

Jefferson County Public Schools Annual Nutrition and Physical Activity Report 2018

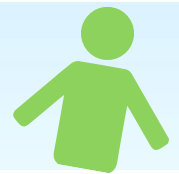
School Wellness

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

For more information or if you would like to be a member of our committee, please call (502)485-3387



Better Health = Better Learners



Actions Taken Since the Last Report

The District WSCC Committee meets quarterly, while the executive committee meets on a monthly basis. Following are Action Steps that have been taken:

- A Smart Snacks order form for foods to use during classroom parties and school-wide celebrations was created by Nutrition Services and shared with all of the schools.
- SCNS and Health Services are working together to procure an Allergen Management software program to enhance safety of all students. This technology will allow for more efficient and timely processing of student health plan forms and will improve communication regarding the special dietary needs of our students.
- Healthy Schools Program professional development was provided 4 times during the 2017-18 school year to assist schools with developing action plans for their school wellness environment.
- A walk-through tool is currently being developed to help assess each school's wellness environment and best determine types of supports needed by schools.
- Re-alignment of the WSCC committee to improve effectiveness of meetings as well as attendance from all areas indicated on the WSCC model.

This report was compiled by the following members of the WSCC Executive Committee:
Julia Bauscher, Andrea Wright, Donna Benton, and Eva Stone.



This institution is an equal opportunity provider.



Nutrition Report 2018

Julia O. Bauscher, Director
School & Community
Nutrition Services

502-485-3186

Overview

Pursuant to KRS 158.856 the school food service director in each district must annually assess school nutrition and issue a written report that includes an assessment of the School Breakfast Program (SBP) and the National School Lunch Program (NSLP), a review of access to foods and beverages sold outside the school meal programs and recommendations for improving the school nutrition environment.

Likewise, pursuant to federal regulations governing the SBP and NSLP, the district must have a written local wellness policy (LWP). Local education agencies (LEAs) are required to review and consider evidence-based strategies in determining local wellness goals; involve and inform the public about the content and implementation of the LWP; assess compliance, progress and extent to which the policy compares to model LWPs; and update or modify the LWP as appropriate.

The Kentucky Department of Education has recommended that LEAs utilize the Alliance for a Healthier Generation's Healthy Schools Program (HSP) assessment to inform the content of this report.

Each Jefferson County Public School is asked to complete the assessment annually in August and September. In addition to the HSP assessment, SCNS asked principals to complete a brief survey to gather additional information about the school nutrition environment.

Healthy Schools Program Assessment

Findings	Recommendations
<ul style="list-style-type: none"> 138 schools (96%) completed a full HSP assessment. 89 schools (62%) have a HSP Action Plan started. 77% of the Nutrition Services items were fully met and 58% of the items under Nutrition Topics were fully met. Up to 18% of the items identified in their action plan were nutrition related. 	<ul style="list-style-type: none"> Continue providing technical support for the HSP assessment and work with schools to update their assessment each school year prior to Oct. 1st. Provide assistance and professional development to schools to develop and implement their action plan.

SCNS Principal Survey (62 Respondents)

Findings	Recommendations
<ul style="list-style-type: none"> All Elementary schools have a School Wellness Policy as required per KRS 160.345; 6 Middle Schools also have a plan and no High Schools have a plan according to filed reports. Many of the policies are in need of review to ensure updates have been made to align with 2017 District Wellness Policy changes. 100% of the schools reported that they were familiar with Smart Snack in Schools requirements. 63% of the schools stated that they have a policy addressing types of foods allowed at classroom parties/celebrations. 63% reported that they do not use food as rewards/incentives in the classrooms. 	<ul style="list-style-type: none"> Work with SBDM office to update the template for school wellness policies to ensure alignment with the District Wellness Policy. Continue to provide resources regarding best practices for healthy classroom parties/ celebrations and non-food rewards. Develop a walk-through tool for others to use to help assess the wellness environment.

SCHOOL & COMMUNITY NUTRITION SERVICES Nutrition Analysis Summary for Menus SY 2018-2019

	JCPS Breakfast	USDA	JCPS Lunch	USDA
Elementary				
Calories	376	350-500	611	550-650
% Sat Fat	4.1%	<10%	7.1%	<10%
Sodium	427mg	≤540mg	994mg	≤1230mg
Middle				
Calories	462	400-550	649	600-700
% Sat Fat	4.9%	<10%	6.6%	<10%
Sodium	477mg	≤600mg	1057mg	≤1360mg
High				
Calories	462	450-600	779	750-850
% Sat Fat	4.9%	<10%	6.7%	<10%
Sodium	477mg	≤640mg	1219mg	≤1420mg



Physical Activity Report 2018

Susan Price, Director
Donna Benton, Instructional Lead
Curriculum Design and Learning Innovation
502-485-3053

Overview

KRS 160.345 (11) requires the School-Based Decision Making (SBDM) Council of each K through fifth-grade 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 time and types of physical activity being offered.

"Each school council of a school containing grades k-5...shall develop and implement a wellness policy that includes moderate to vigorous physical activity (MVPA) each day."

Findings	Recommendations
<ul style="list-style-type: none">All JCPS Elementary schools have a required local SBDM Wellness Policy that includes MVPA each day. The policies are unique to each school. Schools also reported varying amounts of MVPA as part of their instructional day. All schools fall within the allowed 30 minutes per day/150 minutes per week. Most schools reported reviewing and /or revising their local policy during the 2016-18 academic years. Eight schools last reviewed their policy during the years of 2010-2015.	<ul style="list-style-type: none">Since the expectation is that all SBDM policies are reviewed every two years, we recommend regularly reminding and supporting schools to review and /or revise their local wellness policy. To continue growth, emphasis needs to shift from the compliance of writing the policy to working toward fuller implementation of their policy.

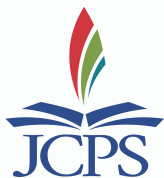
Types of MVPA Schools Provide

Findings	Recommendations
<ul style="list-style-type: none">While MVPA varies, the 3 most common types of MVPA offered in JCPS Elementary schools are Recess/Wellness Time, Physical Education (PE) Class, and Classroom Physical Activity Breaks. The types of MVPA that schools can offer during recess/wellness time is dependent on their resources such as, walking track, playground equipment, grassy/paved areas, and supplies such as balls, jump ropes, etc.Go Noodle Plus is universally used and is also teachers' and students' favorite indoor and inclement weather physical activity.	<ul style="list-style-type: none">Community partner funding for Go Noodle Plus is ending at the close of the 18-19 school year. Recognizing how invaluable this resource is and the magnitude of its popularity and use in implementing their daily MVPA state requirement, we highly recommend seeking alternate funding for continued implementation of Go Noodle plus and also securing needed revenue for the outdoor resources each school needs.

"Up to 30 minutes a day may be considered part of the instructional day." Since our schools include MVPA as part of their instructional day, "recess cannot be withheld or taken away as a form of punishment."

MVPA Time Counted As Instructional Time

Findings	Recommendations
<ul style="list-style-type: none">It is common practice for some schools/teachers on any given day to withhold MVPA from individual students or whole classes. This is an area that is in greatest need of continuous improvement.	<ul style="list-style-type: none">Support schools in their stated intention to work as a school and/or grade-level teams and /or individual teachers to implement alternatives to withholding recess.



Health Services Report 2018

Eva Stone, APRN, District Health Coordinator, Health Services

502-485-3387

Overview

Along with district requirements to have a local wellness policy, 702 KAR 1:160 requires JCPS to have a process to continually monitor the health of students. KRS 156.502 outlines obligations for providing for student health needs as well as training requirements for unlicensed school staff who are administering medications or helping to meet the health needs of students. There are currently 22,676 health conditions reported in students attending JCPS, all of which can have an impact on their readiness to learn. School nursing, screening nurses and health promotion program specialists all work to ensure compliance with state regulation and at their optimal health to promote learning.

Health Services Nurse Practitioners

Area 1: Angela Hayes

Area 2: Megan Habich

Area 3: Mary Texas

Area 4: Holly Walker

Area 5: Amanda Burks

Area 6: Blaire Adams

Program Specialists

Arlisa F. Brown

Craig Hammons

Health Screening Nurses

Michelle Bruce

Susan Carr

Nicole Mooney

Nursing Services Provided

Findings	Recommendations
<ul style="list-style-type: none"> 6 Advanced Practice Registered Nurses- each responsible for a designated area 29 Licensed Practical Nurses- each placed in a designated school 1 Registered Nurse- in a special needs school Nurse Staffing Agency- assigned based on student medical need 	<ul style="list-style-type: none"> New process for reporting student health conditions to ensure be able to respond to medical emergencies as well as provide follow up for children who have conditions that may negatively impact learning. Developing an instrument to help standardize school need for nursing services. Implementing a walkthrough instrument to help collect data on collection and reporting of health information, review practices for administering medication to students and to determine what kinds of supports are most needed by schools.



Role of Health Promotion Specialists

Findings	Recommendations
<ul style="list-style-type: none"> 2 program specialists provide support to schools for implementation of health and wellness initiatives. 	<ul style="list-style-type: none"> Implementing a process for annual review of school wellness policies. Working with schools to ensure school policies are congruent with district policy. Developing a school walkthrough instrument program specialists will utilize to look at health/ wellness implementation and gather data from schools to determine what supports are needed. Work with community partners and organizations to ensure students have access to required immunizations.



Student Screenings

Findings	Recommendations
<ul style="list-style-type: none"> Screening nurses perform state mandated vision/hearing screenings in all elementary schools. 	<ul style="list-style-type: none"> Implementing a process to communicate results to principals and building screening coordinators to ensure awareness of student needs as well as appropriate referral and follow up. Offer addition state-required screenings, such as dental for those children who do not have access to care.

