

Nutrition & Physical Activity REPORT

2015



Food for Thought

The primary goal of nutrition education and promotion is to influence lifelong eating behaviors in a positive manner. During the 2014-15 school year, School and Community Nutrition Services (SCNS) attended numerous school and 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 shared with approximately 16,000 people.

Nutrition services also hosted a number of Farm-to-School events that included gardening activities, a mobile barnyard with farm animals, a mobile dairy classroom, and cooking lessons. The events teach students and staff about the importance of good nutrition, the origin of foods, and how to prepare healthy meals and snacks.

During Every Kid Healthy Week, SCNS hosted a production called *FOODPLAY*. The play emphasized healthy choices and portion control in a fun, interactive way.

Other activities that SCNS led included our Fruit and Vegetable of the Month Program, contests, and taste-testing events. A marketing calendar with suggested activities, promotions, and themes is distributed to every cafeteria manager each year. The cafeterias participate in various theme days and promotions to encourage participation and relay the importance of fueling the body to help stimulate the mind.

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.

What's Cooking?

Jefferson County Public Schools (JCPS) meals are balanced, healthy, and delicious! All of our meals meet federal nutrition guidelines. Our school meals:

- Contain age-appropriate portion sizes.
- Provide the right balance of protein, dairy, grains, fruits, and vegetables.
- Limit fat and sodium.
- Offer more fresh fruits and vegetables, trans-fat-free items, and whole grains.



During Every Kid Healthy Week, SCNS hosted a production called *FOODPLAY*. The play emphasized healthy choices and portion control in a fun, interactive way.



Milk Carton Contest at Eisenhower Elementary



Southland's Mobile Dairy Classroom visited schools during School Breakfast Week.



Jefferson County Public Schools

School and Community Nutrition Services

Nutrition Analysis Summary for Menus SY2015-16

	JCPS Breakfast	USDA	JCPS Lunch	USDA
ELEMENTARY				
Calories	408	350-500	608	550-650
% Sat Fat	4.25%	<10%	8.28%	<10%
Sodium	467mg	≤540mg	1,025mg	≤1,230mg
MIDDLE				
Calories	458	400-550	664	600-700
% Sat Fat	5.58%	<10%	8.93%	<10%
Sodium	457mg	≤600mg	1,140mg	≤1,360mg
HIGH				
Calories	458	450-600	771	750-850
% Sat Fat	5.58%	<10%	8.28%	<10%
Sodium	457mg	≤640mg	1,259mg	≤1,420mg



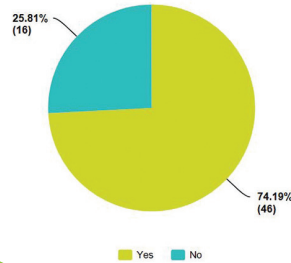
NUTRITION

School Wellness

SCNS surveyed all school administrators regarding school wellness. Out of 149 schools, 62 responded. Of the 62 schools, 44 were elementary, 11 were middle school, 8 were high school, and 7 were special schools. All elementary schools that responded had a school wellness policy that meets the state law requirement. Four secondary schools had a wellness policy or wellness goals that exceed what is required. The following charts are results from this survey.

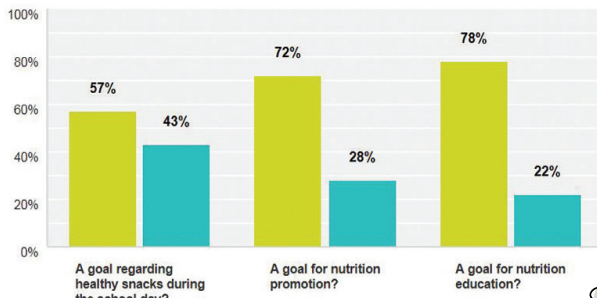
Do you have a school wellness policy? (If yes, continue with survey)

Answered: 62 Skipped: 0



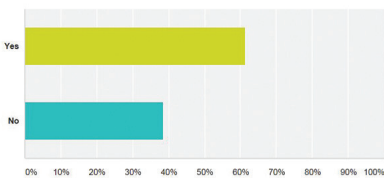
Does your school wellness policy have the following:

Answered: 50 Skipped: 12



Does your school have a wellness committee?

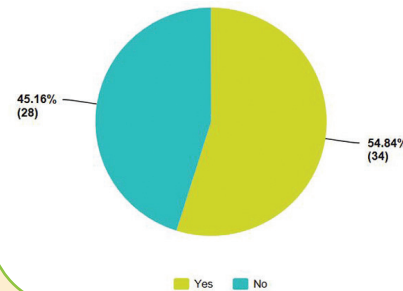
Answered: 62 Skipped: 0



Answer Choices	Responses
Yes	61.29% 38
No	38.71% 24
Total	62

Are you familiar with Smart Snack standards?

Answered: 62 Skipped: 0



Student Nutrition Advisory Council

Shaping the Future of School Meals

SCNS offers each school the opportunity to form a Student Nutrition Advisory Council (SNAC). These groups consist of approximately ten students at each school who act as ambassadors for healthy eating. Students taste-test various 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. Twenty-nine of our schools had SNAC groups during the 2014-15 school year.

Our Summer Feeding Program!



SCNS sponsors the Summer Food Service Program at many sites during the summer. The SCNS summer program had 4 mobile routes that served at 17 stops throughout the county in 2015. These stops included mobile home parks, public pools, and public parks. SCNS has worked very hard to expand the program to ensure that more children have access to these meals.

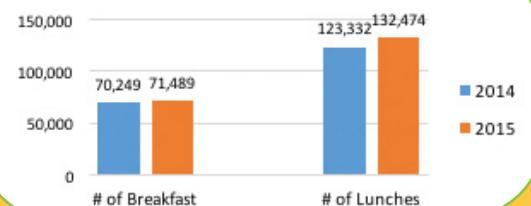


Menu-Mania

SCNS introduced a new menu website and mobile app called *Nutrislice*. This site allows viewers to look at menus, identify allergens, access carb counts and other nutrition information, and rate menu items. This new service has been very well received by all stakeholders as a valuable resource.



Summer



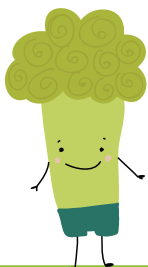


Staying After School for Enrichment? *We Have You Covered!*

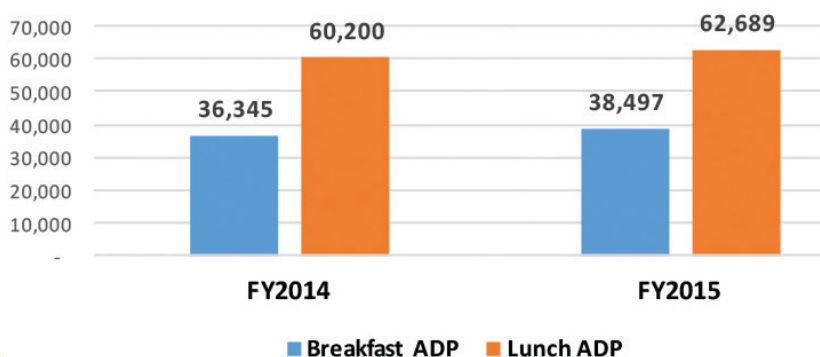
SCNS offers suppers and snacks through the Child and Adult Care Food Program (CACFP). This program allows schools to provide nutritious suppers and snacks at no cost to students during after-school enrichment activities. We have 82 sites that are currently serving CACFP meals, and more than 6,300 more students participated from the previous year.

National School Lunch Program and School Breakfast Program

The majority of our schools have implemented a new option for school meals called Community Eligibility (CE). CE is a program that provides meals free of charge to all students in district schools that qualify. Students are eligible to receive a healthy breakfast and lunch at qualified schools at no cost each day of the year. This is a huge win-win for schools and students. Not only do more students gain access to school breakfasts and lunches—thus improving their ability to focus on academics while reducing absenteeism and disciplinary issues—but CE also reduces the issues associated with who receives traditional free or reduced-price school meals and who doesn't.

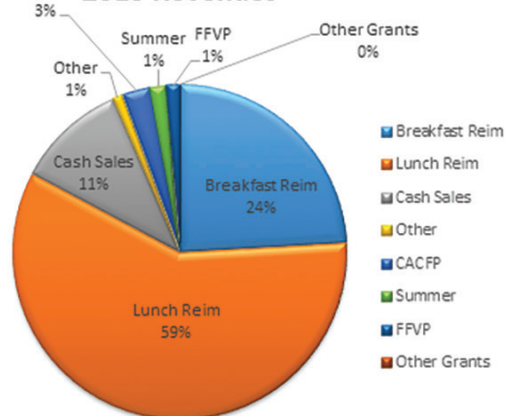


**Average Daily Participation
Annual Comparison**



Approximately 2,400 more students are eating lunch, and 2,100 more students are eating breakfast.

2015 Revenues





Physical

Activity

Annual Physical Activity Report 2015

KRS 160.345 (11) requires the School-Based Decision Making (SBDM) Council of each K through fifth-grade school to develop and implement a wellness policy that includes moderate to vigorous physical activity each day. It also requires them to determine each child's level of physical activity on an annual basis. The Kentucky Department of Education (KDE) shall report to the Legislative Research Commission on how the schools are providing physical activity and on the types of physical activity being provided.

All JCPS K through fifth-grade schools are providing moderate to vigorous physical activity daily.

During the Instructional Day

Up to 30 minutes a day may be considered part of the instructional day. In JCPS elementary schools, this is universally being activated through the following:

- Physical Education (PE) Class
- Recess/Wellness Time
- Classroom Physical Activity Breaks

Other types of physical activity reported by some elementary schools that occasionally happen during the school day include the following:

- Walking
- Field Days
- Fun Runs
- Y5210
- Jump Rope for Heart
- Field Trips
- Blackacre State Nature Preserve Visits
- Elective Courses/Clubs
- Walk-a-Thons
- Compassionate Schools Project

The Practical Living Program Review requires schools to use a Comprehensive School Physical Activity Program (CSPAP) to increase physical activity opportunities **throughout the school environment**.



Outside the Instructional Day

JCPS elementary schools are offering the following moderate to vigorous physical activity opportunities outside the instructional day.

Before-/After-School Physical Activity Opportunities

- | | |
|---------------------------------------|----------------------------------|
| • Running, Walking | • Staff vs. Student Games |
| • Karate/Martial Arts/
Tae Kwon Do | • Dance and Line Dancing |
| • Biking/Walking to School | • Gardening |
| • Girls on the Run | • Child Enrichment Program (CEP) |
| • Open Gym | • Jump Rope Teams |

Sports

- | | |
|-----------------|--------------|
| • Cheerleading | • Step Team |
| • Basketball | • Volleyball |
| • Soccer | • Tennis |
| • Cross-Country | • Track |
| • Flag Football | • Golf |
| • Intramurals | • Baseball |
| • Fencing | |

Community Partners-Supported Physical Activities

- | | |
|----------------------------|----------------------------|
| • Boys' and Girls' Clubs | • Y5210 |
| • Hwang's Martial Arts | • USTA 10 and Under Tennis |
| • Triple Crown Racing Club | • Ballet |
| • Girls on the Run | • Community Schools |
| • Yoga | • First Tee Golf |
| • Youth Leagues | • Zumba |
| • Kicks for Kids | • Community Runs/Walks |
| • Metro Parks | • Fuel Up to Play 60 |
| • Street Academy | • Girl Power |



GoNoOdle

GoNoOdle gets students moving. Used at school and at home, GoNoOdle's online movement videos improve students' health and enhance their behavior, focus, and performance. GoNoOdle's short movement videos (1–5 minutes in length) engage students in moderate, vigorous, and calming physical activities.

In JCPS, elementary students earned nearly 12 million minutes of in-classroom physical activity during the 2014–15 school year. Teachers used 179,313 GoNoOdle physical activity breaks in their classrooms to get kids moving and learning in all JCPS elementary schools. This engagement ranked Louisville as the number 4 city in the nation for total minutes of movement on GoNoOdle per student population for top U.S. cities.

The link for the 2014–15 GoNoOdle usage in each JCPS elementary school is www.jefferson.kyschools.us/pubs/Go-Noodle-Utilization.pdf.

The link for each JCPS K through fifth-grade school physical activity report (2015) is www.jefferson.kyschools.us/Departments/AcademicSupport/Elementary-Physical-Activity-Report.html.

Family Physical Activity Opportunities

- PTA-Sponsored Events
- Health Fairs
- De-Stress Before the Test
- Family Fun Nights, Fit Lit Nights
- Mother-Son Obstacle Course
- Dad's Night Out
- Multiple Intelligence (Body Kinesthetics) Night
- Turn Off the Tube Night
- Family Walks/Runs
- Field Days
- Spruce-Up Events
- Skate Nights
- Walk-a-Thon Fundraisers
- Dance Nights
- Turkey Trot



Staff Physical Activity Opportunities

- Humana Vitality Challenges
- Yoga
- Pedometer/Step Contests
- Zumba
- SWARM
- Using School Walking Tracks
- Aerobics
- CALM (CSP)
- Open Gym
- Walking Meetings
- Fitbit Challenges
- Wellness Programs
- Workout Groups
- Boot Camps
- Biggest Loser Competition
- Teams for Charity Walks/Runs
- Incorporated in Staff Meetings
- Jazzercise





Health Promotion Schools of Excellence

The Health Promotion Schools of Excellence (HPSE) Program is being implemented in 41 schools for the 2015-16 school year. The program continues to focus on Coordinated School Health (CSH), while transitioning to the Whole School, Whole Community, Whole Child (WSCC) model from the Centers for Disease Control and Prevention (CDC). The WSCC model expands the CSH model to ten components, which includes physical education/activity and nutrition environment/services. Schools selected for the HPSE Program strive to improve health attitudes, skills, and behaviors for each of the ten components of WSCC.

Eleven schools participated in the HPSE Run, Louisville, Run! Program during the 2014-15 school year. In coordination with the Kentucky Derby festivities, students train for and complete the Triple Crown of Running. This walk/run training program was developed by the YMCA of Greater Louisville, and the program challenges students ages 10 to 18 to train for and complete a 5K, 10K, and 10-mile race. HPSE has collaborated with the YMCA for seven years to support this opportunity for students. All participants receive free entry into all three races and a team T-shirt. Adult mentors at the school train and support the students at all of the races.

Congratulations to all of the student participants from Bates Elementary, Blue Lick Elementary, Conway Middle, Fairdale High, Farnsley Middle, Greathouse/Shryock Traditional Elementary, Greenwood Elementary, Johnsontown Road Elementary, Kennedy Montessori Elementary, Lowe Elementary, and Wellington Elementary!

HPSE cross-country clubs continued at 15 HPSE schools for the 2014-15 school year. More than 700 students participated in practices, and approximately 560 students ran in HPSE cross-country meets with family, school staff, and HPSE support. Participating elementary schools included Bates, Cochrane, Dixie, Eisenhower, Greathouse/Shryock, Greenwood, Gutermuth, Indian Trail, Jeffersontown, Johnsontown Road, Klondike Lane, Lowe, Medora, Rangeland, and Wellington. One unique feature of cross-country is the inclusiveness of the clubs, which allow many students to compete. Last year, one amazing student from Bates Elementary, Nate Payne, ran cross-country. Nate has spina bifida, but this does not stop his determination and spirit to finish each race. Nate's mother, Collen Payne, said, "Cross-country has been an amazing experience for our whole family!"

During the 2014-15 school year, 108 pre-K through fifth-grade teachers incorporated the Y5210 Program in their classrooms. Lessons focus on 5 fruits and vegetables a day, 2 hours or less of screen time a day, 1 hour of physical activity, and 0 sugary drinks.

Each HPSE school hosts a healthy school celebration. Last year, Dawson Orman staff, working collaboratively with the HPSE team and under the direction of the HPSE committee, provided a variety of activities for the students to engage in healthy eating and exercise. Literacy, math, and science activities were incorporated into each of these programs. One highlight of the year was the Cooking With Kids Classes. One 6-week program was designed to show parents an enjoyable way to prepare fun, healthy snack choices for their children. Parents and their children worked together to create new and healthy snacks, and there were approximately 124 participants in this program. In addition to the parent/child cooking class, the students were involved in a Cooking With Kids Healthy Eating Program that was taught by Chef Nancy Russman. Chef Nancy demonstrated making fun, low-sugar snacks for the students to eat. For the 2014-15 school year, Dawson Orman had approximately 256 students participate in this program.



Bates Elementary student Nate Payne competes in a cross-country meet. His mother, Collen Payne, said, "Cross-country has been an amazing experience for our whole family!"



Dawson Orman students prepare and enjoy healthy snacks through the Cooking With Kids Classes.