

# NUTRITION & PHYSICAL ACTIVITY

## 2017 REPORT



## School Wellness

The Jefferson County Public Schools (JCPS) Coordinated School Health (CSH) committee uses the Whole School, Whole Community, Whole Child (WSCC) model from the Centers for Disease Control and Prevention (CDC) to provide 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 CSH 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**.

## HSP Assessment

The Healthy Schools Program (HSP) assessment was completed by the majority of schools in the district. This tool assesses the physical activity and nutrition environments in the schools as well as health education, health promotion, and family/community involvement. The Alliance for a Healthier Generation (AFHG) compiles all of the data and sends this report to the

district the second week in November. Schools are able to prepare action plans for their wellness environments using the information from their school's assessment.

### Snapshot Results from District HSP Report

Recognition: Schools Eligible							
Assessment Focus	Bronze	% of All Schools	Silver	% of All Schools	Gold	% of All Schools	Not Eligible
Full Assessment	-	0%	-	0%	-	0%	108
Mod 1: School Health and Safety Policies and Environment	44	41%	9	8%	3	3%	52
Mod 2: Health Education	52	48%	-	0%	13	12%	43
Mod 3: Physical Education and Other Physical Activity Programs	4	4%	1	1%	1	1%	102
Mod 4: Nutrition Services	102	94%	2	2%	1	1%	3
Mod 7: Health Promotion for Staff	2	2%	1	1%	-	0%	105
Mod 8: Family and Community Involvement	41	38%	4	4%	16	15%	47

JCPS has established a partnership with AFHG. This partnership will provide support to school and district staffs by providing technical assistance, professional consultants, and in-service training. The first training sessions were available to schools November 1 and 2, 2017. Twenty-two schools participated in this initial training. AFHG will offer six more trainings over the next two years. The CSH committee will encourage school participation and continue to support schools in improving school health environments.



# HEALTHY SCHOOLS PROGRAM



Since 2006, JCPS has been compliant with the state law annual reporting requirements with KRS 158.856 and KRS 160.345.

In the summer of 2017, as requested, JCPS sent a team to KDE for local wellness policy training. The training was meant to assist districts in aligning federal and state reporting requirements. KDE recommended that districts begin using a new assessment and reporting system called the Healthy Schools Program. Each school was asked to complete online modules measuring various aspects of their health and wellness status. Based on this self-reporting and results, each school is asked to write an action plan for continuous improvement.

Since this is the first year, all data is baseline. There was a deep learning curve for schools as well as time and technology constraints. Moving forward, JCPS will need ongoing support from our District Planning and Program Evaluation office, as well as the national organization, Alliance for a Healthier Generation.

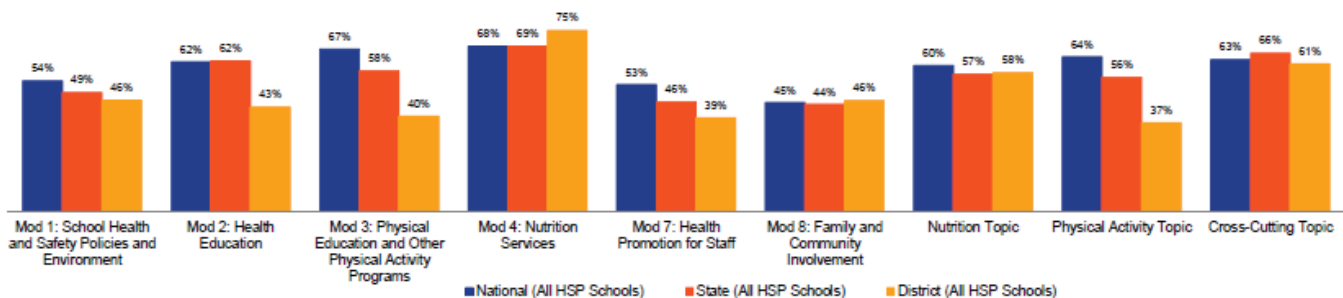
## Snapshot Report - District Results Summary

These data reflect the most current assessment submissions as of 10/02/2017

District  [Choose District](#)



Percentage of Items Fully Met on Current Assessments, by Assessment Module or Topic



This graph compares the total number of assessment items fully implemented (marked as a "3") on the most recent SHI assessment by module or topic to the total number of assessment items that **could be fully implemented** for all schools with a completed assessment by module or topic within the district, state or nation. Note that a school does not need to be fully meeting in all assessment items to be eligible for a Healthy Schools Award.

**Nutrition modules as well as Family and Community Involvement modules all exceeded the state percentages.**

## Findings

Only 17% are consistently prohibiting using recess as punishment

47% reported that they do not give food as a reward

Only 4% reported that venues outside the cafeteria served fruits and vegetables

## Recommendations

Review policies regarding withholding recess as punishment with all staff again

Review best practices for non-food rewards so that the majority are not using food as a reward

More staff education and awareness needed regarding smart snack foods



# WELL-SAT 2.0



JCPS District Wellness Committee used the Well-SAT 2.0 to evaluate the district's wellness policy. The Action for Healthy Kids also evaluated the JCPS policy using the same tool. The results are as follows:



## STRENGTHS

- Having a district wellness committee
- Encouraging local school wellness policies
- Supporting opportunities for professional development related to school wellness
- Addressing compliance with USDA minimum nutrition standards for all foods and beverages sold and served to students during the school days as well as before and after the school day
- Implementing a standards-based nutrition and physical education curriculum
- Requiring the implementation of a comprehensive physical activity program in each school.



## OPPORTUNITIES

- Add more specific policy language to ensure health/nutrition education is sequential and comprehensive in scope and taught in each grade
- Outline in policy language how many minutes of physical education students should receive per grade with a goal of 150 minutes weekly for elementary students and 225 for secondary students
- Outline in policy language how many minutes students are provided for breakfast and lunch
- Add specific language about school breakfast programs.
- Ensure policy addresses SCNS professional development received

## Urban School Wellness Coalition

JCPS was invited to be part of a coalition to build infrastructures to help develop healthy, successful urban students. The coalition, made up of innovative urban school districts, in conjunction with community partners, was formed to address the challenges of social, economic, and health issues that affect learning outcomes. The Learning Connection—as it is referred to by Action for Healthy Kids—has been recognized and prioritized by many of these large urban school districts. JCPS is proud to be part of this coalition, which is committed to helping urban school districts inform, coordinate, and enhance the development of wellness practices and policies serving the whole child in support of health and education equity.

## Healthier US School Challenge



JCPS had 23 out of 91 elementary schools apply for Bronze status in the Healthier US School Challenge Program. JCPS is still awaiting the United States Department of Agriculture's (USDA's) response. This award recognizes schools' efforts in improving food and beverages, encouraging more physical activity, and teaching students nutrition.





# PHYSICAL ACTIVITY



## 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](http://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](http://www.jefferson.kyschools.us/file/2917))
- Dr. Shawna L. Stenton, School-Based Decision Making (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, Kentucky Commissioner of Education Stephen L. 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://portal.jefferson.kyschools.us/departments/gheens/practicaliving/SitePages/Physical%20Activity.aspx>)

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

### 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.

## Physical Activity Recommendations

The newly recommended assessment used does not address the reporting requirement of “time and types of daily moderate to vigorous physical activity” to count as “instructional time for up to 30 minutes a day” in each K–5 school. Thus, there are no findings.

The general recommendations for K–5 physical activity and physical education in JCPS are the following:

- Increase application and implementation of the research findings that support the role that physical activity and physical education play in academic indicators.
- Offer equitable access to all students in all JCPS elementary schools by not withholding physical activity and physical education as a negative consequence for student behavior nor for academic interventions.
- Educate the whole child by adequately funding **all** special area programs in all JCPS elementary schools to include physical education.
- Embed social and emotional learning outcomes and dispositions/competencies through all physical activity taking place on the playground and in the gymnasium. These deeper learning opportunities will give students a much greater chance of enjoying healthy, active lives.





# NUTRITION



## Most School Meals Available at No Charge

School and Community Nutrition Services (SCNS), through the Community Eligibility (CE) Program, is able to offer meals free of charge to all students in 134 district schools. This is a huge win-win for schools and students. More students gain access to school breakfasts and lunches, thus improving their ability to focus on academics while reducing absenteeism and disciplinary issues.

School meals are balanced, healthy, and delicious! All of the meals meet federal nutrition guidelines. 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.



## Skip Rope, Not Breakfast

Breakfast is the most important meal of the day, yet many students, especially those in middle and high grades, tend to skip this meal. SCNS always encourages breakfast participation by helping schools look for alternative ways to serve this meal. Twenty-one JCPS schools participate in the Breakfast in the Classroom Program, which has increased participation greatly in those schools. Many JCPS schools serve a Grab-n-Go menu that allows easy access to a bagged breakfast, usually from a conveniently located cart or kiosk. All other schools offer breakfast on the line every day. There are other opportunities for schools to increase breakfast participation that SCNS is open to piloting, such as Second Chance Breakfast, where breakfast is served after first period. This option may be a good fit for some high schools. Contact SCNS (**485-3186**) if you are interested in any of these options for your school.

Jefferson County Public Schools  
School and Community Nutrition Services  
**Nutrition Analysis Summary for Menus  
SY2017-18**

	JCPS Breakfast	USDA	JCPS Lunch	USDA
<b>ELEMENTARY</b>				
<b>Calories</b>	399	350-500	620	550-650
<b>% Sat. Fat</b>	6.2%	<10%	7.1%	<10%
<b>Sodium</b>	484mg	≤540mg	953mg	≤1230mg
<b>MIDDLE</b>				
<b>Calories</b>	425	400-550	630	600-700
<b>% Sat. Fat</b>	5.3%	<10%	8.1%	<10%
<b>Sodium</b>	428mg	≤600mg	921mg	≤1360mg
<b>HIGH</b>				
<b>Calories</b>	473	450-600	760	750-850
<b>% Sat. Fat</b>	5.4%	<10%	7.8%	<10%
<b>Sodium</b>	472mg	≤640mg	1139mg	≤1420mg







# NUTRITION



Student Nutrition Advisory Council

Shaping the Future of School Meals

## What's New on the Menu

Student Nutrition Advisory Councils (SNACs) taste-test various new or reformulated menu items and recipes four to five times a year. Nutrition Services gathers evaluations from the 32 schools and uses the information to identify new menu items to add to SCNS menus. New items for the 2017-18 school year include buffalo chicken pizza, turkey bacon burger, stuffed cheeseburger on ciabatta, Wild Mike's Pizza, roasted red pepper hummus with pita chips, and salad toppers.

The SCNS executive chef also works on recipes to add to the menus based on the evaluations from students and current food trends. He is currently working with a student from duPont Manual High who is interested in adding more vegetarian options to the menu. Other menu initiatives include finding "cleaner label" products, lower sodium products, and more ethnic dishes.



## School and Community Outreach

The primary goal of nutrition education and promotion is to influence lifelong eating behaviors in a positive manner. Throughout the school year, SCNS attends numerous school and community events. The events include health fairs, walk-a-thons, and other school-based family events. During the events, information about school meals, healthy eating, MyPlate, and other evidence-based nutrition messages are shared. In 2016-17, SCNS shared information with approximately 12,000 people. The SCNS chef and Nutrition Initiatives coordinator provided numerous hands-on lessons for classes as well as cooking demonstrations at various events.

Other activities that SCNS leads include contests and taste-testing events. SCNS encourages breakfast and lunch participation by offering various theme days and contests, which relay the importance of fueling the body to help stimulate the mind.

## Chef Chris at Lowe Elementary Fun Run and Health Fair

On Saturday, September 30, Lowe Elementary hosted its Annual Health Fair. Lowe partnered with its Parent Teacher Association (PTA) and Nutrition Services as they hosted the Annual 5K Run and Walk. They had more than 150 people attend with more than 15 vendors—Whole Foods, Middletown Cycling, Louisville Water Company, Lyndon Fire Department, and many more!

Nutrition Services also hosts a number of Farm to School events each year that include visits from a mobile dairy classroom and Kentucky Proud celebrations in the cafeteria. The events teach the students and staff about the importance of good nutrition, the origin of foods, and how to prepare healthy meals.



# HEALTH SERVICES



## Health Promotion Schools of Excellence

Run, Louisville, Run! is a collaborative effort between JCPs, YMCA of Greater Louisville, and Triple Crown of Running. Run, Louisville, Run! challenges students (ages 10–18) to train for and complete the Louisville Triple Crown of Running. The program provides students with the chance to complete increasingly challenging races, building up to a 10-mile race in the spring. The program emphasizes building self-esteem, academic performance, improving physical fitness, and goal setting. Each participating JCPs school has adult volunteer mentors who assist with training and goal setting after school each week during the series of races (Anthem 5K, Rodes City Run [6.2 miles], and the Papa John's 10 miler). Last year, more than 200 students from JCPs schools participated in the program from January through March.



Morning Walking Club at Layne Elementary School



Fit Day during Every Kid Healthy Week (April 24–28, 2017) at Western Middle School

Students attended a fitness class of their choice (Zumba, Chair Aerobics, or Mental Fitness) and learned healthy living tips all week. Students and teachers participated in Fit Week.



Layne Elementary School implemented a Morning Walking Club (MWC) at the beginning of the year. Our students love it and are eager to participate every morning. As an HPSE school, we recognize the benefits to implementing the MWC, such as enhancing brain function, strengthening the heart, and boosting the immune system.



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 during the school year. Additionally, research studies document that schoolwide handwashing programs can reduce absenteeism.





# HEALTH SERVICES



2017-18 Gutermuth Flag Football Team

Gutermuth Elementary's 2017-18 Flag Football Team is fulfilling one of ten Health Promotion Schools of Excellence (HPSE) WSCC Components for HPSE schools. Players learn to strategize on the football field under the leadership of Coach Gregory Johnson Sr. and Coach Dazman Johnson (seen in photograph). Gutermuth students also learn the dynamics of team sports, which build character, discipline, and teamwork.

## Rain or shine, we will have fun and develop students' bodies and minds!

The rain could not keep the students at Jacob Elementary from having a wonderful time at their annual Field Day. The school hosted a variety of activities and events on Field Day that entailed students' being engaged in rigorous physical activities while moving to various stations throughout the course. For instance, they were involved in the Mario Bros. Plunger Carry Relay Race, Hot Shot Relay, Frisbee Golf, Obstacle Course Relay, Parachute Games, Treasure Run, Beanbag Toss, Ring Toss, and Jump Rope Relay Race. The students were encouraged to drink water and to eat healthy leading up to this event. Each year, Jacob Elementary has a monumental number of parents who volunteer and attend field day. The parents are encouraged to participate with their children and others as they enjoy getting fit and healthy. Thanks to the parents, Mr. Yates (HPSE coordinator and physical education [PE] teacher), and the entire team at Jacob Elementary, this day was a success!

