

Nutrition & Physical Activity

2016 REPORT



The Jefferson County Public Schools (JCPS) Coordinated School Health Committee uses the Whole School, Whole Community, Whole Child (WSCC) model from the Centers for Disease Control and Prevention (CDC) model to provide a framework for greater alignment, integration, and collaboration between health and education to improve each child's cognitive, physical, social, and emotional development. The committee is responsible for the implementation and the periodic review and update of the District Wellness Policy and consists of both school and community partners.

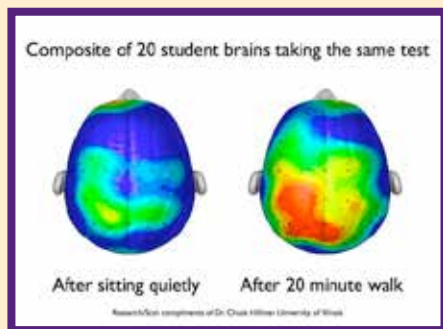
For more information or if you would like to be a member of our committee, please contact Anne Perryman at (502) 485-3387.



Annual Physical Activity Report 2015

Physical Activity

Physical activity is an integral component of a child's physical, social, and academic development. Structured recess allows students the opportunity to practice such life skills as cooperation, taking turns, following rules, sharing, communication, negotiation, problem-solving, and conflict resolution. Thus, recess is not time away from the school's goals but an opportunity to enhance students' daily learning experiences. Furthermore, participation in moderate to vigorous physical activity may improve learning in the classroom by having a positive impact on attention, focus, and behavior.



Key finding from Active Living Research brief published in January 2015: "Physical activity can have both immediate and long-term benefits on academic performance. Almost immediately after engaging in physical activity, children are better able to concentrate on classroom tasks, which can enhance learning."



Physical Activity and Wellness Policy

KRS 160.345 (11) requires the School-Based Decision Making (SBDM) Council of each kindergarten through fifth-grade school to develop and implement a wellness policy that includes goals for moderate to vigorous physical activity each day.



Wellness Policy: Physical Activity Implementation

The following local elementary SBDM Wellness Policies, which are required to include moderate to vigorous physical activity, were first mandated in 2006 by Kentucky state law. They should be reviewed annually and revised as appropriate.



Physical



Wellness Policy: Support

Supports for schools reviewing and/or revising their local wellness policy to include “goals for moderate to vigorous physical activity each day” are as follows:

- The JCPS District Wellness Policy (revised 2016) (www.jefferson.kyschools.us/sites/default/files/forms/District%20Wellness%20Policy.pdf)
- The JCPS sample elementary local wellness policy (revised 2016) (www.jefferson.kyschools.us/file/2917)
- Dr. Shawna L. Stenton, SBDM Office, Wellness Policy process
- Donna Benton, Practical Living Specialist, Physical Activity Content

Instructional Day and Physical Activity: KRS 160.345 (11)



“This 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.”

Instructional Day Implementation

In February 2016, Commissioner Pruitt issued the following:

Standards-Based Physical Activity Lesson Plan

In order for kindergarten through grade-five schools to count recess as instructional time in accordance with KRS 160.345 (11) (30 minutes/day or 150 minutes/week) and also in compliance with the school calendar regulation, 702 KAR 7:140 (5), all of the following criteria must be met:

- Student learning objectives for recess activities are aligned to the Kentucky Academic Standards (KAS) (Practical Living) and evidenced via lesson plans.
- Standards-Based PA Lesson Plan Support (<https://spportal.jefferson.kyschools.us/departments/gheens/practicalliving/SitePages/Physical%20Activity.aspx>)

- Primary Indoor Recess Lesson Plan
- Primary Outdoor Recess Lesson Plan
- Intermediate Indoor Lesson Plan
- Intermediate Outdoor Recess Lesson Plan

What is a Brain Break?



Withholding Physical Activity

In order for kindergarten through grade-five schools to count recess as instructional time in accordance with KRS 160.345 (11) (30 minutes/day or 150 minutes/week) and also in compliance with the school calendar regulation, 702 KAR 7:140 (5), all of the following criteria must be met:

As with instructional time for other content areas, recess, when counted as instructional time, cannot be withheld or taken away as a form of punishment.



Not Withholding Physical Activity Supports

As schools transition from this commonly held practice to positive alternatives, the district is offering the following supports:

- Behavior Intervention Grid for strategies ([https://spportal.jefferson.kyschools.us/departments/academicservices/srt/rti/Navigation/Home\(1\).aspx](https://spportal.jefferson.kyschools.us/departments/academicservices/srt/rti/Navigation/Home(1).aspx))
- Positive Behavior Interventions and Supports (PBIS) Team can help teachers improve their classroom management skills to replace the need to withhold recess. If you are a PBIS-trained school, contact your district PBIS lead or Naomi Brahim, PBIS coordinator.
- The Emotional-Behavioral Disability (EBD) Program Team—Christina Frederiksen, EBD Resource Teacher; Nan Scott, EBD Resource Teacher; Anne Goodin, EBD Program Specialist
- Multi-tiered System of Supports (MTSS) (www.jcps.me/mtss)
- Other suggestions include your school counselor, school psychologist, and Exceptional Child Education (ECE) consultant.

Activity



Types of Physical Activity

KRS 160.345 (11) also requires each child's level of physical activity be determined 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.



Indoor Physical Activity

GoNoOdle is the leading provider of online movement videos in typically sedentary environments like classrooms and living rooms. For the 2015-16 school year, Kentucky was ranked third in the country, and Jefferson County is ranked second in the country among large cities, as measured by minutes of physical activity per population of elementary-age students.



Outdoor Recess Support

In the past, the Practical Living Department has offered the Ready for Recess professional-development (PD) in many of our elementary schools. Through grant monies, outdoor recess supplies are supplied for classroom teachers. If your school has not participated, contact Donna Benton (donna.benton@jefferson.kyschools.us), Practical Living specialist, to schedule a training session.

GoNoOdle



GoNoOdle Implementation

GoNoOdle is a free resource that all JCPS teachers can use for short movement breaks (2- to 5-minute videos) or longer breaks (there is an indoor recess channel with videos ranging from 7 to 22 minutes long). The breaks are designed to be done at a student's desk, and the videos address diverse classroom/student needs with high-energy or calming videos. Sign up at www.gonoodle.com.

GoNoOdle Support

Ashley Shults (ashley.shults@gonoodle.com or [615] 513-5419) is the regional community manager for GoNoOdle. Schools can reach out to her with questions or for a training session. She can also provide a monthly usage report, which details the number of minutes your school was active. This data will be helpful in reporting the time and type of physical activity for your required annual physical activity report.





Nutrition



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School menus on your smartphone
Helpful info about what's being served at school.



Download our app today, search for "Nutrislice"



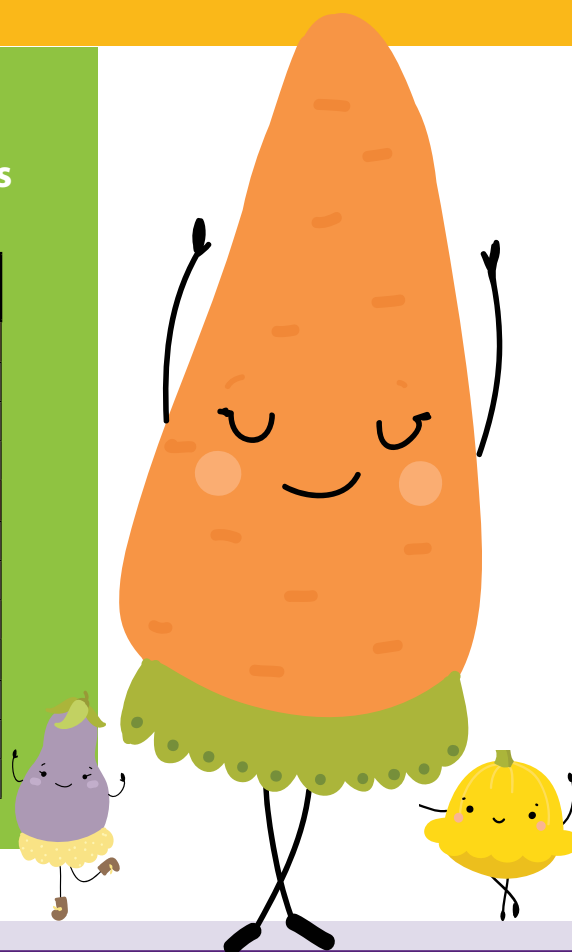
What's Cooking?

Mandarin orange chicken and rice, breakfast burritos, white chicken chili—JCPS School and Community Nutrition Services (SCNS) is serving up a variety of different menu items to meet the needs of all of our diverse students while maintaining all federal nutrition meal guidelines. A variety of fresh fruits and vegetables is served every day along with lean protein, whole grains, and low-fat dairy. Fats and sodium are limited, and age-appropriate calories and portion sizes are taken into account. Visit a school today to see how school meals have changed.

Find our menus on Nutrislice at www.jcps.nutrislice.com, or download the free menu app today.

Jefferson County Public Schools School and Community Nutrition Services Nutrition Analysis Summary for Menus SY2016-17

	JCPS Breakfast	USDA	JCPS Lunch	USDA
ELEMENTARY				
Calories	369	350–500	616	550–650
% Sat Fat	5.9%	<10%	7.38%	<10%
Sodium	422mg	≤540mg	1,004mg	≤1,230mg
MIDDLE				
Calories	461	400–550	685	600–700
% Sat Fat	5.2%	<10%	8.2%	<10%
Sodium	433mg	≤600mg	1,084mg	≤1,360mg
HIGH				
Calories	461	450–600	766	750–850
% Sat Fat	5.2%	<10%	7.9%	<10%
Sodium	433mg	≤640mg	1,264mg	≤1,420mg



Farm to School

SCNS is committed to including locally grown and sourced foods in school meals. Local foods used in school meals include watermelon, butternut squash, mini sweet peppers, cabbage, broccoli, strawberries, apples, corn, and chicken. Several of our made-from-scratch whole-grain muffins include local squash varieties. Some of our other "scratch-cook" recipes include local green peppers and squash that are purchased in season, then processed, and frozen for use throughout the year. During October, local foods are highlighted in celebration of Farm to School month and a variety of activities related to agriculture are organized.





Food for Thought

Nutrition education and promotion are important parts of educating the whole child and influencing lifelong healthy eating behaviors. During the 2015-16 school year, SCNS staff members attended numerous school and community events. The majority of the school events were health fairs, walk-a-thons, and “Fit Lit” family events. During the events, information about school meals, healthy eating, My Plate demonstrations, and other evidence-based nutrition messages were shared with approximately 15,000 people.



SCNS also offers each school the opportunity to form Student Nutrition Advisory Councils (SNACs). These groups consist of approximately ten students at each school who act as ambassadors for healthy eating. Students taste-test and evaluate various items at least four times a year. The evaluations are compiled and given to our menu team to determine if items should stay on the menu or be modified. Twenty-one of our schools tested items during the 2015-16 school year and included the following in-house-produced products: White chicken chili, pizza burger, and Spanish rice. Other products tested were various breakfast entrées, such as bagels, breakfast pockets, and breakfast burritos. Lunch entrées tested included mini chicken corndogs, chicken smackers, and quesadillas. Items tested under the smart-snack-approved category included frozen 100 percent fruit slushies and low-fat puddings. Out of all of these products, mini corndogs, white chicken chili, chicken smackers, Bagel-fuls, and one of the breakfast pockets met with the students’ approval.



Coral Ridge SNAC Team



Taste-Test Evaluation

treats for classroom parties was too stringent and that an occasional non-smart-snack treat should be allowed. More than 95 percent of students agreed that health education classes should be taught, and 100 percent of the students stated that physical education (PE) and physical activity opportunities should be offered at all levels.

Besides taste-testing items, some of the SNAC groups meet on a regular basis to discuss other nutrition and wellness concerns, create posters and signage for our cafeterias, and participate in various other activities or surveys developed by SCNS. One of the most recent activities included reviewing the new District Wellness Policy and answering questions pertaining to the policy. Preliminary data shows that overall, students felt that the District Wellness Policy was a positive thing but the majority of the students felt that the statement regulating

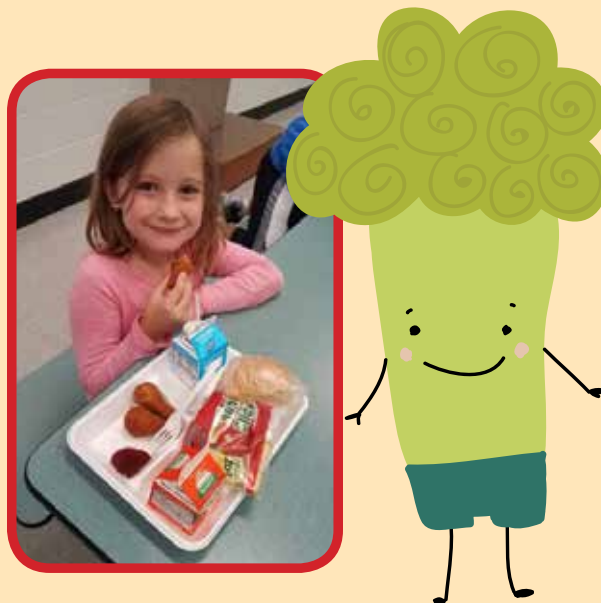


Staff Development

All SCNS employees must maintain a specific number of PD hours. The United States Department of Agriculture (USDA) established new professional standards for school nutrition personnel to help them stay current with the complex requirements of the federal school meals programs. Trainings are developed for all of our employees under four main categories: Nutrition, Operations, Administration, and Communications/Marketing. Our training program is mapped out, and a tracking tool has been developed to document hours spent under each category for each employee.



The cafeterias participate in various promotions and theme days to encourage students to eat healthy and to eat breakfast and lunch.



Staying After School for Enrichment? We Have You Covered!

During after-school enrichment activities, SCNS offers suppers and snacks at no cost to students through the Child and Adult Care Food Program (CACFP). More than 430,000 after-school meals were served during the 2015-16 school year. We have 62 sites currently serving CACFP meals.



Nutrition



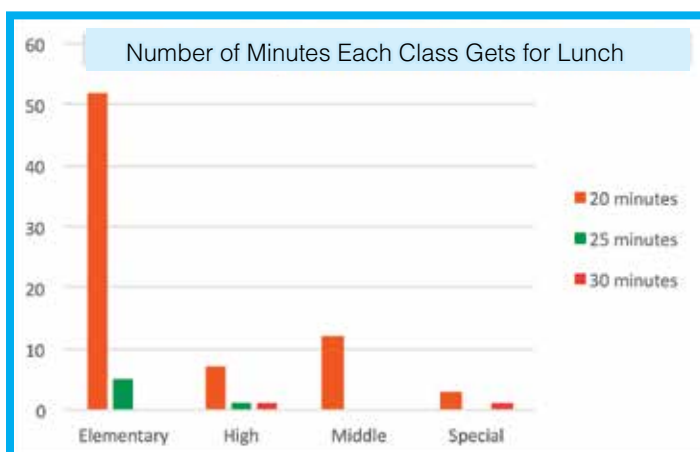
What's Hot? Our Summer Feeding Program!

SCNS sponsors the Summer Food Service Program at many sites during the summer. In addition to the stationary sites, the SCNS Summer Feeding Program has three mobile routes that served at 19 stops throughout the county in 2016. These stops included mobile home parks, apartment complexes, public pools, and public parks. Nearly 10 percent of our summer meals were served from our mobile routes. SCNS has worked very hard to expand the program to ensure more children have access to these meals. We also added our summer locations to our Nutrislice menu website to make it easier for parents to locate sites as well as see the menu for that day.

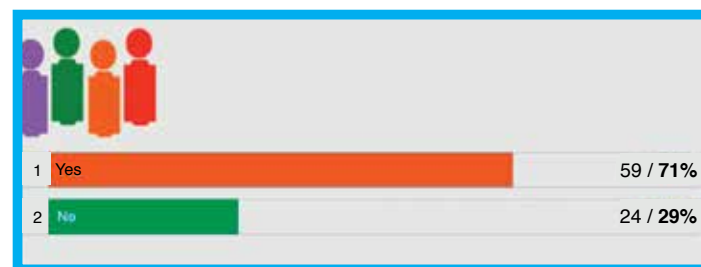


School Wellness

SCNS surveyed all school administrators regarding school wellness. Out of 149 schools, 83 responded (57 elementary, 12 middle, 9 high, and 5 special/other). All elementary schools that responded had a school wellness policy that meets the state law requirement. Nine secondary schools and two special/other schools stated that they have a wellness policy or wellness goals that exceed what is required. Fifty-nine percent of the schools stated that they have a wellness committee. The following charts show some of the results from this survey.



Does Your School Have a School Wellness Committee?

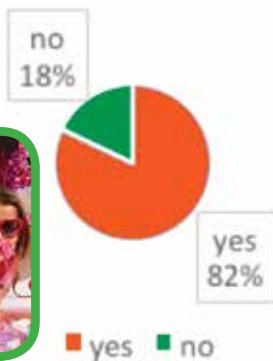




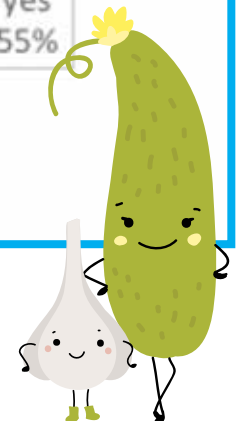
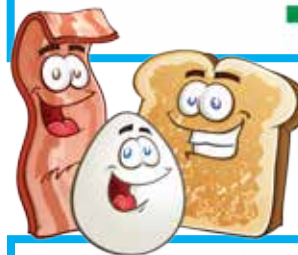
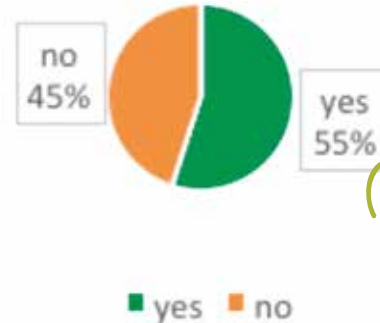
Are food rewards and/or incentives used in the classrooms?



Are Classroom Parties allowed at your school?



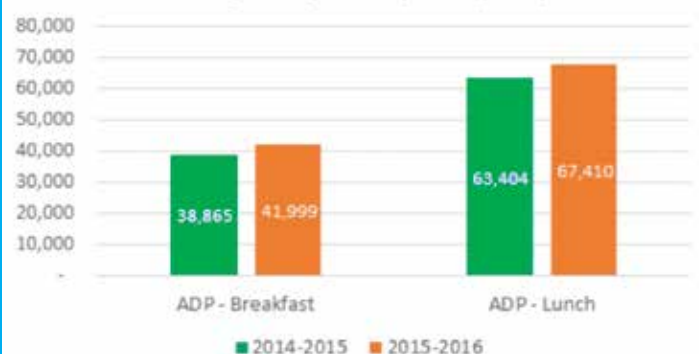
Does your school have a policy that addresses types of foods allowed at classroom parties/celebrations?



National School Lunch Program and School Breakfast Program

The majority of JCPs schools qualified for and are participating in the Community Eligibility (CE) Program. CE is a program that provides meals free to all students in district schools that qualify. Students receive a healthy breakfast and lunch at qualifying schools at no cost each day of the school year. This is a huge win-win for schools and students. Not only do more students gain access to school breakfasts and lunches, but it also helps improve their ability to focus on academics while reducing absenteeism and disciplinary issues.

Average Daily Participation (ADP)





Health Promotion Schools of Excellence

The Health Promotion Schools of Excellence (HPSE) Program is being implemented in 43 schools for the 2016-17 school year. Schools selected for the HPSE Program strive to improve health attitudes, skills, and behaviors for each of the ten components of the WSCC model from the Centers for Disease Control and Prevention (CDC). The WSCC model builds on the traditional elements of the Coordinated School Health approach with the following components:

- Nutrition Environment and Services
- Physical Education and Physical Activity
- Employee Wellness
- Social and Emotional School Climate
- Physical Environment
- Health Services
- Counseling, Psychological, and Social Services
- Community Involvement
- Family Engagement
- Health Education



Chef Aufua and Gutermuth students make healthy snacks at Math and Science Family Night at Gutermuth Elementary.

meets with family, school staff, and HPSE support. Congratulations to the student participants at Bates, Cochrane, Dixie, Eisenhower, Greathouse/Shryock, Gutermuth, Indian Trail, Jeffersontown, John-sontown Road, Klondike Lane, Lowe, Medora, Rangeland, Sanders, Stonestreet, and Wilkerson Traditional.

Each HPSE school hosts a healthy school celebration to encourage healthy nutrition habits. Last year, with the leadership of the Family Resource Center (FRC) coordinator, Gutermuth Elementary added a Health and Nutrition component into the school's Math and Science Night. The goal of the program was for children to experience healthier snack alternatives. During Gutermuth's Math and Science Night, students worked alongside Chef Aufua to prepare fresh guacamole, and the students and families participated in a taste-test. All families who attended that night were able to take a package of fresh avocados, garlic, onions, limes, tomatoes, and soft tortilla shells to prepare the awesome guacamole recipe at home. This healthy cooking activity demonstrated several WSCC model components, such as Nutrition Environment and Services, Family Engagement, and Community Involvement.

HPSE schools recognize that proper handwashing is a critical part of



creating a safe and healthy nutritional and physical school environment. Since the CDC reports that addressing the spread of germs in schools is essential to the health of our youth and that handwashing is the most important thing that an individual can do to avoid illness, more than 7,800 students in HPSE schools received best practice handwashing lessons and information in the 2015-16 school year. Additionally, research studies document that schoolwide handwashing programs can reduce absenteeism.



Students are ready to run at a HPSE cross-country meet hosted at Medora Elementary School.

HPSE schools encourage physical activity among students through a variety of different programs. Walking and running programs have been a popular choice for students and schools across the district, as they are inclusive and can reach a large number of students. Nine schools participated in the HPSE Run! Louisville, Run! Program during the 2015-16 school year. This walk/run training program was devel-



oped by the YMCA of Greater Louisville, and the program challenges students ages 10 to 18 to train and complete the Triple Crown of Racing. Participating schools included Bates Elementary, Blue Lick Elementary, Conway Middle, Fairdale High, Farnsley Middle, Greathouse/Shryock Tradition-

al Elementary, Greenwood Elementary, Johnsontown Road Elementary, and Lowe Elementary. Additionally, HPSE cross-country clubs continued at 16 HPSE elementary schools for the 2015-16 school year, and student participants practiced and ran in HPSE cross-country