



Health Promotion Schools of Excellence

The Health Promotion Schools of Excellence (HPSE) Program is being implemented in 38 schools this year. The program continues to focus on Coordinated School Health (CSH) along with striving to improve health knowledge, attitudes, skills, and behaviors in an effort to reduce health-risk behaviors for students, staff, and parents. Promoting physical fitness and working on cardiovascular disease, cancer, and injury prevention remain the top priority areas for the program.

We had approximately 150 staff members attend the annual HPSE CSH Institute. They heard from various speakers on topics related to tobacco and cancer prevention, homelessness, school gardens, trauma, gangs, and drug awareness. They also heard information from Heather Wampler, 15th District Parent Teacher Association (PTA) president, regarding birthday nonfood celebrations and/or healthier food options. Throughout the institute, “brain breaks” occurred with physical activity in order to demonstrate how to incorporate movement into other core subject areas during class time with students.

Our cross-country clubs continue in 16 of our HPSE schools, with four meets being held this year so far. These clubs are funded through our Champions for Children grant. Approximately 700 students participated in the meets, with hundreds of parents attending from their respective schools, including Bates, Cochrane, Dixie, Eisenhower, Greenwood, Gutermuth, Indian Trail, Johnson-town Road, Klondike Lane, Medora, Rangeland, and Wellington.

Lowe Elementary parents, Shawna and Tom Stenton said, “HPSE has exposed our son to lifelong healthy habits and helped him discover something he truly loves—running!”

Thirteen HPSE schools had students participate in the HPSE Run! Louisville, Run! Program during the 2013-14 school year, which included the opportunity to train for and complete the Triple Crown of Running in coordination with the Kentucky Derby festivities. The program—a walking and running training developed by the YMCA of Greater Louisville—challenges students ages 10 to 18 to train and complete a 5K, 10K, and 10-mile race. HPSE has worked with the YMCA for six years to bring this opportunity to participating elementary, middle, and high schools. The students receive free entry to the races and receive a team T-shirt. Each school had adult mentors to train with and support the students during the races. Kudos to the schools with students who participated in the Run! Louisville. Run! training program. Participants included students from Bates Elementary, Blue Lick Elementary, Engelhard Elementary, Fairdale High, Farnsley Middle, Greathouse/Shryock Traditional Elementary, Greenwood Elementary, Gutermuth Elementary, Johnsontown Road Elementary, Kennedy Montessori Elementary, Lowe Elementary, Myers Middle, and Wellington Elementary.

Approximately 380 classrooms incorporated the Y5210 in their K–5 classrooms during the 2013-14 school year (5 fruits and vegetables a day, 2 hours or less of screen time a day, 1 hour of physical activity, and 0 sugary drinks).

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School Meals Today

School meals are healthy meals that are required to meet the *Dietary Guidelines for Americans* in order to receive federal reimbursements. JCPS SCNS follows strict federal nutrition standards. Our meals offer students a wider variety of fruits and vegetables, low-fat or fat-free milk, 100 percent whole grain rich products and lean protein with every meal. In addition, SCNS menus meet the USDA sodium targets that went into effect July 1, 2014. The chart below shows nutrition information for JCPS meals by level:

	JCPS Breakfast	USDA	JCPS Lunch	USDA
Elementary				
Calories	420	350-500	637	550-650
% Sat Fat	4.9%	<10%	8.2%	<10%
Sodium	455mg	≤540mg	1020mg	≤1230mg
Middle				
Calories	460	400-550	684	600-700
% Sat Fat	4.9%	<10%	8.6%	<10%
Sodium	465mg	≤600mg	1235mg	≤1360mg
High				
Calories	460	450-600	762	750-850
% Sat Fat	4.9%	<10%	8.1%	<10%
Sodium	465mgJ	≤640mg	1374mg	≤1420mg

Food Safety Inspections Fiscal Year (FY) 2013-14

As required by federal law, all 147 JCPS SCNS sites received two food safety inspections by the Louisville Metro Department of Public Health and Wellness for FY 2013-14. A complete report, with a list of sites and the dates for the inspections, is available in the SCNS office.

Smart Snacks

The Smarts Snacks in School standards published by the USDA will build on the healthy advancements of our National School Lunch Program and School Breakfast Program by ensuring that all other snack food and beverages available for sale to students in school meet minimum nutritional standards. Foods sold to students during the school day and up until 30 minutes after the end of the school day must meet several nutrient requirements.

Calorie Limits Snack items: ≤200 calories Entrée items: ≤350 calories
Sodium Limits Snack items: ≤230 mg** Entrée items: ≤480 mg
Fat Limits Total Fat: ≤35% of calories Saturated Fat: ≤10% of calories Trans fat: zero grams
Sugar Limits ≤35% of weight from total sugars in foods

Smart Snacks Sold in Schools

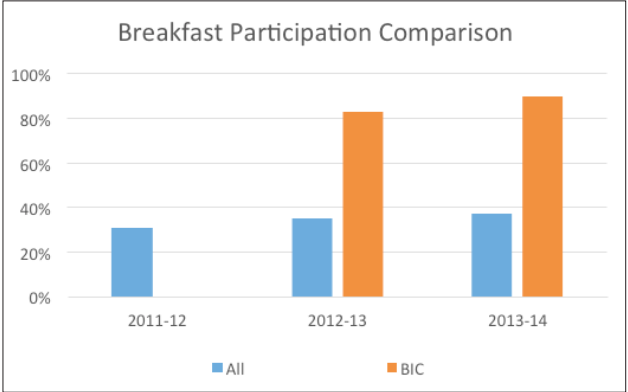
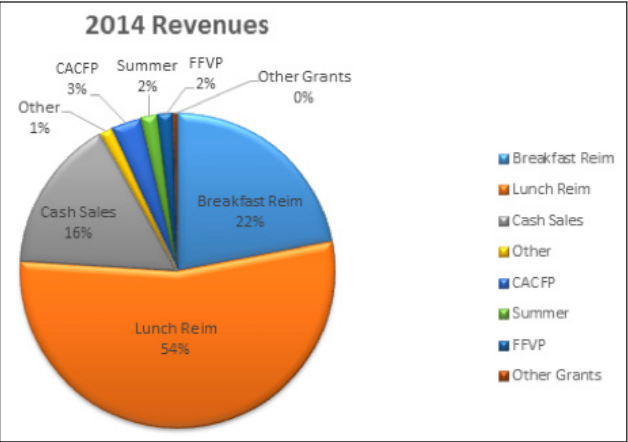
Nutrition & Physical Activity ANNUAL REPORT 2014-15



The JCPS School and Community Nutrition Services (SCNS) Department administers the United States Department of Agriculture (USDA) National School Lunch Program and School Breakfast Program in all JCPS sites. Community Eligibility is offered in 96 of our schools during the 2014-15 school year and allows all students at the eligible sites to eat meals at no cost.

SCNS has embraced many new programs to try and help more students start their day off the right way and stay energized. Breakfast in the Classroom (BIC) Programs have increased our breakfast participation in the participating schools by 75 percent. Kiosks and grab-and-go style breakfasts have been popular as well and have provided quicker service to our students.

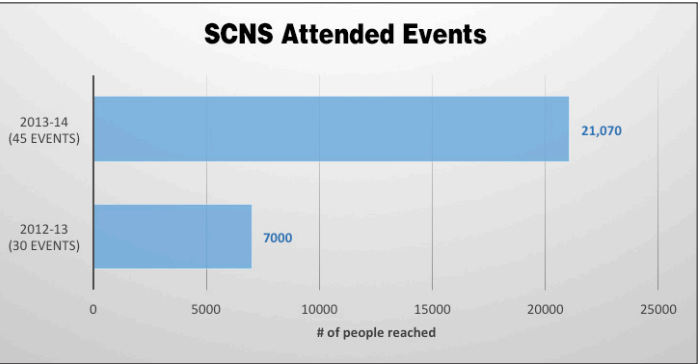
In addition, SCNS sponsors the Summer Food Service Program in many sites during the summer as well as two Bus Stop Café mobile sites. Suppers are also offered at 96 schools in the district through the Child and Adult Care Food Program (CACFP). This program allows schools to provide nutritious suppers at no cost to students during after-school enrichment programs. For more information on our programs, visit www.jcpsfood.org.



Our BIC Program has increased breakfast participation dramatically. Overall, the average participation in all schools has increased.

Nutrition Education and Promotion

The primary goal of nutrition education and promotion is to influence lifelong eating behaviors in a positive manner. During the 2013-14 school year, SCNS staff attended 45 school events and numerous other community events. The majority of the school events attended were health fairs, walk-a-thons and Fit Lit family events. During the events, information about school meals, healthy eating, *My Plate*, and other evidence-based nutrition messages were disseminated to more than 21,000 people. Nutrition Services also hosted 20 Farm to School events that included gardening activities, a mobile barnyard with farm animals, and cooking lessons. These events teach students and staff about the importance of good nutrition, where food comes from, and how to prepare healthy meals and snacks. Other activities that SCNS has led include our Fruit and Vegetable of the Month Program, contests, taste testing events, and food demonstrations. Our cafeterias participate in various theme days and promotions to encourage participation and healthy eating. In addition to student-based activities, SCNS hosted seven professional-development (PD) sessions for district staff that addressed gardening, nutrition, and other food literacy topics.



Schools are also encouraged to participate in our Student Nutrition Advisory Councils (SNACs). Thirty of our schools formed a SNAC group during the 2013-14 school year. These groups consist of approximately ten students per school who are ambassadors for healthy eating. Students taste-test four to six items at least four times a year and evaluate each item. The evaluations are compiled and given to our menu team to determine if items should stay on the menu or be modified. During the 2013-14 school year, 16 items were tested but only 6 items were placed on the menu. Three of these items were products made in our central kitchen and incorporated some local produce.



2014-15 Physical Activity Environment Report

Kindergarten Through Grade-Five Schools

Annually, we are required by Kentucky law KRS 160-345 (commonly called Senate Bill 172) to report on physical activity.

KRS 160.345 (11)

Develop and implement a wellness policy that includes moderate to vigorous physical activity each day.

“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 30 minutes per day, or one hundred and fifty (150) minutes per week.”



A Wellness Policy is also required by the Practical Living Program Review Standard 4, Demonstrator 1, Characteristic i: The school is implementing the district-level wellness policy via a **school-level wellness policy** that is reviewed annually, and strategies for school wellness are included in the Comprehensive School Improvement Plan (CSIP).

A physical activity program is also required by the Practical Living Program Review Standard 1, Demonstrator 2 characteristic d: The school utilizes a Comprehensive School Physical Activity Program (CSPAP) to:

- Increase the quality of the physical education (PE) instruction.
- Increase **physical activity opportunities** throughout the school environment.

KRS 158.856 (6): Physical Activity Environment

Assessment, Time and Type Findings, Recommendations, Public Input, and Improvement

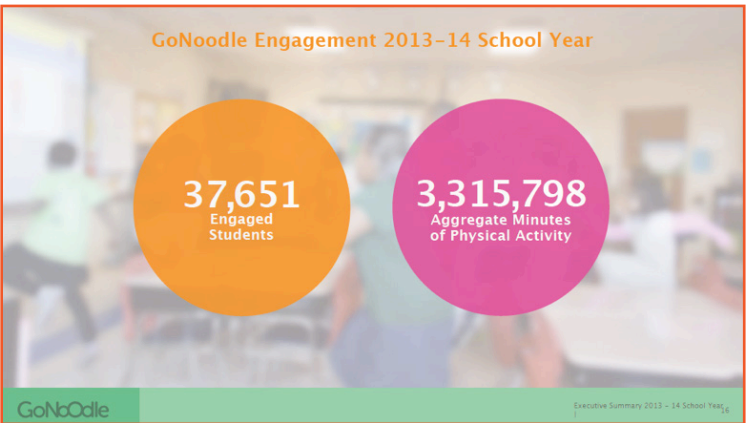
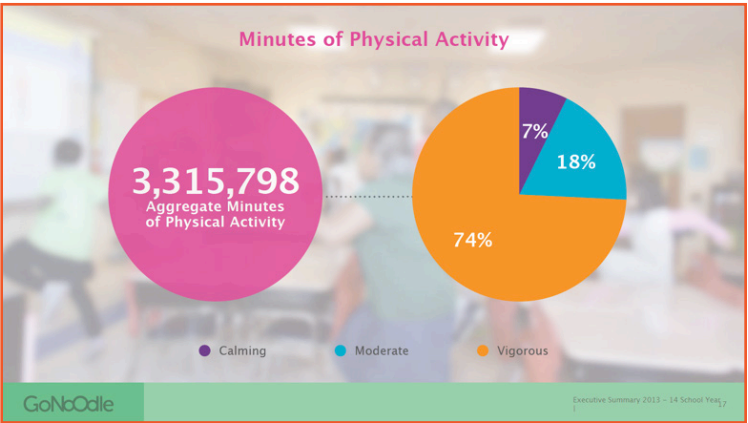
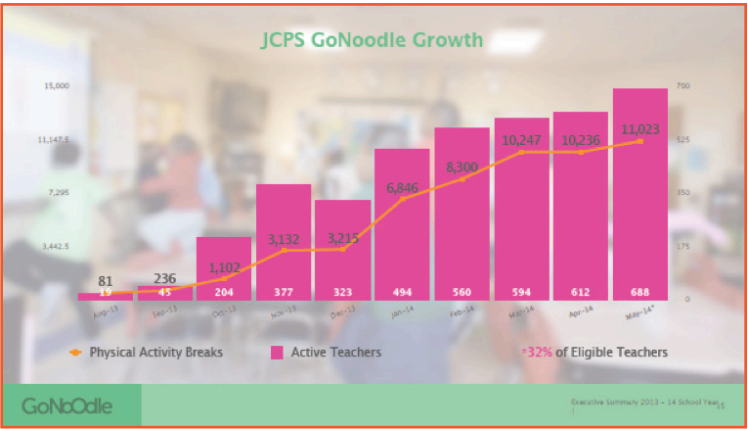
- “Each school council shall adopt an assessment tool to **determine each child’s level of physical activity on an annual basis** ... shall report each year on how the schools are providing **physical activity** under this subsection and on the amount of **time and types** of physical activities being provided.
- A local district superintendent (designee) shall evaluate the **student physical activity environment**, including the amount of **time and types** of physical activity provided in the elementary school, as required in KRS 160.345 (11) and release the report at least sixty (60) days prior to the public forum required by KRS 158.856 (5).
- A local district superintendent (designee) shall submit the report on **physical activity**, including a summary of **findings** and **recommendations** to the Department of Education each year.”

GoNoodle

Brain Breaks: Physical Activity and Brain Power Intersect

GoNoodle is a free resource for all JCPS schools provided by the Humana Foundation and Kosair Children’s Hospital.

GoNoodle is a suite of interactive, **core-aligned brain breaks** that improve student engagement and classroom culture with brief bouts of desk-side movement. Each of the brain breaks takes three to five minutes of class time—just enough time for teachers to get their students’ blood flowing and minds re-engaged without taking away from valuable instructional time. GoNoodle was the most widely used and successful method of moderate to vigorous physical activity in JCPS K–5 classrooms this year as demonstrated by the following statistics from August 2013 to May 2014:



Physical Activity Resources and Support

To support elementary school physical activity environments, the following interventions have been provided and proven successful in increasing moderate to vigorous activity. Outdoor and indoor physical activity training and resources are provided to elementary schools’ faculty through these two programs.



- An opportunity for elementary classroom teachers to implement indoor physical activity
- Learn ways to keep students **physically active** when the wet or cold keeps you inside or “brain breaks.”
- Each classroom teacher will receive resources to implement indoor physical activity in their elementary classroom.



- An opportunity for elementary classroom teachers who regularly provide recess for their class outdoors
- Each classroom teacher will receive the following: Recess DVDs and equipment to implement recess (\$100 value of jump ropes, balls, and poly spots in a mesh bag).

Community Partners

Numerous community partners are providing physical activity programming and opportunities to our elementary schools before, during, and after school.



Elementary schools’ PE/practical living teachers have been nationally certified as Directors of Physical Activity and/or have been trained as Physical Activity Leaders (PALs).

School	Achievement Area	Board District
Auburndale	2	5
Bates	4	7
Bowen	6	3
Breck-Frank	6	1
Brown School	6	1
Camp Taylor	3	6
Carter Traditional	3	1
Chancey	6	3
Crums Lane	1	4
Dixie	1	4
Field	6	2
Foster	5	1
Gilmore Lane	3	6
Goldsmith	4	2
Greathouse/Shryock	4	2
Greenwood	1	4
Johnsontown Road	1	4
Kenwood	2	5
King	6	1
Medora	1	5
Portland	6	1
Price	4	6
Rangeland	4	6
Rutherford	2	5
Schaffner Traditional	1	4
Shacklette	1	4
St. Matthews	5	2
Stopher	5	7
Tully	4	7
Wellington	1	4
Wheeler	4	7
Wilt	3	7
Young	5	1
Zachery Taylor	6	3

District Wellness Committee

JCPS is committed to providing a school environment that enhances learning and assists students in developing lifelong wellness practices. Best practices regarding wellness are always encouraged. In support of this and to adhere to the state and federal regulations, a wellness committee must be in place. Our district wellness committee includes representatives from a wide range of JCPS departments (e.g., health, nutrition, curriculum, counseling, family services, research/evaluation, and schools). In addition to the district team, there are parents, community members, PTA members, health department representatives, and KDE representatives.

The committee continues to further develop and evaluate the district wellness policy. The committee also creates support documents that serve as quick reference tools for principals and other staff and that address regulations, policies, and best practices to help promote positive student health outcomes.

For more information about the committee, please contact Bonnie Ciarroccki at bonnie.ciarroccki@jefferson.kyschools.us. To view our current district wellness policy, visit www.jcpsky.net/Departments/NutritionServices/downloads/education/eduwellnessStudent.pdf.