

Health Promotion Schools of Excellence



THE HEALTH PROMOTION SCHOOLS OF EXCELLENCE (HPSE) PROGRAM IS CONTINUING TO WORK ON IMPLEMENTING A COORDINATED SCHOOL HEALTH (CSH) PROCESS IN 41 SCHOOLS DURING THE 2013-14 SCHOOL YEAR.

The goals of the program are to improve health knowledge, attitudes, skills, and behaviors and

reduce 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. We have grown to 16 cross country teams with some schools having 90 to 100 students participating and hundreds of parents at the eight meets conducted by the HPSE Specialists. The schools are Bates, Cochrane, Dixie, Dunn, Eisenhower, Greenwood, Gutermuth, Indian Trail, Jeffersontown, Johnsontown Road, Lowe, Medora, Semple, Stonestreet, Wellington, and Wilkerson.

Approximately 315 classrooms 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 just completed our final year of the Physical Education for Progress (PEP) Federal Grant which involved nine elementary schools: Bates, Cochrane, Eisenhower, Gutermuth, Indian Trail, Kennedy Montessori, Stonestreet, Watterson, and Whitney Young. This grant helped us to identify strategies to improve the students' fitness levels, and learned that conducting the assessments for walk/run four times per year is more beneficial to the students. The main components of the grant were to expand and enhance current physical activity and nutrition programs, conduct assessments related to physical activity and nutrition, and provide professional development. The programs and assessment outcomes are as follows:

- **Y5210 Program-** 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 112 classrooms
 - 6.2% more students reported on the Y5210 survey consuming fruit 2 or more times per day and vegetables 3 or more times per day.
 - 2.3% more students reported on the Y5210 survey being active 60 minutes or more per day by the end of the year

- **Funtastic Fitness Pedometer Program-** 51 fourth- and fifth-grade classes (Students receive a pedometer and upload their steps onto a Web site where classes can participate in such challenges.



- Overall, 26% of 4th and 5th grade PEP students met their 10,000 step daily goal during the PEP assessment windows.



- **Go Healthy Nutrition Program-** 51 classes fourth- and fifth-grade classes that includes the new My Plate, which promotes a healthy balance of fruits, vegetables, and grains

- Students showed a 18% gain in cardiovascular health knowledge after receiving the Go Healthy Nutrition Program provided by HPSE Specialists.
- Chef Whaley conducted presentations on healthy foods and students were able to see simple nutritious recipes created and taste test the items.

- **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). Parents receive their child's results, which include the new BMI percentile for children.



- The PEP schools showed a 2.3% increase in the number of students meeting the standard for the Walk/Run Assessment
- The number of PEP students classified as obese was reduced by 6% while there was no increase in the number of students in the overweight category.

- **PEP Staff Training-Teacher-Mastery** of summer PD learning objectives increased by 64% following the PEP Institute.

JEFFERSON COUNTY PUBLIC SCHOOLS

Nutrition & Physical Activity ANNUAL REPORT

2013-2014

COORDINATED SCHOOL HEALTH

Coordinated School Health is recommended by the Centers for Disease Control and Prevention (CDC) as a strategy for improving student health and learning throughout the United States. When students are healthy, they have better attendance rates and achieve at higher levels. Jefferson County Public Schools is encouraging this best practice. JCPS coordinates guidelines and strategies suggested by the CDC, various initiatives and funding streams, as well as public and school health professionals into a systemic approach so our efforts can be focused on helping students and staff practice protective, health-enhancing behaviors. All of this helps students achieve more! By working TOGETHER, our students, their families and our staff will benefit from being part of an educated, healthy, productive community.

The eight components of a Coordinated School Health Program are:



JCPS schools have been encouraged to establish a school site committee and a plan for addressing each of the eight components of a healthy school. Schools may utilize a current committee such as the FRYSC Council, Safety, Practical Living/Program Review and/or their current Health Promotion Schools of Excellence committee. They are also encouraged to invite other interested individuals to join the committee. In an ideal school setting, experts in the eight component areas meet regularly and bring their unique skills, knowledge and resources to the table to address any health related issues within the school environment that could affect student achievement. This process helps diminish duplication of efforts and also keeps everyone from working in silos. Examples they might address could include: safety, bullying, obesity, poor nutrition, asthma, peanut and other food allergies, health education, student and staff physical and emotional health, and other challenges identified in the meetings unique for their school. By addressing concerns such as these, we are better able to meet the needs of our students and ensure they graduate prepared.

The information in this report focuses on nutrition and physical education and other physical activity, which are two of the CSH components.

**For more information, contact
Bonnie Ciarroccki at 485-3387**

"The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (in Spanish). USDA is an equal opportunity provider and employer."



Physical Activity Environment



“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.”

Each school reported on their SDBM Wellness Policy inclusion specifically about Physical Activity:

All 90 Elementary schools have a required local SDBM Wellness Policy that includes moderate to vigorous Physical Activity each day. The policies are unique to each school. To continue growth, emphasis has shifted from writing the policy to revisiting/revising yearly and working toward fuller implementation.

“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.”

Schools have varying amounts of Physical Activity time as part of their instructional day. All schools fall within the allowed 30 minutes per day/150 minutes per week.

**For more information, contact
Donna Benton, Practical Living Specialist,
at 485-3053**



Practical Living Program Review
Standard 1, Demonstrator 2, characteristic d

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

“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.”

Each school reported on the type of Physical Activity their students engage in DURING school:

The three most common types of Physical Activity offered during school are: “Recess,” Physical Activity in Physical Education class, and classroom physical activity.

Go Noodle, 5-minute brain breaks, and Go Noodle Plus, core-aligned brain breaks, are free and available to every classroom this year.



The type of Physical Activity your students have the opportunity to participate in BEFORE and/or AFTER school:

The top offerings are Physical Activity clubs (walking, running, dance, step, yoga, martial arts), and sports (cross country, track, basketball, soccer, volleyball, cheerleading, tennis).

Schools are offering a wide range of Physical Activity for all students, not just skilled athletics.

Schools report before school physical activities have had the additional bonus of students arriving earlier to participate thus decreasing tardiness.

Physical Activity programs Community Partners provide for schools:

Community/school partners are strong and successful in JCPS. Universities, community partners, businesses, Metro Parks, faith-based organizations, hospitals – all were listed as making invaluable offerings to each school’s Physical Activity environment. A comprehensive list has been compiled and we will work with schools seeking community partner support.

The ways families are included in Physical Activity opportunities at school:

Many schools have made great strides to involve families in their Physical Activity environment. The most consistent ways reported were walk-a-thons, family fitness nights, health fairs, field days, PTSA-sponsored events and offerings, and supporting, coaching, attending physical activities and sports. A comprehensive list has been compiled and we will work with schools desiring to increase family involvement.

Shared future ideas/goals for increasing school’s “Comprehensive School Physical Activity Program” and the support needed for implementation:

Grants and funding topped the wish list for supporting each school’s Physical Activity environment. The needs are for a full-time PE teacher, walking/running tracks, playgrounds, and equipment, transportation, entry fees and staffing for Physical Activity opportunities.

Nutrition Environment



FRESH FRUIT & VEGETABLE PROGRAM

Thirty five at-risk elementary schools were selected to participate in the program in 2013-14. The same number as 2012-13. Students were exposed to over 45 different fruits and vegetables and learned something about each one. Anecdotal information indicates that students in schools participating in the FFVP program choose and consume more fresh fruits and vegetables than students that attend schools that do not participate. The number of schools participating in the program is limited by the amount of money received by the state each year.

LOCAL FOODS

SCNS continued to menu local produce and other products during 2012-13. The amount spent on local produce for school meals and the FFVP program increased to over \$120,000. Students also got to enjoy new local items like butternut squash, kale and cabbage with their school meals.

NEW SCHOOL LUNCH REQUIREMENTS

Effective in July 2012 all students had to select a fruit OR vegetable as part of their lunch in order for School and Community Nutrition Services to claim reimbursement. SCNS menus also had to be certified by KDE School and Community Nutrition in order to receive an additional 6 cents for every lunch claimed. SCNS menus were successfully certified for the additional 6 cents. During a validation review conducted by KDE in April, KDE consultants commended SCNS on the students’ reception of the fruit and vegetable requirement and the cashiers’ knowledge about the requirement. The new fruit and vegetable requirement resulted in twice as much being spent on fresh produce in 2012-13 compared to 2011-12.

NUTRITION INFORMATION FOR SCHOOL MEALS

New nutrition requirements for school meals based on age appropriate calorie ranges, saturated and trans fat requirements and sodium went into effect in 2012-13. The following chart provides the weekly average nutritional value of JCPS lunch and breakfast by grade level.

MEAL	JCPS BFAST	USDA	JCPS LUNCH	USDA
ELEMENTARY				
Calories	468	350-500	557	550-650
% Sat Fat	4.88%	<10%	8.28%	<10%
Sodium	528	540	1006	1230
MIDDLE				
Calories	537	400-550	625	600-700
% Sat Fat	5.73%	<10%	8.25%	<10%
Sodium	529	600	1168	1360
HIGH				
Calories	537	450-600	819	750-850
% Sat Fat	5.73%	<10%	7.52%	<10%
Sodium	529	640	1250	1420



The Bus Stop Café hit the road in June 2013 distributing summer meals to students at six

locations, including two mobile home communities and four public pools. Program information and family resources were transferred into Spanish to help participants understand the program and access other community agencies for assistance. Over 15,000 meals were distributed by the Bus Stop Café.

Additional school breakfast and competitive foods requirements go into effect in 2014-15: At breakfast, all students will be required to choose a fruit or vegetable as part of their meal. New competitive food rules will impact foods sold to students throughout the day.



BREAKFAST IN THE CLASSROOM

Nineteen elementary schools successfully implemented BIC in 2012-13. All students had access to a free breakfast in the classroom after the bell rang. The program resulted in an additional 504,000 breakfasts served. The number of visits to the school nurse was also significantly reduced in schools with nurses. In 2013-14 thirty schools are participating in BIC.



Nutrition Services launched the USDA at-risk supper program in February 2013. This program allows SCNS to offer supper to students participating in after-school enrichment activities at eligible sites. As of November 1, 2013 seventy-one sites are offering after-school suppers.

**Contact
Julia Bauscher
at 485-3186**