

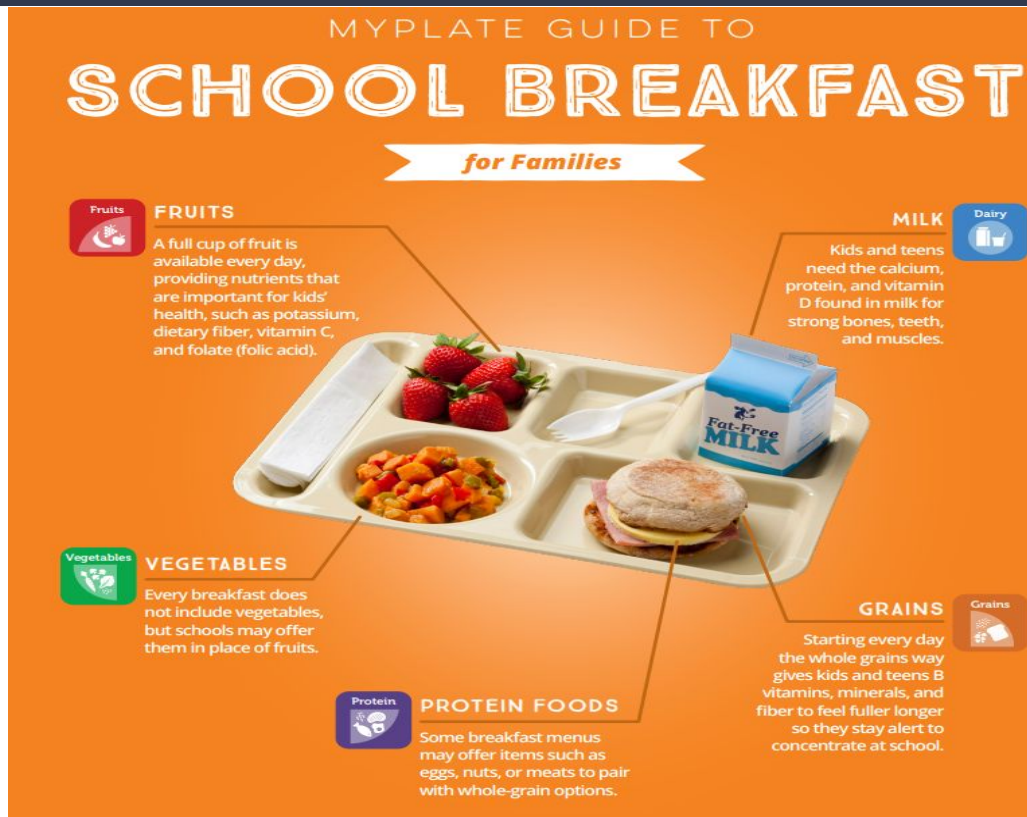
Nutrition & Physical Activity Overview

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Nutrition

Goals of the Student Nutrition Department

- Increase breakfast and lunch participation
 - Free meals and breakfast in classroom
- Increase nutrition education in the cafeteria
 - Update nutrition education posters in the serving area and bulletin boards
 - Collaborate with teachers to have students create healthy eating artwork



PHYSICAL ACTIVITY



Review of the results...

All elementary school principals submitted the Comprehensive School Physical Activity Continuum in the fall of 2020.

- 100% of elementary schools indicated daily moderate-to vigorous physical activity (PA) which was documented in lesson plans, occurred 4-5 days/wk for students
- 100% of schools have adopted a curriculum that aligns to KY Core Academic Standards for physical education K-5
- 91% of schools stated physical activity was integrated into the traditional classroom setting & supervised by the classroom teacher

Review of the results... (cont.)

- 82% of the schools indicated they had structured vigorous PA that is part of the instructional day with documented lesson plans that allows students the opportunity to practice life skills
- 36% of schools stated staff received more than one training for integrating PA with classroom learning
- 45% of school Wellness Committees met 3 or more times during the school year

Improvement Goals for 2021–2022 School Year

- Promote staff training at schools to integrate physical activity in the classroom
 - 64% of principals identified a need for staff training to integrate physical activity with classroom learning
- Promote school Wellness Committees
 - 55% of Wellness Committees met 1-2 times during the school year

Approaches to integrate activity in the classroom and promote school Wellness Committees

- ❖ Encourage schools to review and increase participation in their Alliance for a Healthier Generation's Healthy Schools account
- ❖ Recommend each school review their Health Assessment and create Action Plans for improvement in these areas
- ❖ Utilize the many provided resources and strategies for promoting Physical Activity in the classroom
- ❖ Review and utilize the School Wellness Committee Toolkit provided by the Alliance for additional tools to help build a successful school wellness committee **"TEAM"**

