

School Nutrition and Wellness Assessment Kenton County Board of Education

INTRODUCTION

KRS 158.856 Annual assessment and evaluation of school nutrition:

Research from the Alliance for a Healthier Generation indicates that students with good nutrition and physical activity before, during, and after the school day, have a strong correlation with positive student outcomes. Further, those who participate in the National School Breakfast Program have higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks. Kenton County is committed to the optimal development of every student. Below are tables outlining the compliance to the National School Lunch and Breakfast Program. Following is a summary of the physical activity report card from eleven district schools with grades K-5.

COMPLIANCE WITH NATIONAL SCHOOL BREAKFAST PROGRAM

Breakfast Target Limits

	K-5	6-8	9-12
Calories	350-500	400-550	450-600
Saturated Fat	<10%	<10%	<10%
Sodium (Target 1)	<540 mg	<600 mg	<640 mg
Sodium (Target 2)	<485 mg	<535 mg	<570 mg

Breakfast Menu Actuals

	K-5	6-8	9-12
Calories	420	464	458
Saturated Fat	6%	6%	6%
Sodium	526 mg	536 mg	563 mg

COMPLIANCE WITH THE NATIONAL SCHOOL LUNCH PROGRAM

Lunch Target Limits

	K-5	6-8	9-12
Calories	550-650	600-700	750-850
Saturated Fat	<10%	<10%	<10%
Sodium (Target 1)	<1230 mg	<1360 mg	<1420 mg
Sodium (Target 2)	<935 mg	<1035 mg	<1080 mg

Lunch Menu Actuals

	K-5	6-8	9-12
Calories	607	652	752
Saturated Fat	10%	7%	9%
Sodium	861 mg	924 mg	1436 mg

Student Nutrition has made changes for the 2017-18 school year to improve the Schools Meal Program. Changes include Kentucky Proud marinara sauce made in Burlington, Kentucky, additional clean label menu items, a variety of fresh produce items offered to the students, and extending breakfast time to better serve more students. Areas for growth and improvement include working with students to improve lunch and breakfast offerings, incorporating more local foods, and adding flavor to meals without the additional calories and sodium.

WELLNESS ASSESSMENT

Eleven schools with grades K-5 completed an assessment of the physical activity environment. The highest a school could score is a thirty-three and the lowest is a seventeen. Nine schools scored “gold” and two schools were recognized as “silver.” The combined district total of 327, is an improvement of eight points, compared to the 2016-17 school year continuum.

2016 Comprehensive School Physical Activity Continuum Scores

Beechgrove Elementary	30
Caywood Elementary	29
Ft. Wright Elementary	30
Hinsdale Elementary	28
Kenton Elementary	31
Piner Elementary	32
River Ridge Elementary	27
Ryland Heights Elementary	25
Summit View Academies	30
Taylor Mill Elementary	33
White’s Tower Elementary	32

In summary, all schools reported having a certified physical education teacher provide instruction and receive more than six hours of professional development specific to physical education or physical activity content annually. An additional strength of the eleven schools is daily physical education activity for elementary school students that includes moderate-to-vigorous physical activity(VPA), physical education, and classroom activities in lesson plans 4-5 days per week or 101-150 minutes total. Student assessment aligned with instruction at every grade level – a physical education performance level is reported for students according to the districts’ report card schedule. Assessment occurs on all standards, based on curriculum that is tied to state or national standards for fitness/physical education instruction. Findings are used to improve the physical education program. On the other hand, nearly all schools identified an area of improvement as more than one training even each year shall include instructional strategies for assessing physical activity knowledge and skills and promote healthy physical activity behavior. Another identified area of improvement is using physical activity as punishment or the removal of physical activity for the behavior management or making up class work or homework. Five of the elementary schools also reported having the wellness committee meeting less than three times during the school year.

