

2014-15 NUTRITION AND PHYSICAL ACTIVITY REPORT

JANUARY 26, 2015



NUTRITION IN SCHOOL MEALS

- 100% whole grain rich products
- Wide variety of fruits and vegetables
- Low fat and fat free milk
- Lean proteins
- New sodium targets (effective July 2014) were met



	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	465mg	≤640mg	1374mg	≤1420mg

SMART SNACKS



All food items sold on campus must meet standards for

- Calories
- Sodium
- Fat
- Sugar

Beverage items must also meet specific standards for

- Elementary, Middle, High

TIME PERIODS

From Midnight until 30 minutes after end of last lunch period

During this time:

- Only SCNS can sell foods or beverages
- No food/beverage fundraisers
- All vending machines are off

30 min. after close of last lunch until 30 min. after end of school day

During this time:

- All foods/beverages sold in schools must meet Smart Snack standards
- Food/beverage fundraisers may occur if meet Smart Snack standards
- Vending may be on if items meet Smart Snacks standards

30 min. after the last bell until midnight & weekends

During this time:

- No nutritional standards for food & beverages
- However, best practices are encouraged and finance guidelines must be followed



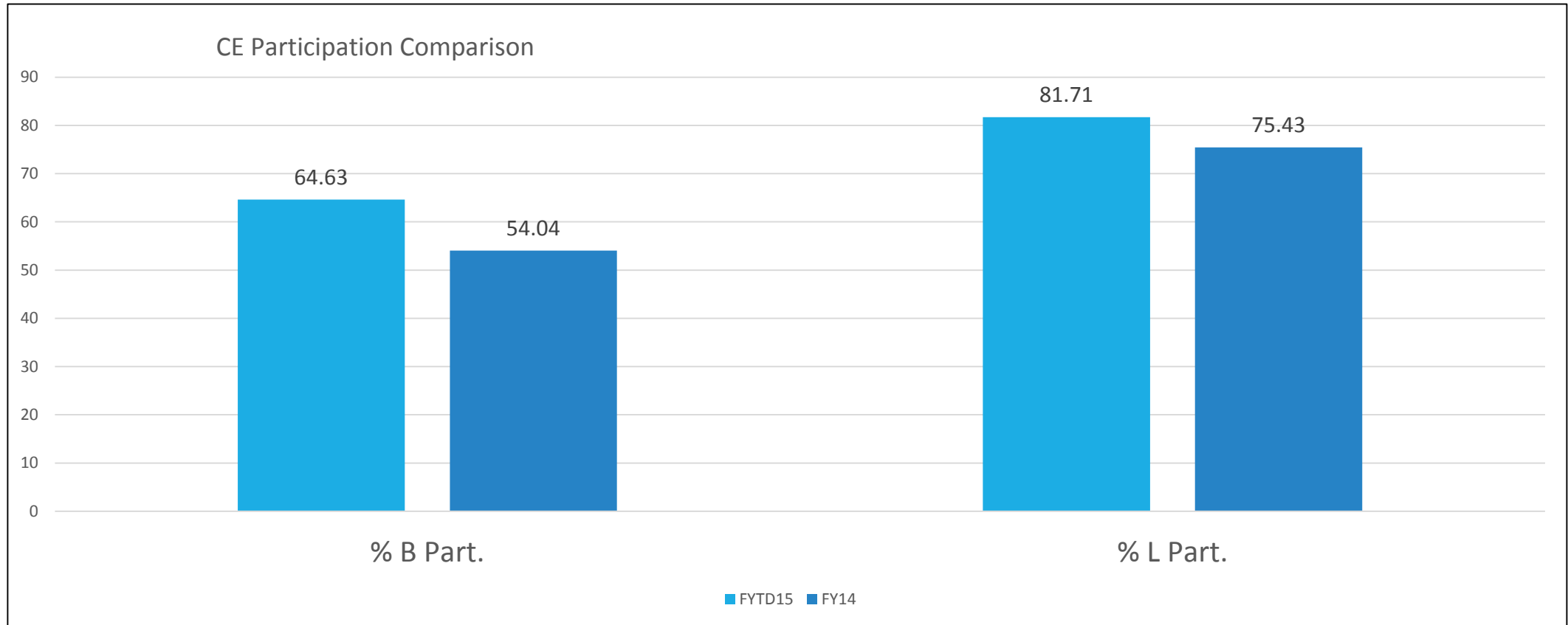
LOCAL FOOD AND SCHOOL GARDENS

- Improve access to local foods in district schools
- Educate students about food systems
- Promote nutrition and enjoyment of local foods

Ayres Family Orchard	Gala and Golden Delicious Apples
Courtney Farms	Zucchini, watermelons, sweet banana peppers, purple bell peppers, and yellow squash
Lee's Garden Center	Red colonial peppers
Marksbury Farms	Chicken thighs and drumsticks
Weisenberger Mills	Cornmeal



COMMUNITY ELIGIBILITY



Physical Activity Report

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



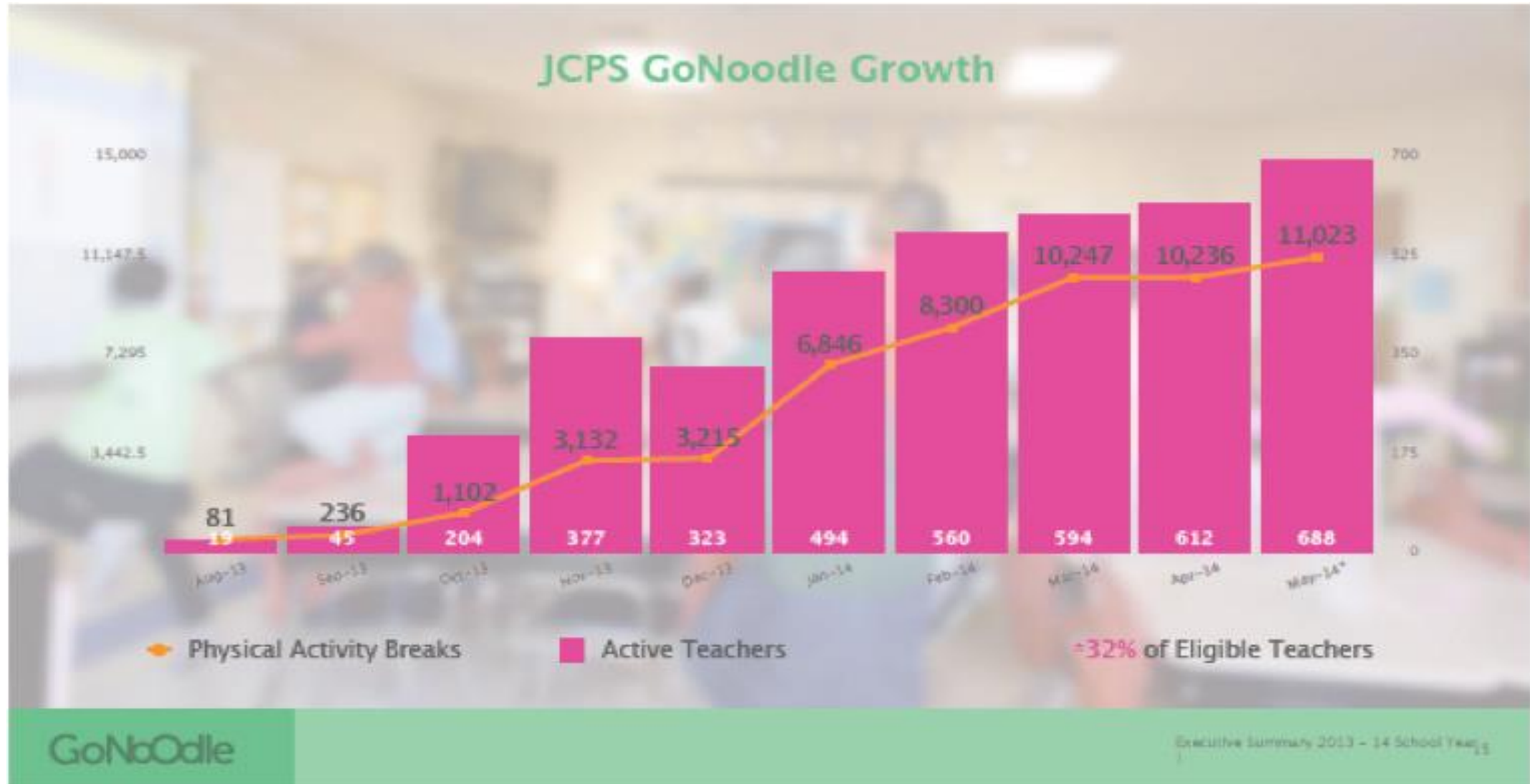
Physical Activity and the Practical Living Program Review



A physical activity program is also required by the Practical Living Program Review Standard 1, Demonstrator 2 characteristic d: School 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

GoNoodle: Core Aligned Physical Activity



Physical Activity Resources and Support



26 Elementary schools' PE/Practical Living teachers have been nationally certified as Directors of Physical Activity and/or were trained as Physical Activity Leaders (PAL)



Outdoor and indoor physical activity training and resources are provided to elementary schools via these two programs.



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

COORDINATED SCHOOL HEALTH (CSH) WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD APPROACH (WSCC)

- To address Goal 4 of the Strategic Plan Vision that all schools are staffed, resourced, and equipped to support students' needs.
- The WSCC expands the CSH approach and is combined with the Whole Child framework, to strengthen and unify a collaborative approach to learning and health.
- **Health Promotion Schools of Excellence** utilize the CSH WSCC model to



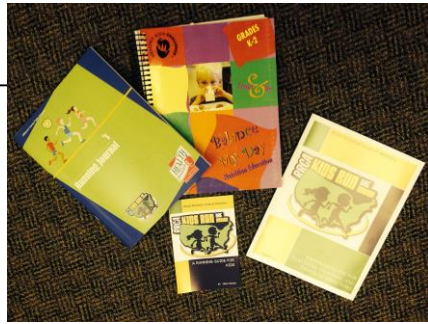
reduce health-risk behaviors of students, staff, and parents, as well as promote and maintain healthy lifestyles.



HEALTH PROMOTION SCHOOLS OF EXCELLENCE EXAMPLES OF PHYSICAL ACTIVITY AND NUTRITION PROGRAMS

Champions for Healthy Kids grant to educate, prepare, and inspire students to learn by utilizing the HPSE Cross Country program.

Educate



- Coaches implemented *Kids Run the Nation* and *Balance My Day* nutrition curriculum at practices.
- Students were evaluated utilizing survey, attendance rosters, and walk/run fitness assessment.

Prepare



- Purchased equipment that can sustain the HPSE Cross Country program beyond the scope of the grant.

Inspire



- 14 HPSE schools participated in the program.
- 590 K-5 students were on meet rosters
- 300 runners at each of the four HPSE sponsored meets.

Thank you

