



WELL-SAT 2.0



AIISD Wellness Committee used the WellSat 2.0 to evaluate the district's wellness policy. WellSat 2.0 reflects the new USDA school food and beverage requirements and current best practices in all areas of school wellness. It is the most extensive evaluation of compliance with school wellness policies and measures the quality of written wellness policies.



STRENGTHS

- District wellness committee established
- School wellness committees and policies in place
- Implementation of a Standard's-Based Health and Physical Education curriculum as well as Standard's-Based Nutrition Education Curriculum
- Compliance with USDA Nutrition Standards for all food and beverages sold and served during the school day



OPPORTUNITIES

- Add more specific language that addresses the USDA school breakfast and lunch programs and compliance with USDA Smart Snack Standards for reimbursable meals.
- Address time per week of physical education instruction for all elementary students
- Address the development of a comprehensive school physical activity program (CSPAP) plan at each school.
- Collaborate with community partners to provide information for students, parents, and the community to address overall wellness.
- Incorporate wellness activities to include staff.

Head Start Food Service Manager: Carrie Dinkens (606) 327-2706
Ashland Middle School Food Service Manager: Paula Allen (606) 325-4645
Blazer High School Food Service Manager: Angela Gehringer (606) 327-6048
Charles Russell Elementary Food Service Manager: Tracy Bradley (606) 327-2735
Crabbe Elementary Food Service Manager: Tammy Gumbert (606) 327-2793
Hager Elementary Food Service Manager: Jennifer Prater (606) 327-2731
Oakview Elementary Food Service Manager: Ashley Nichols (606) 327-2733
Poage Elementary Food Service Manager: Vickie Kight (606) 326-1993



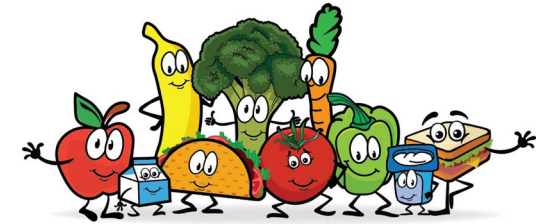
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Ashland Independent School District

Nutrition and Physical Activity Report Card 2020-2021 School Year



The Ashland Independent School District is dedicated to serving nutritious meals and providing physical activity opportunities to ensure our students are fueled and ready to learn.

Sean Howard
Superintendent

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(606) 327-2706

Linda Calhoun
Food Service Director

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Tiffany Callihan
District Health/Wellness Coordinator

tiffany.callihan@ashland.kyschools.us

Ashland Independent Food Service Program

The Food Service Program of Ashland Independent Schools is a program operating from federal funds received for every reimbursable meal served to our students during breakfast and lunch, as well as ala carte sales revenues generated from daily sales. These revenues are used for labor and fringe benefits, the purchase of food, miscellaneous supplies, equipment and repairs for the food service program.

FREE STUDENT MEALS-EVERY STUDENT- EVERY DAY

The AISD participates in the USDA Community Eligibility Provision (CEP) program. The CEP allows the school district to provide a free breakfast and lunch to all enrolled students, regardless of their economic status.

School Breakfast and Lunch Program

Due to COVID, the National School Breakfast and Lunch Programs were not utilized during the 2020-2021 school year. USDA provided waivers that allowed schools to operate under the Summer Feed Program which meets the U.S. Department of Agriculture's nutrition guidelines.

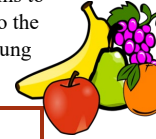
Studies show that children who participate in school meals have significantly higher standardized achievement test scores than non-participants. Children with access to school breakfast and lunch also have significantly less tardiness, absences, and injuries.

# of Schools Participating	8
Total Breakfasts Served	103,977
Federal Reimbursement of Breakfasts August 2020-March 2021	\$250,256.76
Total Lunches Served	129,357
Federal Reimbursement of Lunches August 2020-March 2021	\$545,414.75



CACFP Snack Program

As a result of COVID The Child and Adult Care Food Program (CACFP) operated additional sites this year partnering with Head Start and after school programs to provide healthy snacks. The CACFP contributes to the wellness, healthy growth, and development of young children by providing healthy snacks.



Number of Sites Participating	5
Total Snacks Served August 2020-March 2021	14,929
CACFP Reimbursement August 2020-2021	\$13,804.75

Summer Food Service Program

The Summer Food Service Program (SFSP) was established to ensure that low-income children continue to receive nutritious meals when school is not in session. Free meals that meet Federal nutrition guidelines are provided to all children at approved SFSP sites in the Ashland area. These sites include schools, churches, community summer programs, summer athletic/educational enrichment programs, etc. The SFSP operates from May-August.

SFSP Reimbursement 2020 (June and July)	\$128,013.98
Total Meals Served	39,634

SCHOOL WELLNESS

The Ashland Independent School District Coordinated School Health Committee uses the Whole School, Whole Community, Whole Child (WSCC) model from the Centers for Disease Control and Prevention (CDC) to provide a framework for greater alignment, integration, and collaboration between health and education to improve each child's cognitive, physical, social, and emotional development. The CSH committee consists of both school and community partners and is responsible for the implementation and periodic review and update of the Health and Wellness Policy.

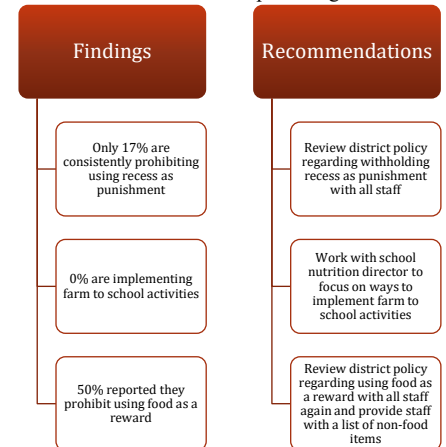
For more information or if you would like to be a member of our committee, please call (606) 327-2706.

HSP ASSESSMENT

The Healthy Schools Program (HSP) assessment was completed by all schools in our district. This tool assesses the physical activity and nutrition environments in the schools as well as health education, health promotion, and family/community involvement. The Alliance for a Healthier Generation compiles all of the data into a district report for review the second week in November.

Assessment Focus	Percentages
Mod 1: School Health and Safety Policies and Environment	61%
Mod 2: Health Education	83%
Mod 3: Physical Education and Other Physical Activity Programs	63%
Mod 4: Nutrition Services	56%
Mod 7: Health Promotion for Staff	56%
Mod 8: Family and Community Involvement	33%

Health education, physical education and other physical activity programs, family and community involvement all exceeded the state percentages.



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