



Kenton County School District | It's about ALL kids.

**THE KENTON COUNTY BOARD OF  
EDUCATION**

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Dr. Henry Webb, Superintendent of Schools

**KCSD ISSUE PAPER**

**DATE:**

December 16, 2019

**AGENDA ITEM (ACTION ITEM):**

Consider/Approve 2019-2020 Annual Nutrition and Physical Activity Report and improvement plan

**APPLICABLE BOARD POLICY:**

07.1 – Food/School Nutrition Services

09.2 – Student Welfare and Wellness

KRS 158.856 and 702 KAR 6:090

**HISTORY/BACKGROUND:**

The attached report is an overview of the District's Physical Education, Wellness and Nutrition report. This report was released on the District website on November 1, 2019. At a public hearing being held on January 6, 2020, the report findings will be presented along with a plan to improve school nutrition in the District.

**FISCAL/BUDGETARY IMPACT:**

None

**RECOMMENDATION:**

Approval of the 2019-2020 Annual Nutrition and Physical Activity Report and improvement plan.

**CONTACT PERSON:**

Elizabeth Hord, Director of Student Nutrition

\_\_\_\_\_  
Elizabeth Hord  
Principal/Administrator

\_\_\_\_\_  
*Bob Hancy*  
District Administrator

\_\_\_\_\_  
*[Signature]*  
Superintendent

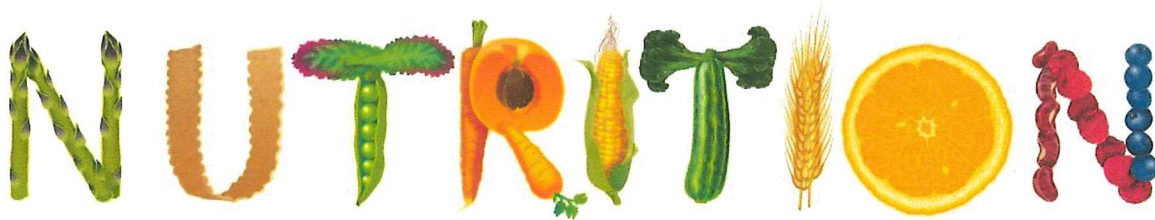
*Use this form to submit your request to the Superintendent for items to be added to the Board Meeting Agenda. Principal –complete, print, sign and send to your Director. Director –if approved, sign and put in the Superintendent's mailbox.*

**Kenton County Board of Education**

Board Members: Carl Wicklund, Chairperson Karen L. Collins, Vice Chairperson Carla Egan Shannon Herold Jessica Jehn  
"The Kenton County Board of Education provides Equal Education & Employment Opportunities."



## Annual Student Nutrition & Physical Activity Report



Kenton County Student Nutrition Serves over 11,000 meals each day that meets or exceeds:

- ✓ Weekly vegetable requirements
- ✓ Weekly fruit requirements
- ✓ Whole grain rich requirements
- ✓ Minimum and maximum calorie offerings
  - ✓ Saturated fat limits
  - ✓ Trans fat limits
  - ✓ Sodium limits



Student Nutrition staff work hard to provide a well-balanced meal in a positive environment. All staff must complete training in four key areas: nutrition, operations, administration, and communications and marketing.

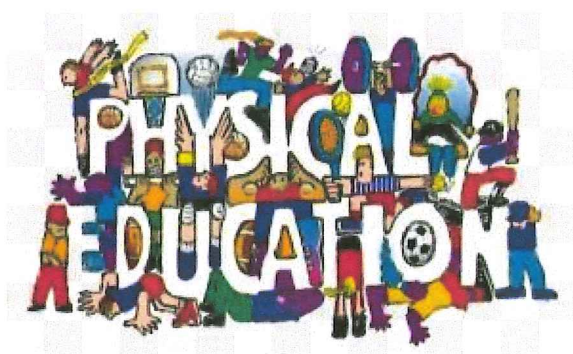
Students and parents have access to more menu information than ever before! Thanks to the online digital platform, NutriSlice, users can view the nutritional information and ingredients of menu items. Students can choose healthier options and leave menu feedback through NutriSlice.

On average, in the seventeen cafeterias, daily al la carte sales total \$1,462. The items sold to students and faculty meet or exceed state and federal nutrition requirements. Items sold to students and faculty are:

- ✓ Whole grain rich
- ✓ Have limited amount of calories, fat, and sugar
- ✓ The first ingredient is one of the following: low fat milk (or milk product), fruit, or vegetable.







All eleven K-5 buildings in the district have completed the Alliance for Healthier Generation Healthy Schools Assessment. The Alliance is a nationwide organization working to transform campuses and communities where students thrive physically, emotionally, and academically. All eleven buildings reported “fully in place” for health and physical education for the following criteria:

- ✓ Teachers use age-appropriate, sequential physical education curriculum that is consistent with national or state standards for physical education and the district requirement for physical requirements.
- ✓ Teachers keep students moderately to vigorously active for at least 50% of the time during more or all physical education class sessions.
- ✓ All physical education classes are taught by licensed teachers who are certified or endorsed to teach physical education.



Kenton County Schools are seeking feedback on current School Nutrition and Wellness policy. Please review the brochure and provide any comments or recommendations to the Kenton County Schools Student Nutrition Director, Elizabeth Hord at [Elizabeth.hord@kenton.kyschools.us](mailto:Elizabeth.hord@kenton.kyschools.us) OR a public forum will be held January 6, 2020 at 1045 Eaton Drive.