

# Child Nutrition and Physical Activity 2020 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 provision allows the nation's highest poverty schools to serve all students free meals.

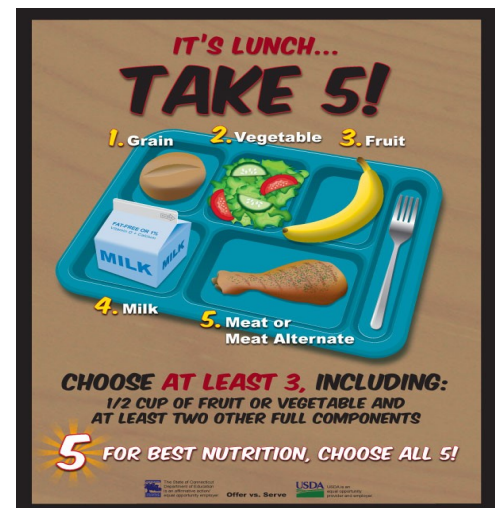


## Programs

NIS 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.

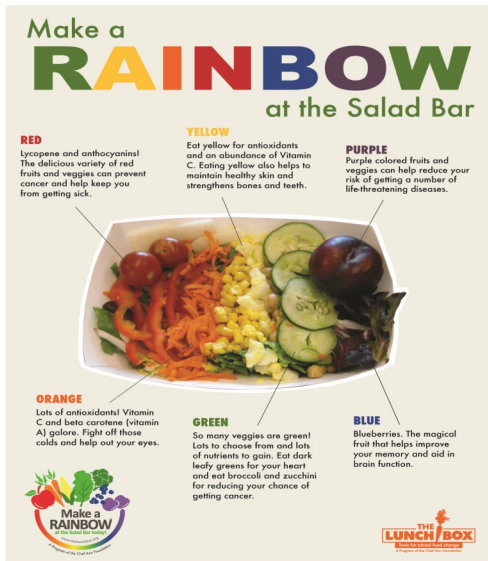
## Nutritional Standards

- All meals have limits on calories, sodium, saturated fat, and sugar
- All meals have specific calorie ranges appropriate for each grade group
- All 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 and Menu Items

Students prefer what is familiar. Staff has introduced them to new, trendy and ethnic menu items such as barbeque chicken flatbread, roasted garbanzo beans and Asian carrot slaw. Their favorite items continue to be pizza, chicken sandwich, taco salad, Cincinnati chili and Brunch for Lunch. Salad bars at the high school and the intermediate school are gaining in popularity.



- 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 that 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

## Participation

Approximately 2000 meals are served to students each day. Below are efforts to increase and maintain meal participation:

- Sampling of potential menu items
- Available comment cards for student input

### Average Daily Participation Newport Primary School

52% Breakfast/79% Lunch

### Newport Intermediate School

53% Breakfast/89% Lunch

### Newport High School

34% Breakfast/83% Lunch

\*Participation percentages are based on  
August 2019-February 2020



- Menu changes to accommodate student preference
- Implementation of breakfast carts
- Offering a variety of daily choices
- Participation in National School Lunch and Breakfast Weeks
- Offering of special meals or treats during holidays and other observances
- Utilizing the “offer versus serve” option

## Smart Snacks

Smart Snacks Standards are a federal requirement for all foods and beverages sold outside the National School Lunch and Breakfast Programs. To qualify as a Smart Snack, general nutrition standards must be met. A la carte items available for purchase during lunch are in compliance with federal law and meet the following nutrition standards:

- Be a grain product that contains 50 percent or more whole grains by weight; or
- Have as the first ingredient a fruit, vegetable, dairy product or protein food; or
- Be a combination food that contains at least 1/4 cup of fruit and or vegetable; and
- The food must meet the nutrient standards for calories, sodium, sugar and fats

A la carte items sold in the cafeteria and items sold in school stores, snack bars and vending machines must follow the Smart Snack standards. Foods and beverages sold during fundraisers are exempt if intended consumption is before or after the school day.

## Fresh Fruit and Vegetable Program

The primary and intermediate schools participated 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 supported Farm To School activities and provided opportunities for students to sample and learn about local items.



## Waste Reduction Strategies

Offer versus serve is the most commonly implemented waste reduction strategy used in the district. This allows students to only select what they will eat. Share tables for shelf stable items and self-service food stations also contribute to less waste. Other strategies include collecting unused food to serve during the after school snack program and composting of leftovers.



## Staff Training

The food service staff received annual training that exceeded The United States Department of Agriculture continuing education requirements. Before the school year began, in-district training topics included customer service, food safety, meal pattern and meal compliance. Throughout the year, staff received additional hands on food safety training with the implementation of Smart Systems Sanitation Program.

## Health and Physical Education

Students receive health and physical education by licensed teachers in each school. Teachers are required to participate in professional development related to their content. The curriculums used for instruction are age-appropriate, sequential and consistent with national and state standards.

## Physical Activity

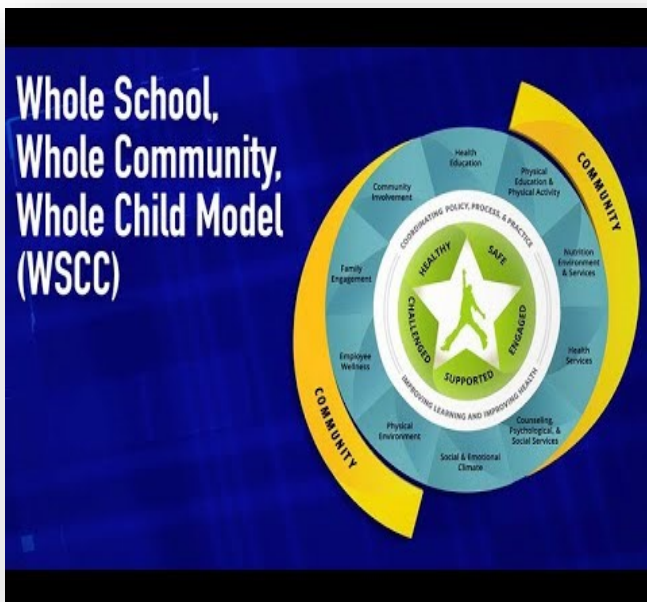
Physical activity is recognized as important by the district. At the elementary level, students participated in classroom activity breaks such as Brain Breaks and GoNoodle. In addition to classroom physical activity breaks, many opportunities are provided for students to participate either before or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

## Employee Wellness

A variety of health promotion programs are offered throughout the district. Staff are encouraged to participate in activities such as weight-loss programs, onsite yoga classes and team charity runs. All staff members have accessible and free or low-cost health assessments at least once a year, including stress management.

## Local Wellness Policy

The district's Local Wellness Policy can be found on the district website. The policy includes goals for nutrition education and promotion, physical activity, activities to promote student wellness and nutrition guidelines for all food available to students while on campus.

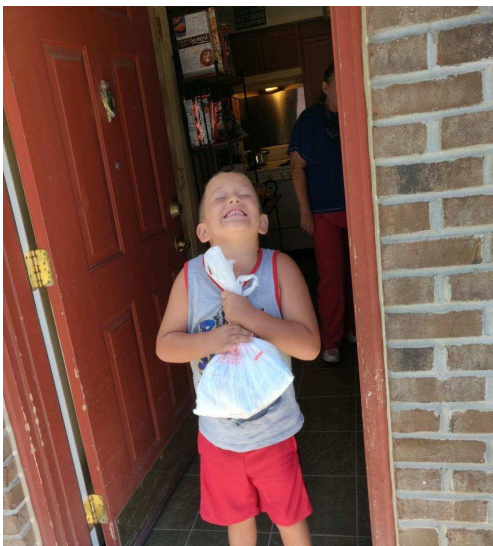
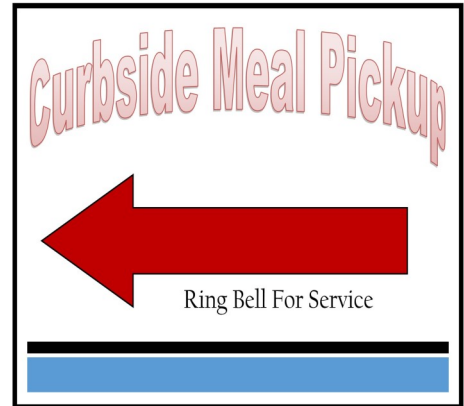


A District Coordinated Health Committee meets annually to review the policy, receive input from interested stakeholders and make changes as needed. Parents and community members are invited to participate and encouraged to check the district website for meeting information and updates. Additionally, stakeholders can get involved by contacting the District Food Service Director:

Lisa Rizzo, Director of Food Service  
30 West 8th Street  
Newport, KY 41071  
Email: [lisa.rizzo@newport.kyschools.us](mailto:lisa.rizzo@newport.kyschools.us)  
Phone: (859) 292-3038

## Feeding Students During COVID-19

Food service operations changed overnight on March 13th. School districts switched to Non-Traditional Instruction (NTI) while new information regarding the dangers of COVID-19 began to surface. As a CEP district with over 80% of students qualified for free and reduced meals, many rely on school breakfast and lunch everyday. NIS students needed meals now more than ever and under recommendations from the Center for Disease Control and the state, foodservice staff stepped up to keep students fed.



Daily meal service was immediately offered at each school by curbside pickup. Additionally, meals were distributed at multiple stops throughout Newport to students and families without transportation. Schools were challenged to meet the strict National School Lunch Program requirements while providing service during the pandemic. A tremendous amount of time, effort and communication between food service directors, state agencies and the USDA took place to ensure numerous federal waivers and flexibilities allowed for the unique procedures. NIS and schools across the nation switched from service under the NSLP to service under the Summer Food Program.

### Operational Challenges

Numerous federal flexibilities and waivers assisted meal service during the pandemic but ongoing obstacles continued.

- Weekly adjustments to service operations based on new information as the pandemic evolved
- Sufficient space in kitchens to practice appropriate social distancing while preparing meals
- Continual staff training and monitoring to ensure safety and reduce the risk of transmission
- Menu item availability
- Personal Protective Equipment (PPE) availability
- Costs associated with increased disposables and individual packaged items
- Staff absences due to positive cases and/or fear of being at risk for COVID-19



# Improvement Opportunities

According to the Healthy Schools Program Assessment, the following have been identified as opportunities for future policy and practice change efforts.

- ⇒ Increased recruitment of students, parents, and community members to participate in wellness committees and the decision making regarding the nutrition and physical activity environments
- ⇒ Improved collaboration with administrators to determine strategies in which nutrition education can be implemented
- ⇒ Additional points of service for reimbursable meals to maximize participation in the National School Lunch Program
- ⇒ Offering food and snacks that meet the USDA Smart Snack nutrition standards at staff meetings and school-sponsored staff events
- ⇒ Additional opportunities for students to participate in physical activity, before and after school, through organized activities
- ⇒ Increased access to facilities outside school hours for students, their families and the community to be more physically active

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