



Wellness Report Card Nutrition & Physical Activity Fall 2015

The National School Breakfast/Lunch Program

*****what it means to your student*****

It is important for students to get a healthy, balanced diet for proper growth and development.

Did you know? eating breakfast and lunch at school is a great way for your student to get two-thirds of his or her recommended daily nutrients

Did you know? students who eat school meals tend to get more 1) milk/dairy, 2) meats, 3) grains, 4) vegetables and 5) fruits in their diets.

Did you know? at lunch students may select minimum of 3 but up to 5 food groups listed above. One of their choices must be a fruit or vegetable to complete a meal.

Did you know? the healthy eating experiences & nutrition education in school will stay with students through adulthood.

FCPS Food Service operations are administered through the United States Department of Agriculture, the Kentucky Department of Education and the School Board. Comprehensive regulations must be followed in order to receive federal funding for the program.

School meals offer daily:

- ◆ variety of fruits
- ◆ variety vegetables including dark green, red/orange & legumes
- ◆ only whole-grain rich items
- ◆ low fat/low sodium meat/meat alternates
- ◆ fat-free/1% milk
- ◆ age-appropriate calorie limits/portion sizes
- ◆ sodium restrictions, zero trans fats



School Year 2015-16

Summer Feeding 2015

12,000+ Breakfasts served daily	12,431 Breakfast served
26,000+ Lunches served daily	27,990 Lunches served
700+ Snacks served daily	10,853 Snacks served

Smart Snacks in School...USDA's "All Foods Sold in School" Standards

Since **July 1, 2014**, School Sites are required to follow the USDA nutrition standards for snack foods and beverages that are sold to children during the school day. These standards, required by the **Healthy Hunger-Free Kids Act of 2010**, will allow schools to offer healthier snack foods to students, while limiting junk food.

Smart Snacks in School is another step toward improving the health of our students and school environments. This supports the efforts already being made by school food service staff, school administrators, teachers, parents and the school community to instill healthy eating habits in students.

FAYETTE COUNTY PUBLIC SCHOOLS

Physical: 701 East Main St.
Lexington, KY 40502

Mailing: 1126 Russell Cave Rd
Lexington, KY 40505

859-381-4000



Fresh Fruit & Vegetable Program

Participating Schools

Arlington
Booker T. Washington Interm.
Booker T. Washington Primary
Breckinridge
Cardinal Valley
Harrison
James Lane Allen
Mary Todd
Russell Cave
William Wells Brown



The **Fresh Fruit and Vegetable Program (FFVP)** offers free fresh fruits and vegetables to students during the school day, outside of lunch and breakfast periods. FFVP targets elementary schools with the highest percentages of children certified for free and reduced price benefits. The goal of the FFVP is to improve children's overall diets and create healthier eating habits to impact their present and future health. It helps schools create healthier school environments by providing healthier food choices, expanding the variety of fruits and vegetables children experience, and increasing children's fruit and vegetable consumption.

For more information:

www.fns.usda.gov/cnd/ffvp/ffvpdefault.htm

Farm to School



The **FCPS Farm to School (F2S) Team** consists of many active community partners, FCPS faculty & staff. Together we empower youth to make healthy lifestyle choices by promoting the benefits of consuming locally grown and produced foods. The F2S Team coordinates ways to implement an educational program that involves the classroom, cafeteria and community. The F2S Team has developed informational kits to assist in teaching students the importance of local foods.

The F2S Team continues to work with schools and classroom teachers to educate students on the many benefits of consuming locally grown products. Farm to School lessons incorporate sustainability, human health and economic impact of buying local foods. New teacher friendly PowerPoints have been developed. This information can be found at <http://www.sustainability.fcps.net/teacher's-corner>



FCPS Child Nutrition Program has reached 52 of our schools with Farm to School during the SY2014-2015. We have participated in F2S activities such as Farm Fresh Fridays, Farm to School Month in October and taste tests with local foods. Even the FCPS Summer Feeding program participated in serving fresh produce.

Our students have been fortunate to be able to eat local fresh broccoli, hydroponic lettuce varieties, honey, kale chips, butternut squash, homemade applesauce, pears and variety of apples (fuji, gold delicious, golden grimes, Jonathan, winesap).

We also ventured to expand the local harvest season by offering foods that can be frozen and served later. These local items include: Blueberry Oatmeal Bar, Butternut Squash/Tomato Marinara, KY Grown Tomato Salsa & Cheesy Chicken Sauce made with butternut squash.



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[FayetteCountyFarmToSchool?fref=ts](https://www.facebook.com/FayetteCountyFarmToSchool?fref=ts)



Farm to School

Farm Fresh Friday

Apple Varieties

Blueberry Bars

Broccoli

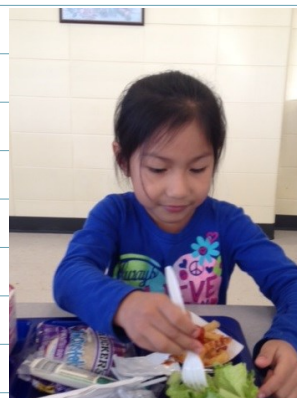
Butternut Squash

Hydroponic Lettuce

Marinara Sauce

Salsa

Strawberries



Fuel Up to Play 60



Fuel Up to Play 60 (FUTP 60) is an in-school nutrition and physical activity program launched by the National Dairy Council and the National Football League. FUTP 60 empowers students to make positive changes in their school by improving opportunities to consume nutrient-rich foods and get 60 minutes of physical activity every day.

FUTP 60 encourages youth to eat healthy and move more; studies suggest that well-nourished, physically active children can be better students.

Several schools have implemented Grab N Go Breakfast Carts or Breakfast in the Classroom and all this to encourage a well-balanced start to the day. When students arrive at school, they pick up a breakfast and go directly to the classroom to start their day. This has been a wonderful program for both students and staff.

School Gardens

School gardens engage students by providing a dynamic environment to observe, discover, experiment, nurture, and learn. They are living laboratories where interdisciplinary lessons are drawn from real life experiences, encouraging students to become active participants in the learning process.

For more on curriculum connections and Food Safety Tips, visit the Teacher's Corner on FCPS's Sustainability website.

The School Garden Coalition is headed by Tresine Logsdon.

To learn more: www.Sustainability.FCPS.net



We work hard to put healthy, tasty foods on our menus. We now have Nutrislice to help us publish our menus with photos for iPhones, Android, desktops, laptops, tablets, PDF printing, and more.

Convenient Access to Daily School Menu Website: <http://fayette.nutrislice.com/>
Smart Phone App Available

Nutritional Information at your fingertips

- ◆ Calories
- ◆ Fat
- ◆ Carbohydrates
- ◆ Protein
- ◆ Sodium

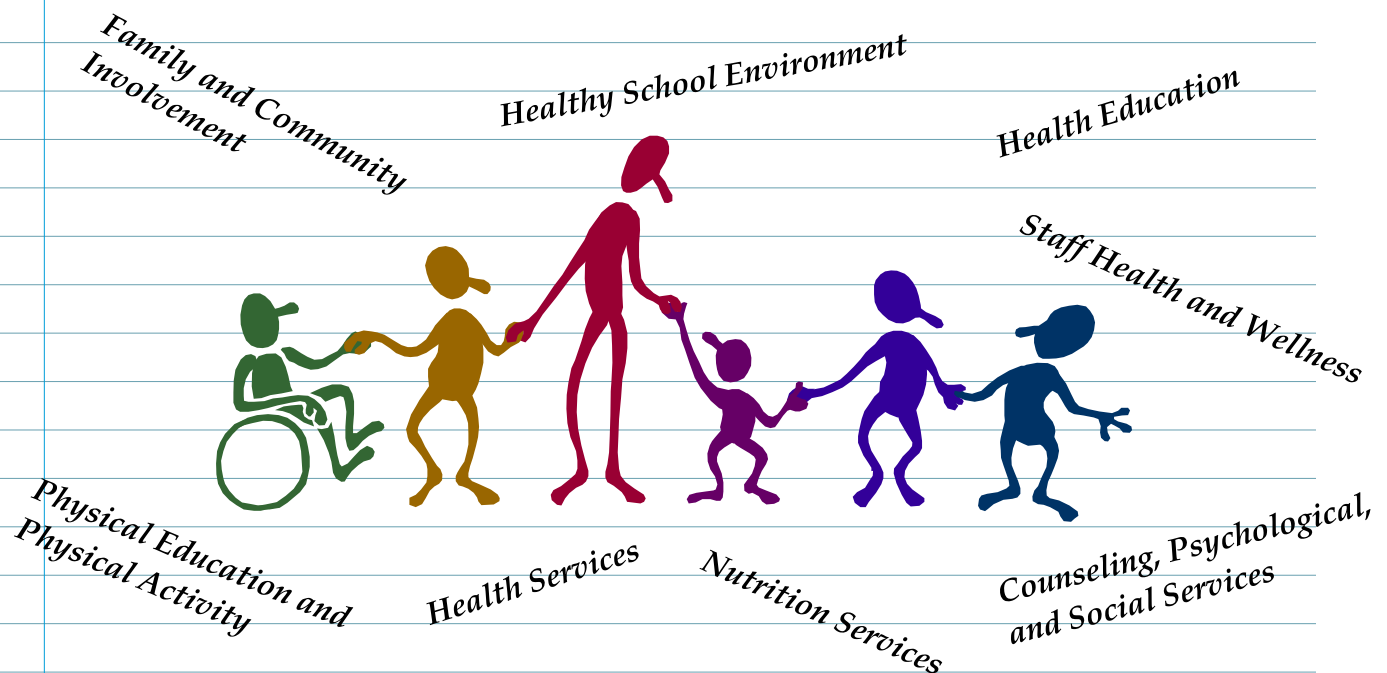


FCPS Wellness Summary

A number of schools have begun to transition to healthy fundraising. 32 elementary, all middle and all high schools that report having before and/or after school fitness clubs. Teachers are sharing ideas through peer to peer professional development opportunities. The Red Cross has received a grant to train CPR and First Aid trainers in over 20 schools.

Health and Wellness Committees in the Schools:

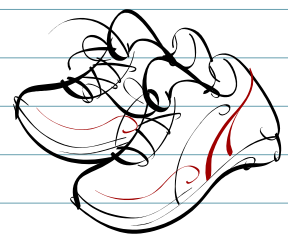
7 schools do not have Health and Wellness Committees. Of those, 4 are in the process of forming groups. 7 schools/programs are not included in the survey (Tech. schools, The Stables and the Pre-school Center), 4 have PLCS committees with a Wellness component, the remaining 43 schools have Wellness Committees that meet at least twice per year. The majority of Wellness Committees (19) meet every month, 15 meet quarterly, four schools did not specify how often the met.



Coordinated School Health Committee Merges with Sustainability Council

The **District Coordinated School Health Committee (CSHC)** made up of FCPS employees that represent each of the 8 components of Coordinated School Health along with an external committee member has recently joined forces with the Sustainability Council. The group represents the Department of Education model - Wellness, Sustainability and Environmental Literacy. The committee will begin meeting every

other month to discuss strategies to increase wellness, sustainability and environmental literacy throughout the district. Initial efforts will be to develop a long-range plan and metrics that measure the effectiveness of initiatives.



Wellness Initiatives Completed in 2015

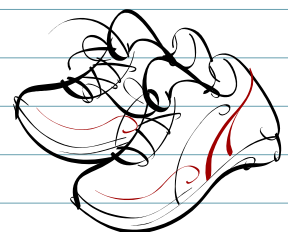
- ◆ Policy language updated in 09.211 and 09.2 (District Wellness Policies)
- ◆ Work has begun on revamping District Wellness Web Site—go live date scheduled for January 1 with full implementation by March 1
- ◆ 78 teachers signed up to participate in “Simple and Sensible Wellness” a peer to peer professional development opportunity on October 8 (data attached) co-sponsored by the Tweens Coalition.
- ◆ There are approximately 12 Schools who have gone “above and beyond” in the area of wellness and two high schools who have been working on a smoke free environment. Those schools will be recognized at the January Board meeting.

PTA 5K

- ◆ There were 1,395 participants in the annual PTA 5K with 1,032 registrations for the 5K event and 363 registrations for the fun run.
- ◆ They represented 50 schools/programs including the Lexington Hearing and Speech Center
- ◆ There were 326 entrants that listed Glendover Elementary as their beneficiary, 111 from Rosa Parks, 93 from Picadome and 82 from Millcreek.
- ◆ There were 576 adult runners, 452 student runners (including 57 kindergarten). The largest age group in terms of participation was third grade with 76 participants.
- ◆ 192 students participated in the Kids Marathon training for elementary kids and 167 persons participated in the free 5K training program.

Humana Vitality

- ◆ Eighteen schools are active in Humana Vitality using either a staff or health department representative as contact. They assist in sponsoring Vitality Challenges and promote Vitality events within the building.
- ◆ There are a number of teachers participating in Students With Active Role Models (SWARM) Program. The SWARM program, provides classroom teachers incentives to participate in daily activity with students that is reflected on the teacher’s fitness tracking device. This program is supported by the State’s Vitality program.
- ◆ There are 4656 employees enrolled in the State’s health care plan who are eligible to participate in the Humana Vitality program. The goal of the District is to promote staff participation in the program. We will be working with Humana Vitality in the coming year to measure and increase employee participation.

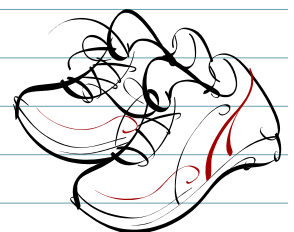


Wellness Initiatives in Progress

- ◆ Revamp of the web site will make it easier for parents, students, teachers (curriculum) and staff (wellness) to access areas which will include:
 - Links to PTA/PTSA sponsored 5K fundraisers and other school/community well ness activities
 - Staff access to Humana Vitality information and support
 - Data-driven curriculum ideas (from PD activities and collaborations)
 - Smart Snack/Nutrition information
 - Self-guided walking trails at each campus
 - Twitter and Facebook links
- ◆ CPR/First Aid train the trainer program - American Red Cross Grant
- ◆ Another Peer to Peer PD opportunity in 2016
- ◆ University of KY study on classroom activity breaks and their impact behavior referrals, student focus and achievement at Meadowthorpe, Dixie, Garden Springs and Ashland.

Wellness Goals for 2015 and Beyond

- ◆ Total reconstruction of web area to link stakeholders to wellness and sustainability resources (ongoing)
- ◆ Explore options to improve ADA accessibility for all playgrounds
- ◆ Expansion of health clinics and telemedicine programs
- ◆ First Aid trainers in every building to increase emergency response capacity
- ◆ Clarification of Field Trip policy, procedure process language to support students with ongoing health needs outside the regular classroom.
- ◆ Workers Compensation data and return to work programs tied to home safety and wellness.
- ◆ Increase the number of smoke-free high school campuses
- ◆ Revisit FCPS wellness policies once federal guidelines are announced to better align with federal standards.
- ◆ Become a global model of instructional wellness and sustainability.





97%

FCPS Simple and Sensible School Wellness Workshop Had a Positive Impact

Impact

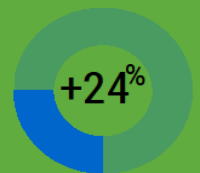


Physical Activity

Confident in incorporating physical activity in class.

Before: 63%

After: 86%



School Wellness

Confident in explaining why school wellness is important.

Before: 75%

After: 92%

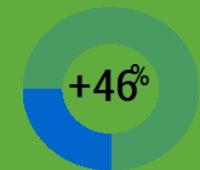


Smart Snacks

I understand the Smart Snacks guidelines.

Before: 32%

After: 78%



District & Community

I use district and community resources to improve school wellness in my school.

Before: 34%

After: 54%

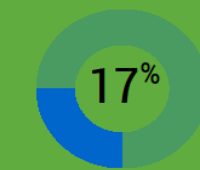


Wellness Committee

Confident in having a strong school wellness committee.

Before: 61%

After: 72%

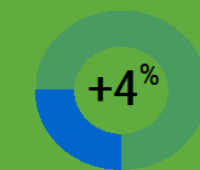


Fundraising

I believe that we can fundraise without using junk food.

Before: 71%

After: 76%



Food as Reward

I intend not to use food as a reward.

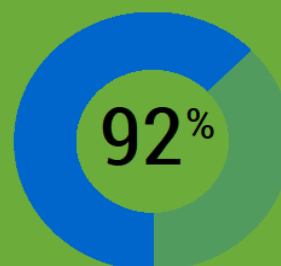
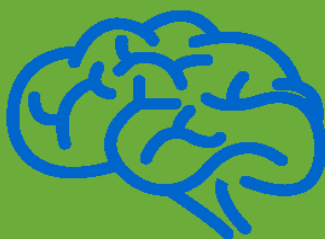
Before: 52%

After: 67%



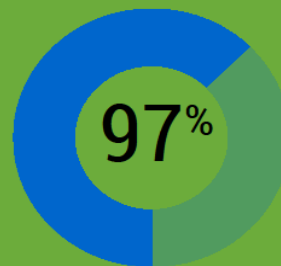
Workshop Knowledge

I'm likely to implement what I learned in the workshop.



Workshop Recommendation

I'm likely to recommend the workshop to others.



Surveyed Audience

36% PE/Health Teachers

7% Administrators

12% Other Classroom Teachers



45% Elementary School

23% Middle School

29% High School

4% Other