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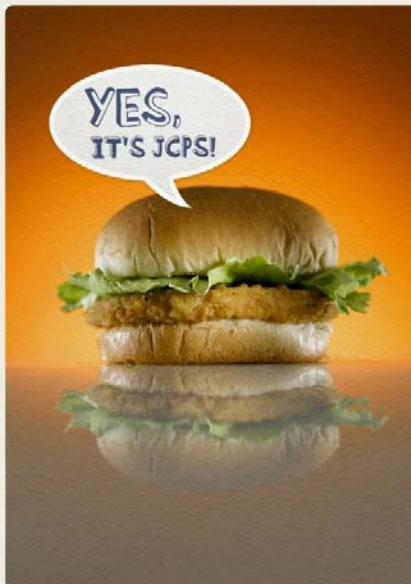
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Update



JeffersonCounty Public Schools

Nutrition & Physical Activity Report 2012-13

NEW SCHOOL MEAL REQUIREMENTS

School and Community Nutrition Services is meeting tough new federal nutrition standards for school meals, ensuring that meals are healthy and well- balanced and provide students all the nutrition they need to succeed at school.

School meals offer students milk, fruits and vegetables, proteins and grains, and they must meet strict limits on saturated fat and portion size. School lunches meet additional standards requiring:

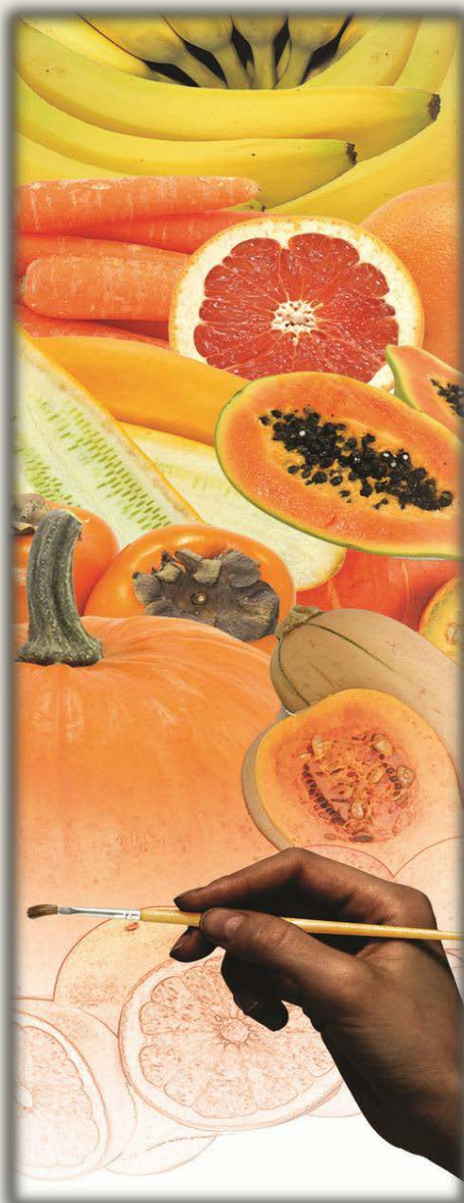
- Age-appropriate calorie limits.
- Larger servings of vegetables and fruits (students must take at least one vegetable OR fruit)
- A wider variety of vegetables, including dark green leafy vegetables such as spinach, and red/orange vegetables like butternut squash .
- More legumes, such as, black beans.
- Fat-free or 1% milk (flavored milk must be fat-free)
- More whole grains
- And less sodium and zero grams of trans fat.

SCNS meals have met many of the new requirements for many years. SCNS continues to promote fresh fruits and vegetables by once again expanding its contracts with local farmers to include a greater variety of products, including butternut squash, kale, spinach and cabbage, provided by a greater number of farmers. Six Kentucky farmers now have contracts to grow products for the JCPS school meal programs.

In 2013-14 SCNS will implement new USDA requirements for school breakfasts.

SUMMARY OF NUTRITION INFORMATION FOR SCHOOL LUNCH

2012-13 Nutritional Value of School Lunch	K-5	Goal Range	6-8	Goal Range	9-12	Goal Range
Calories	550	550-650	626	600-700	685	750-850
% Calories Saturated Fat	7.66%	<10%	5.71%	<10%	7.84%	<10%
Sodium, mg	1057	<1230	1166	<1360	1226	<1420



2012-13 Physical Activity Report

Annually we are required by Kentucky law KRS 160.345 (commonly called Senate Bill 172) to report on physical activity:

- “Each school council of a school containing grades K-5 ... shall develop and implement a **wellness policy** that includes **moderate to vigorous physical activity each day**.
- 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.

For this report all 90 elementary schools were surveyed. 98% reported their wellness policy includes moderate to vigorous physical activity.

- Each school council shall adopt an assessment tool to determine each child’s level of physical activity on an annual basis... shall report ... each year on how the schools are providing physical activity under this subsection and on the **types** of physical activity being provided.”

Time: The 90 schools surveyed averaged 130 minutes of physical activity weekly.

Type: Most common types reported were structured outdoor “recess”, classroom movement breaks, walking, and PE classes.



A Physical activity environment also supports each school’s **Practical Living Program Review**.

“...utilizes a Comprehensive School Physical Activity Program (CSPAP) to increase the quality of the physical education instruction as well as increase physical activity opportunities throughout the school environment.”

STANDARD 1 (Curriculum and Instruction)

DEMONSTRATOR 2 (Physical Education)

CHARACTERISTIC d



Over half of our elementary schools faculties have been trained and given resources to implement their wellness policy through moderate to vigorous physical activity.



The fruits of these trainings are obvious by observing and talking to our students.

A comprehensive report including each school’s successes and recommendations has been given to each board member, Achieve Areas Assistant Superintendents, and also has been posted online.



HEALTH PROMOTION SCHOOLS OF EXCELLENCE

Health Promotion Schools of Excellence (HPSE) are continuing to work on implementing a Coordinated School Health (CSH) process by striving to improve health knowledge, attitudes, skills, and behaviors and reducing health risk behaviors for students, staff, and parents. Our four focus areas for the program are promoting physical fitness, cardiovascular disease prevention, cancer prevention and early detection, along with injury prevention. These focus areas also include nutrition education. Forty-four schools are participating in HPSE during the 2012-13 school year. Approximately 170 participants attended our annual HPSE Summer Health Institute. We have grown in the number of cross country teams within the HPSE schools to 15 elementary with some schools having over 200 parents at the meets. The schools are Bates, Cochrane, Dunn, Eisenhower, Greenwood, Gutermuth, Indian Trail, Jeffersontown, Johnsonsontown Road, Lowe, Medora, Semple, Stonestreet, Wellington, and Wilkerson. In addition, approximately 230 classrooms have incorporated the 12 week (6 week in the fall and 6 in the spring) Y5210 (5 fruits and vegetables a day, 2 hours or less of screen time per day, 1 hour of physical activity and zero sugary drinks) kits in their classroom.



We are into our third year and final year of the Physical Education for Progress (PEP) Federal Grant which involves nine of the HPSE elementary schools. This summer we provided advanced training to classroom teachers, PE teachers, instructional assistants, Family

Resource Center (FRC) coordinators, HPSE coordinators, and nurses (where applicable) on children and chronic disease issues and strategies to curtail the obesity epidemic. These issues affect our students and staff on a daily basis and can impact attendance and ultimately, graduation and beyond. Brainstorming sessions identified best practices for the grant implementation and ways that school personnel can work together to more closely emulate a CSH model. Year one and two PEP grant data results were shared with the participants and discussion took place on how to improve grant outcomes. The nine elementary schools participating in the grant are: Bates, Cochrane, Eisenhower, Gutermuth, Indian Trail, Kennedy Montessori, Stonestreet, Watterson, and Whitney Young. The main components of the grant are professional development, implementing and enhancing current physical activity and nutrition programs, and conducting assessments related to physical activity and nutrition. The continued programs and assessments being implemented are as follows:

Y5210 Program for second- through fifth-grade classes (5 fruits and vegetables a day, 2 hours or less of screen time a day, 1 hour of physical activity a day, and 0 sugary drinks a day)

- Two 12-week programs in the fall and spring incorporating daily physical activity and nutrition into the classrooms.
- One hundred twenty six classes are participating in the Y5210 during the 2012-13 school year



Funtastic Fitness Pedometer Program for fourth- and fifth-grade classes (Students receive a pedometer and upload their steps onto a Web site where classes can participate in such challenges.

- 68 fourth- and fifth-grade classes are participating in the program during the 2012-13 school year.

Go Healthy Nutrition Program for fourth- and fifth-grade classes that includes the new My Plate, which promotes a healthy balance of fruits, vegetables, and grains

- 68 fourth- and fifth-grade classrooms are participating in the program during the 2012-13 school year.
- Chef Whaley conducts presentations on healthy foods and students are able to see simple recipes in action and taste test the items.



The assessments include the following:

- Physical Best Testing—All students participate in a walk/run and height and weight measurement to determine Body Mass Index (BMI— ratio of height to weight), and parents receive their child's results, which include the new BMI percentile for children.
- 3-Day Physical Activity Recall (3DPAR)— Fifth-grade students participate in recalling what physical activity they participated in during the past three days as well as the level of intensity.

Highlights of the most recent findings are as follows:

- 71% of teachers participating in the summer training scored at least 80% on the exit exam.
- The PEP schools showed a 6% increase in the number of students meeting the standard for the Walk/Run Assessment
- The obesity rate was reduced by 1% for PEP students, and there was no increase in the Overweight category.
- 11% more students reported on the Y5210 survey being active 60 minutes or more per day by the end of the year.



More Students Eating Breakfast!

Jefferson County Public Schools was one of ten districts across the United States chosen to receive a generous Wal-Mart Foundation grant to implement a Breakfast in the Classroom program. The grant enabled SCNS to purchase equipment for nineteen JCPS elementary schools to implement BIC at the beginning of the school year. All students in participating schools receive a free, nutritious school breakfast in the classroom after the bell rings. Breakfast participation in the BIC schools is up an average of 38% through October 2012. In addition, school tardies and behavior referrals are down in participating schools through the end of the second pupil month compared to the same period in 2011. At least one additional school will implement the program in January 2013. Breakfast in the Classroom is another way that JCPS is focusing on improving student achievement.

The following 19 elementary schools are participating in the Breakfast in the Classroom Program:

Blake, Breckinridge-Franklin, Cane Run, Cochran, Dixie, Engelhard, King, Lincoln, Maupin, McFerran, Mill Creek, Minors Lane, Price, Rangeland, Roosevelt Perry, Rutherford, Semple, Watson Lane, and Wheatley.



Promoting Fresh and Local Products

Jefferson County Public Schools' School and Community Nutrition Services department made a commitment to include more fresh, local foods in school menus in 2010. During the 2010-11 school year the department bought a total of five products, from a variety of apples to yellow squash, from local farmers using a simple price quote. After successfully introducing local foods in school menus, and in order to demonstrate commitment to local farmers, SCNS drafted and released a "request for quotation" to farmers specifying a variety of produce and an approximate purchasing commitment for the 2011-2012 school year. Two Kentucky farmers, Larry Ayres of Ayres Orchard, and Mary Courtney of Courtney Farms, were awarded contracts to grow and deliver a variety of products for Jefferson County School students.

As a result of those two contracts SCNS doubled the variety of products purchased to ten, and added local watermelon, romaine lettuce, and cucumbers to the menu. The amount spent on local produce increased 49% to \$45,000 compared to 2010-11. During the current school year SCNS has contracts with six local farmers and has purchased 14 items including butternut squash, cabbage, kale and spinach. SCNS is already within \$1,700 of purchasing as much local produce this year as all of last year.

Promoting fresh and local products in the cafeteria and including local produce in recipes prepared at the Nutrition Service Center, has increased the overall amount of fresh produce purchased for use in the school meal program. Students are excited to see and learn about local produce and they are expanding their palates to include a wider variety of products. SCNS has also purchased other local products to include in recipes and menus including diced beef, chicken legs and thighs, and cornmeal.