

**WOODFORD COUNTY BOARD OF EDUCATION  
AGENDA ITEM**

**ITEM #:** XII D **DATE:** November 30, 2018

**TOPIC/TITLE:** Nutrition and Physical Activity Report

**PRESENTER:** Courtney Quire

**ORIGIN:**

- TOPIC PRESENTED FOR INFORMATION ONLY (No board action required.)
  - ACTION REQUESTED AT THIS MEETING
  - ITEM IS ON THE CONSENT AGENDA FOR APPROVAL
  - ACTION REQUESTED AT FUTURE MEETING: (DATE)
  - BOARD REVIEW REQUIRED BY
- 
- STATE OR FEDERAL LAW OR REGULATION
  - BOARD OF EDUCATION POLICY
  - OTHER: Wellness Policy (KRS 158.856 (4))

**PREVIOUS REVIEW, DISCUSSION OR ACTION:**

- NO PREVIOUS BOARD REVIEW, DISCUSSION OR ACTION
  - PREVIOUS REVIEW OR ACTION
- 
- DATE:
  - ACTION:

**BACKGROUND INFORMATION:**

Alliance for a Healthier Generation Report  
**SUMMARY OF MAJOR ELEMENTS:**

**IMPACT ON RESOURCES:**

**TIMETABLE FOR FURTHER REVIEW OR ACTION:**

**SUPERINTENDENT'S RECOMMENDATION:**  Recommended  Not Recommended

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**Snapshot Report - District Results Summary**

These data reflect the most current assessment submissions as of 09/01/2018



Use Dropdown in Column C to Choose District,  
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Name

**District**

HSP Enrollment:		Summary Information about HSP Enrollment and Assessment Completion												
		Schools Completing/Updating:					Schools Completing Module:					Schools Completing All Criteria in Topic:		
		A Full Assessment	An Assessment this SY	An Action Plan	An Action Plan this SY	1 of Assessment	2 of Assessment	3 of Assessment	4 of Assessment	7 of Assessment	8 of Assessment	Nutrition	Physical Activity	Cross-Cutting
Total	7	7	0%	7	0%	7	100%	7	100%	7	100%	7	100%	7
Onsite	-	-	0%	-	0%	-	100%	-	100%	-	100%	-	100%	-
% of Enrolled	0%	n/a	n/a	n/a	n/a	n/a	100%	n/a	100%	n/a	100%	n/a	100%	n/a
Online	7	7	100%	7	100%	7	100%	7	100%	7	100%	7	100%	7
% of Enrolled	100%	100%	0%	100%	0%	100%	100%	100%	100%	100%	100%	100%	100%	100%

Assessment Completion by School Level		
Elementary	Middle/High	Elem., Middle/High
4	3	-
Schools Completing an Assessment		

### Snapshot Report - District Results Summary

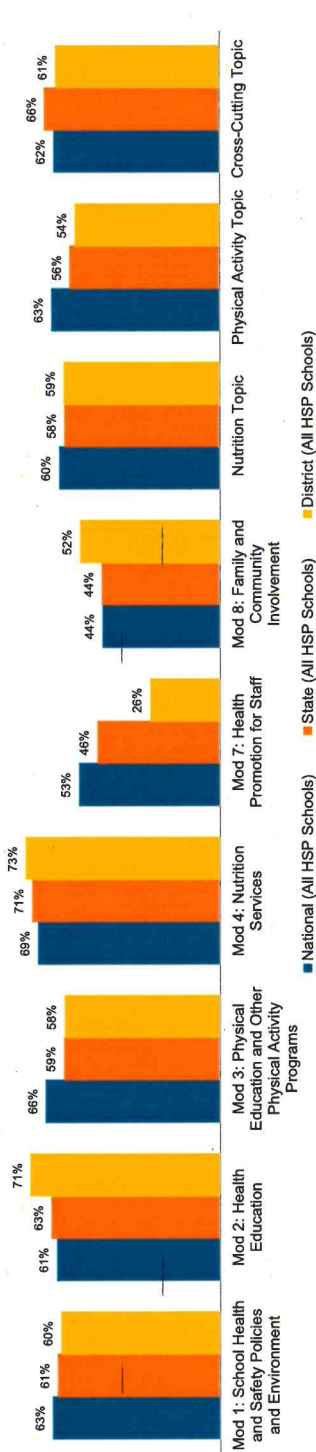
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District

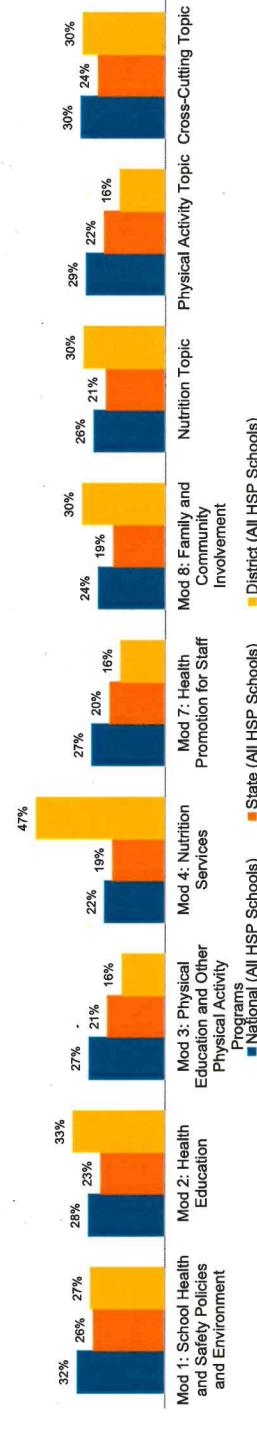


Percentage of Items Fully Met on Current Assessments, by Assessment Module or Topic



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 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.

Action Plan Item Selection Rate, by Module or Topic



This graph compares the total number of action items **selected and in progress** by module or topic to the total number of action items that **could be selected** for all schools with an action plan by module or topic within the district, state, or nation.

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District

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### Module and Topic Summaries

Mod 1: School Health and Safety Policies and Environment		Award Level	Assessment Responses	Action Plan
Question #	Question		Schools Fully Meeting at Current (Among Schools Completing Module)	Selection Rank of Items "In Progress"
101	Does your school have a representative committee or team that meets at least four times a year and oversees school health and safety policies and programs?	Bronze (2)	6 86%	8
102	Has your school implemented all of the components of the local education agency's (LEA) or district's local school wellness policy?	Bronze (2)	4 57%	2
103	[ES Only] Are students provided at least 20 minutes of recess during each school day? Do teachers or recess monitors encourage students to be active?	Bronze	7 100%	8
104	Does your school make safe, unflavored, drinking water available throughout the school day at no cost to students?	Bronze	7 100%	8
105	Do all competitive foods sold to students during the school day meet or exceed the USDA's nutrition standards for all foods sold to students (commonly called Smart Snacks in School)?	Bronze	4 57%	8
106	Do all competitive beverages sold to students during the school day meet or exceed the USDA's nutrition standards for all beverages sold to students (commonly called Smart Snacks in School)?	Bronze	5 71%	8
107	Does the school prohibit using physical activity and withholding physical education class as punishment? Is this prohibition consistently followed?	Silver	4 57%	3
108	[ES Only] Does your school prohibit withholding recess as punishment? Is this prohibition consistently followed?	Silver	2 29%	8
109	Does your school prohibit giving students food as a reward and withholding food as punishment? Is this prohibition consistently followed?	Silver	1 14%	1
110	Do all foods and beverages served and offered to students during the school day meet or exceed the USDA's Smart Snacks in School nutrition standards?	Silver	5 71%	3
111	Do all foods and beverages sold to students during the extended school day meet or exceed the USDA's Smart Snacks in School nutrition standards?	Silver	5 71%	8
112	Do all foods and beverages served and offered to students during the extended school day meet or exceed the USDA's Smart Snacks in School nutrition standards?	Silver	2 29%	3
113	Are indoor and outdoor physical activity facilities open to students, their families, and the community outside school hours?	Gold	3 43%	3
114	Do fundraising efforts during and outside school hours sell only non-food items or only foods and beverages that meet or exceed the USDA's Smart Snacks in School nutrition standards?	Gold	4 57%	3



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**District**

Mod 2: Health Education		Assessment Responses		Action Plan
Question #	Question	Award Level	Schools Fully Meeting at Current (Among Schools Completing Module)	Selection Rank of Items "In Progress"
201	[ES Only] Do students receive health education instruction in all grades?	Bronze	4	4
202	[MS & HS Only] Does your school or district require all students to take and pass at least one health education course?	Bronze (2)	2	4
203	Does your health education curriculum address all of these topics on physical activity? (See assessment framework for full description)	Bronze (2)	6	4
204	Does your health education curriculum address all of these essential topics on healthy eating? (See assessment framework for full description)	Bronze (2)	6	2
205	Do all teachers of health education use age-appropriate health education curriculum materials that are sequential and consistent with state or national standards for health education and the district's requirements for health education?	Silver & Gold	6	4
206	Do all teachers of health education provide opportunities for students to practice or rehearse the skills needed to maintain and improve their health?	Silver & Gold	4	2
207	Do all teachers of health education participate at least once a year in professional development in health education?	Silver & Gold	2	1

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#### District

Woodford Co Public Schools (KY)



Question #	Question	Award Level	Assessment Responses		Action Plan Selection Rank of Items "In Progress"
			Schools Fully Meeting at Current (Among Schools Completing Module)	Schools Fully Meeting at Current Progress*	
301	[ES Only] Do all students in each grade receive physical education for at least 150 minutes per week throughout the school year?	Bronze (1) Silver (2) Gold (3)	0	0%	2
302	[MS & HS Only] How many years of physical education are students at this school required to take?	Bronze (1) Silver (2) Gold (3)	0	0%	1
303	Do all teachers of physical education use an age-appropriate, sequential physical education curriculum that is consistent with national or state standards for physical education (see national standards) and the district's requirements for physical education?	Bronze	6	86%	2
304	Does the school's physical education program integrate the components of the Presidential Youth Fitness Program?	Bronze	4	57%	5
305	Does the school's physical education program use three or more methods to promote student participation in a variety of community physical activity options? (See assessment framework for full description)	Bronze	6	86%	5
306	Does the physical education program consistently use all or most of the following practices as appropriate to include students with special health care needs? (See assessment framework for full description)	Bronze	6	86%	5
307	Does the school promote or support walking and bicycling to and/or from school in the following ways? (See assessment framework for full description)	Bronze (2)	2	29%	5
308	Does the school offer opportunities for all students to participate in physical activity before and after school, through organized physical activities? (See assessment framework for full description)	Bronze (2)	1	14%	2
309	Are all students provided opportunities to participate in physical activity breaks in classrooms, outside of physical education, recess, and class transition periods?	Bronze (2)	2	29%	5
310	Do teachers keep students moderately to vigorously active for at least 50% of the time during most or all physical education class sessions?	Silver	6	86%	5
311	Are teachers of physical education required to participate at least once a year in professional development in physical education?	Silver	5	71%	5
312	Are all physical education classes taught by licensed teachers who are certified or endorsed to teach physical education?	Gold	7	100%	5

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District



Mod 4: Nutrition Services		Award Level	Assessment Responses Schools Fully Meeting at Current (Among Schools Completing Module)	Action Plan Selection Rank of Items "In Progress"
Question #	Question			
401	Does the school offer school meals (breakfast and lunch) programs that are fully accessible to all students?	Bronze	7 100%	4
402	Do school meals include a variety of foods that meet the following criteria? (See assessment framework for full description)	Bronze	7 100%	4
403	Are healthy food and beverage choices promoted of the following techniques?	Bronze	7 100%	4
404	Do all school nutrition program directors, managers, and staff meet or exceed the annual continuing education/training hours required by the USDA's Professional Standards requirements?	Bronze	7 100%	4
405	Do venues outside the cafeteria (e.g., vending machines, school stores, snack bars, or snack or food carts) where food is available offer fruits and non-fried vegetables?	Silver	2 29%	1
406	Do school nutrition services staff members use three or more of the following methods to collaborate with teachers to reinforce nutrition education lessons taught in the classroom? (See assessment framework for full description)	Silver	2 29%	1
407	Do students have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they are seated?	Gold	7 100%	4
408	Is your school implementing any Farm to School activities? (See assessment framework for full description)	Gold	2 29%	3

Mod 7: Health Promotion for Staff		Award Level	Assessment Responses Schools Fully Meeting at Current (Among Schools Completing Module)	Action Plan Selection Rank of Items "In Progress"
Question #	Question			
701	Does your school or district offer staff members accessible and free or low-cost health assessments at least once a year?	Bronze	6 86%	6
702	Does the school or district offer staff members accessible and free or low-cost physical activity/fitness programs?	Bronze	1 14%	1
703	Does your school support staff to model healthy eating and physical activity behaviors? (See assessment framework for full description)	Bronze	1 14%	1
704	Does your school or district use three or more methods to promote and encourage staff member participation in its health promotion programs? (See assessment framework for full description)	Silver	1 14%	1
705	Does the school or district offer staff members healthy eating/weight management programs that are accessible and free or low-cost?	Silver	1 14%	1
706	Do food and beverages served and sold at staff meetings, school-sponsored staff events, and in the staff lounge meet USDA Smart Snacks in School nutrition standards?	Gold	1 14%	1



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**District** Woodford Co Public Schools (KY)



Mod 8: Family and Community Involvement		Assessment Responses		Action Plan
Question #	Question	Award Level	Schools Fully Meeting at Current (Among Schools Completing Module)	Selection Rank of Items "In Progress"
801	Do families and other community members help with school decision making?	Bronze	5 71%	1
802	Do students and family members have opportunities to provide both suggestions for school meals and other foods and beverages sold, served, and offered on school campus and feedback on the meal programs and other foods and beverages sold, served, and offered on school campus?	Silver	3 43%	1
803	Do family members have access to indoor and outdoor school facilities outside school hours to participate in or conduct health promotion and education programs at low or no cost?	Gold	3 43%	1

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District **Woodford Co Public Schools (KY)**



Nutrition Topic		Award Level	Assessment Responses	Action Plan
Question #	Question		Schools Fully Meeting at Current (Among Schools Completing Module)	Selection Rank of Items "in Progress"
104	Does your school make safe, unflavored, drinking water available throughout the school day at no cost to students?	Bronze	7 100%	13
105	Do all competitive foods sold to students during the school day meet or exceed the USDA's nutrition standards for all foods sold to students (commonly called Smart Snacks in School)?	Bronze	4 57%	13
106	Do all competitive beverages sold to students during the school day meet or exceed the USDA's nutrition standards for all beverages sold to students (commonly called Smart Snacks in School)?	Bronze	5 71%	13
109	Does your school prohibit giving students food as a reward and withholding food as punishment? Is this prohibition consistently followed?	Silver	1 14%	1
110	Do all foods and beverages served and offered to students during the school day meet or exceed the USDA's Smart Snacks in School nutrition standards?	Silver	5 71%	4
111	Do all foods and beverages sold to students during the extended school day meet or exceed the USDA's Smart Snacks in School nutrition standards?	Silver	5 71%	13
112	Do all foods and beverages served and offered to students during the extended school day meet or exceed the USDA's Smart Snacks in School nutrition standards?	Silver	2 29%	4
114	Do fundraising efforts during and outside school hours sell only non-food items or only foods and beverages that meet or exceed the USDA's Smart Snacks in School nutrition standards?	Gold	4 57%	4
204	Does your health education curriculum address all of these essential topics on healthy eating? (See assessment framework for full description)	Bronze (2)	6 86%	4
401	Does the school offer school meals (breakfast and lunch) programs that are fully accessible to all students?	Bronze	7 100%	13
402	Do school meals include a variety of foods that meet the following criteria? (See assessment framework for full description)	Bronze	7 100%	13
403	Are healthy food and beverage choices promoted of the following techniques?	Bronze	7 100%	13
404	Do all school nutrition program directors, managers, and staff meet or exceed the annual continuing education/training hours required by the USDA's Professional Standards requirements?	Bronze	7 100%	13
405	Do venues outside the cafeteria (e.g., vending machines, school stores, canteens, snack bars, or snack or food carts) where food is available offer fruits and non-fried vegetables?	Silver	2 29%	1
406	Do school nutrition services staff members use three or more of the following methods to collaborate with teachers to reinforce nutrition education lessons taught in the classroom? (See assessment framework for full description)	Silver	2 29%	1
407	Do students have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they are seated?	Gold	7 100%	13

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District	Woodford Co Public Schools (KY) Is your school implementing any Farm to School activities? (See assessment framework for full description)	Gold	2	25%	4
408	Does your school support staff to model healthy eating and physical activity behaviors? (See assessment framework for full description)	Bronze	1	14%	4
703	Does the school or district offer staff members healthy eating/weight management programs that are accessible and free or low-cost?	Silver	1	14%	4
705	Do food and beverages served and sold at staff meetings, school-sponsored staff events, and in the staff lounge meet USDA Smart Snacks in School nutrition standards?	Gold	1	14%	4
706	Do students and family members have opportunities to provide both suggestions for school meals and other foods and beverages sold, served, and offered on school campus and feedback on the meal programs and other foods and beverages sold, served, and offered on school campus?	Silver	3	43%	4

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Physical Activity Topic		Question	Award Level	Assessment Responses		Action Plan Selection Rank of Items "in Progress"
Question #	Schools Fully Meeting at Current (Among Schools Completing Module)			Schools Fully Meeting at Current Progress		
103	[ES Only] Are students provided at least 20 minutes of recess during each school day? Do teachers or recess monitors encourage students to be active?	Bronze	7	100%	9	
107	Does the school prohibit using physical activity and withholding physical education class as punishment? Is this prohibition consistently followed?	Silver	4	57%	2	
108	Does your school prohibit withholding recess as punishment? Is this prohibition consistently followed?	Silver	2	29%	9	
113	Are indoor and outdoor physical activity facilities open to students, their families, and the community outside school hours?	Gold	3	43%	2	
203	Does your health education curriculum address all of these topics on physical activity? (See assessment framework for full description)	Bronze (2)	6	86%	9	
301	[ES Only] Do all students in each grade receive physical education for at least 150 minutes per week throughout the school year?	Bronze (1) Silver (2) Gold (3)	0	0%	2	
302	[MS & HS Only] How many years of physical education are students at this school required to take?	Bronze (1) Silver (2) Gold (3)	0	0%	1	
303	Do all teachers of physical education use an age-appropriate, sequential physical education curriculum that is consistent with national or state standards for physical education (see national standards) and the district's requirements for physical education?	Bronze	6	86%	2	
304	Does the school's physical education program integrate the components of the Presidential Youth Fitness Program?	Bronze	4	57%	9	
305	Does the school's physical education program use three or more methods to promote student participation in a variety of community physical activity options? (See assessment framework for full description)	Bronze	6	86%	9	
306	Does the physical education program consistently use all or most of the following practices as appropriate to include students with special health care needs? (See assessment framework for full description)	Bronze	6	86%	9	
307	Does the school promote or support walking and bicycling to and/or from school in the following ways? (See assessment framework for full description)	Bronze (2)	2	29%	9	
308	Does the school offer opportunities for all students to participate in physical activity before and after school, through organized physical activities?	Bronze (2)	1	14%	2	
309	Are all students provided opportunities to participate in physical activity breaks in classrooms, outside of physical education, recess, and class transition periods?	Bronze (2)	2	29%	9	
310	Do teachers keep students moderately to vigorously active for at least 50% of the time during most or all physical education class sessions?	Silver	6	86%	9	



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District	Woodford Co Public Schools (KY)	Award Level	Schools Fully Meeting at Current (Among Schools Completing Module)	Assessment Responses	Action Plan Selection Rank of Items "In Progress"
311	Are teachers of physical education required to participate at least once a year in professional development in physical education?	Silver	5	71%	9
312	Are all physical education classes taught by licensed teachers who are certified or endorsed to teach physical education?	Gold	7	100%	9
702	Does the school or district offer staff members accessible and free or low-cost physical activity/fitness programs?	Bronze	1	14%	2
703	Does your school support staff to model healthy eating and physical activity behaviors? (See assessment framework for full description)	Bronze	1	14%	2

Cross-Cutting Topic	Question	Award Level	Schools Fully Meeting at Current (Among Schools Completing Module)	Assessment Responses	Action Plan Selection Rank of Items "In Progress"
101	Does your school have a representative committee or team that meets at least four times a year and oversees school health and safety policies and programs?	Bronze (2)	6	86%	7
102	Has your school implemented all of the components of the local education agency's (LEA) or district's local school wellness policy?	Bronze (2)	4	57%	1
201	[ES Only] Do students receive health education instruction in all grades?	Bronze	4	57%	7
202	[MS & HS Only] Does your school or district require all students to take and pass at least one health education course?	Bronze (2)	2	29%	7
205	Do all teachers of health education use age-appropriate health education curriculum materials that are sequential and consistent with state or national standards for health education and the district's requirements for health education?	Silver & Gold	6	86%	7
206	Do all teachers of health education provide opportunities for students to practice or rehearse the skills needed to maintain and improve their health?	Silver & Gold	4	57%	3
207	Do all teachers of health education participate at least once a year in professional development in health education?	Silver & Gold	2	29%	1
701	Does your school or district offer staff members accessible and free or low-cost health assessments at least once a year?	Bronze	6	86%	7
704	Does your school or district use three or more methods to promote and encourage staff member participation in its health promotion programs? (See assessment framework for full description)	Silver	1	14%	3
801	Do families and other community members help with school decision making?	Bronze	5	71%	3
803	Do family members have access to indoor and outdoor school facilities outside school hours to participate in or conduct health promotion and education programs at low or no cost?	Gold	3	43%	3



