
Increase access to evidence-based health education for parents and families by partnering with Family Resource and Youth Services Centers (FRYSC) and the local Health Department to provide educational materials, resources, and information that promote healthy lifestyles and overall family wellness.	1. Partner with FRYSC and the local Health Department to identify and share evidence-based health education materials and resources with parents and families. 2. Distribute educational materials through school newsletters, parent communication platforms, school websites, social media, and family engagement events. 3. Provide families with information on nutrition, physical activity, disease prevention, mental wellness, and other relevant health topics. 4. Collaborate with FRYSC coordinators and Health Department representatives to connect families with community health services, educational programs, and available resources.

Standards and Nutrition Guidelines

Please input your District's standards and nutrition guidelines for the following areas.

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.

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

Standards
Staff is encouraged to provide students with other rewards that are not food related.

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.