



Child Nutrition and Physical Activity 2019 Report Card

Newport Independent Schools
30 West 8th Street
Newport, KY 41071

Newport Independent is committed to promoting student wellness and positive learning environments at every level. Members of the District Coordinated Health Committee come together annually to review wellness policies and practices within each school. The goal of the committee is to ensure opportunities exist for students to develop and practice life-long healthy behaviors. This report provides the district's effort to meet this goal as well as the annual reporting requirements of KRS158.856.

Nutrition Services

With the belief that well-nourished students are more likely to attend school, perform better academically and have less behavior issues, the food service staff strives to contribute to the total educational experience. Operating under the Community Eligibility Provision, all students receive nutritious meals at no cost. The district participates in the National School Lunch Program, National School Breakfast Program, Child and Adult Care Food Program, Summer Feeding Program and the Fresh Fruit and Vegetable Program. All programs are administered through the United States Department of Agriculture and the Kentucky Department of Education. Adherence to specific meal patterns and firm nutritional standards are required. In return, reimbursements are received for each meal served.



Nutritional Standards

- Meals have limits on calories, sodium, saturated fat, and sugar
- Meals have specific calorie ranges appropriate for each grade group
- Grains offered are whole grain rich
- Juice offered must be 100% fruit or vegetable juice with no added sweeteners
- Milk selections and all dairy products are low in fat

Meals

- All students are offered a free breakfast, including the option of a "grab and go" for late arrivals
- All students are offered a free lunch, including alternative entrees to satisfy taste preferences
- Variety of offerings include: different fruits and vegetables everyday, fresh fruit more than two times a week and vegetables from different sub-groups (red/orange, dark green, legume) offered weekly
- Prepackaged salads, a salad bar or salad by request is available everyday
- Students have at least 10 minutes to eat breakfast and 20 minutes to eat lunch
- Unflavored drinking water is available where school meals are served



Average Meal Participation

Newport Primary School

54% Breakfast/83% Lunch

Newport Intermediate School

51% Breakfast/90% Lunch

Newport High School

40% Breakfast/82% Lunch

Participation

Approximately 2000 meals are served to students each day. Food service staff has introduced students to new, trendy or ethnic menu items such as barbeque chicken flat-bread, roasted garbanzo beans and Asian carrot slaw. Students continue to prefer what they know. Their favorite items include pizza, chicken sandwiches, taco salad, Cincinnati chili and Brunch for Lunch. Below are efforts to increase and maintain participation:

- Engaging students in sampling potential menu items
- Menu changes to accommodate student preference
- Implementing breakfast carts at both NIS and NHS



- Offering a variety of choices in both breakfast and lunch programs
- Participation in National School Lunch and Breakfast Weeks
- Offer special meals or treats during holidays and other observances
- Utilize the "offer versus serve" option, allowing student choice

Smart Snacks

Smart Snacks in Schools is a federal requirement regarding all food and beverages sold on school campus. A la carte items available for purchase during lunch are in compliance with federal law and meet these nutrition standards.

The following are examples of items that must meet the guidelines:

- Any food and beverage sold to students at school during the school day. The school day is defined as the midnight before school to 30 minutes after the end of the day.
- A la carte items sold in the cafeteria and items sold in school stores, snack bars and vending machines are examples that must follow the Smart Snack standards.
- Foods and beverages sold during fundraisers, unless these items are not intended for consumption at school.



Fresh Fruit and Vegetable Program

Both the primary and intermediate schools participate in the Fresh Fruit and Vegetable Grant Program. The goal of the USDA program is to introduce students to a variety of produce and ultimately increase their consumption of fruits and vegetables. The grant has assisted the implementation of Farm to School by working with the Local Food Connection to purchase fresh produce from local farms. Each week students were provided two to three items to try in the classroom. The program offers additional nutrients and an excellent opportunity for nutrition education.

Staff Training

The food service staff received annual training that exceeded USDA continuing education requirements. Before the school year began, in-district training topics included customer service, food safety and meal compliance. In the spring, managers attended a leadership retreat and in June, the Kentucky School Nutrition Association Conference.



Community Engagement



Parents and members of the community were invited and encouraged to participate in health and wellness related activities and events. Throughout the year and over the summer, both teachers and nutrition staff worked with the Campbell County Extension office to provide students with fun, hands-on cooking activities that promote good eating habits. During National School Breakfast Week, the fire department

treated our students by serving them breakfast. Family nights throughout the year in each school provided multiple opportunities for families and community members to engage with staff and students.



Health and Physical Education

Students receive health and physical education by licensed teachers in each school. The curriculums are sequential and consistent with national and state standards.

Physical Activity

Physical activity is recognized as important by the district. At the elementary level, students participated in classroom activity breaks such as GoNoodle. In addition to classroom physical activity breaks, many opportunities are provided for students to participate either before or after the school day.

Employee Wellness

Many health programs and activities are offered and specific to each school. Some strategies include weight-loss programs, onsite yoga classes, group participation in local charity runs and emails regarding wellness tips. All staff members have accessible and free assessments at least once a year.

All stakeholders of the Newport Independent School District are encouraged to provide feedback regarding wellness policies and practices. To get involved, please contact:

Lisa Rizzo, Director of Food Service
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Newport, KY 41071
Email: lisa.rizzo@newport.kyschools.us
Phone: (859) 292-3038

Improvement Opportunities

- ⇒ Continuous recruitment of students, parents, staff and community members to participate in wellness committees and the decision making regarding the nutrition and physical activity environments
- ⇒ Explore resources to help ensure all food and beverages served during school meet the Smart Snacks in School regulations
- ⇒ Provide teachers and staff a list of alternative ways to reward students versus snacks or food items that do not meet the Smart Snacks regulations
- ⇒ Increase nutrition promotion and participation in meal programs by improved digital communication regarding menu items and online nutritional information
- ⇒ Improved collaboration with administrators and staff to determine strategies in which nutrition education can be implemented in a variety of settings
- ⇒ Continue offering more local produce and expand our Farm to School activities to include more hands-on activities, cooking classes and field trips to local farms



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