



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

THE KENTON COUNTY BOARD OF EDUCATION

1055 EATON DRIVE, FORT WRIGHT, KENTUCKY 41017

TELEPHONE: (859) 344-8888 / FAX: (859) 344-1531

WEBSITE: www.kenton.kyschools.us

Dr. Henry Webb, Superintendent of Schools

KCSD ISSUE PAPER

DATE:

12/18/2020

AGENDA ITEM (ACTION ITEM):

Consider/Approve the 2020-2021 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's Website on October 30, 2020. At a public hearing being held on January 4, 2021, the report findings were presented along with a plan to improve school nutrition and physical activity in the District.

FISCAL/BUDGETARY IMPACT:

None

RECOMMENDATION:

Approve the 2020-2021 Annual Nutrition and Physical Activity Report and Improvement Plan.

CONTACT PERSON:

Elizabeth Hord

Principal

Rah 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."

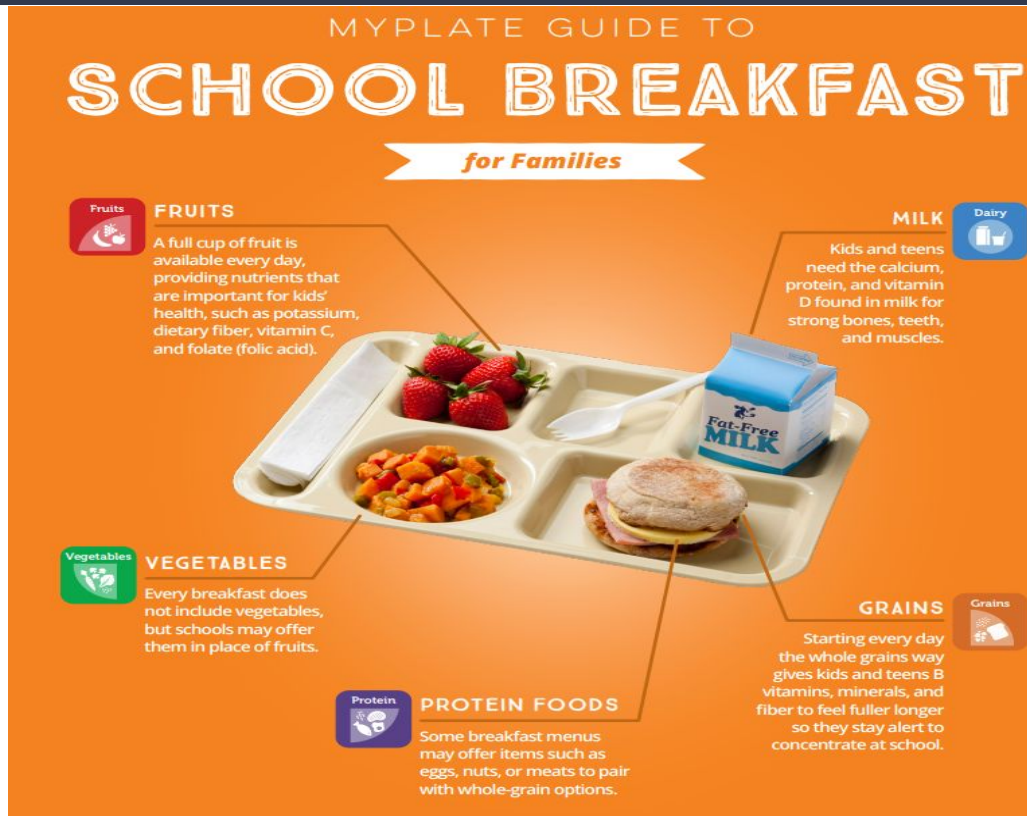
Nutrition & Physical Activity Overview

Paula Rust
Elizabeth Hord

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"**

