



NUTRITION AND PHYSICAL ACTIVITY ANNUAL REPORT 2021

Prepared by:
District Wellness
Committee
Executive Team

- Eva Stone,
Manager,
Health
Services
- MeMe Ratliff,
Instructional
Lead,
Curriculum
and
Instruction
- Andrea
Wright,
Coordinator,
Nutrition
Initiatives,
SCNS



OVERVIEW

The Jefferson County Public Schools (JCPS) Whole School, Whole Community, Whole Child (WSCC) Committee functions as the District's Wellness Committee. The WSCC model serves as a framework for greater alignment, integration and collaboration between health and education and to improve each child's cognitive, physical, social, and emotional development. The WSCC committee consists of both district members, community partners, parents, and students and is responsible for the implementation and periodic review and update of the District Wellness Policy.

HEALTHY SCHOOLS PROGRAM

The Healthy Schools Program from the Alliance for a Healthier Generation (AFHG) is an evidenced-based approach that focuses on a 6 Step Process. This 6 Step Process represents the ongoing journey to create healthier environments. It requires stakeholders to continuously evaluate and improve upon health and wellness initiatives, and learn from successes and challenges to create sustainable change. When repeated each year, this process helps solidify healthy policies and practices and strengthen an organization's culture of health.

HEALTHY SCHOOLS ASSESSMENT

The Healthy Schools Assessment (HSA) utilizes the School Health Index (SHI) which addresses health topic areas consistent with the WSCC model. This assessment is the recommended tool to use per KDE. The wellness environment must be assessed annually according to KRS 158.856. Schools using the HSA tool answer questions under each of the following topics:

- Policy & Environment
- Nutrition Services
- Smart Snacks
- Health & Physical Education
- Physical Activity
- Employee Wellness





CRITERIA USED IN THE ASSESSMENT:

- FULLY IN PLACE
- PARTIALLY IN PLACE
- UNDER DEVELOPMENT
- NOT IN PLACE

ASSESSMENT SNAPSHOT

The assessment tool is intended to highlight strengths in school wellness environments and give recommendations for areas of improvement.

- 100% of the schools have completed the assessment.
- 80% of the schools created or updated an action plan, which is not required per statute but best practice.
- JCPS ranked at or above the state and national benchmarks for all areas of the assessment.

HIGHLIGHTED ASSESSMENT AREAS

Nutrition Services Items

- Annual continuing education and training requirements for nutrition services staff was fully met. During 2020-21 SY training was provided mostly virtually to all employees.
- 125 schools reported utilizing multiple methods for meal distribution during the year such as: kiosks, meals in the classroom, grab-and-go stations. This was a 54% increase over last year's alternative methods offered.
- A 20% increase was reported that students and family members had opportunities to provide suggestions and feedback for school meals.

Physical Activity Items

- 85% of schools provide at least 20 minutes of recess
- 79% of schools report that some form of classroom activity breaks occur in classes
- 90% of schools provide some form of access to school facilities outside of school hours

Health and Physical Education Items

- 91% of schools report that students are moderately to vigorously physically active more than 50% of PE class
- 94% of schools report sequential PE programs



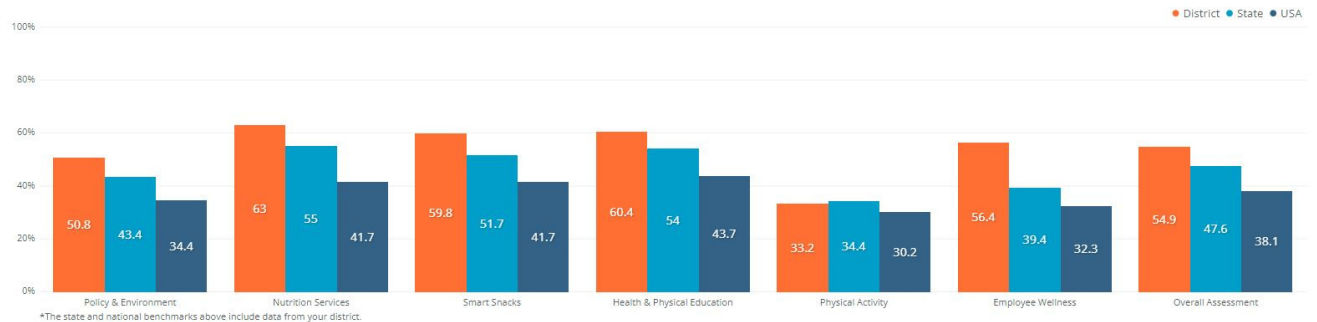
District, State, and National Benchmarks for Assessment

148 Schools in Your District
Started or Completed Assessment

846 Schools in Your State
Started or Completed Assessment

6,892 Schools in the USA
Started or Completed Assessment

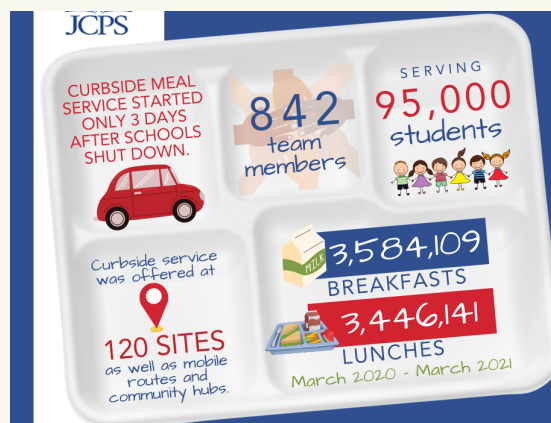
Average percent of assessment items fully implemented per school in your district, your state, and the U.S.*



Among schools that started the assessment, the number of items marked as "fully implemented" out of the number of items that could be marked "fully implemented."

RECOMMENDATIONS

- Offer more professional development for classroom teachers in the area of classroom physical activity.
- Work with school physical education teachers to increase resources for classroom teachers to provide in class physical activity.
- Utilize district-wide platform (Vector) to provide trainings on the WSCC model.
- Work with JCPS Data & Research Department to come up with our own wellness assessment tool (permission already granted and welcomed by KDE).



Jefferson County Public Schools School & Community Nutrition Services Nutrition Analysis Summary for Menus SY2021-2022

	JCPS Breakfast	USDA	JCPS Lunch	USDA
Elementary				
Calories	461	350-500	559	550-650
% Sat Fat	5.5%	<10%	8.7%	<10%
Sodium	467mg	≤540mg	923mg	≤1230mg
Middle				
Calories	461	400-500	638	600-700
% Sat Fat	5.5%	<10%	9.2%	<10%
Sodium	467mg	≤600mg	1173mg	≤1360mg
High				
Calories	461	450-600	753	750-850
% Sat Fat	5.5%	<10%	8.7%	<10%
Sodium	467mg	≤640mg	1279mg	≤1420mg

Nutrition Services Summary

School and Community Nutrition Services (SCNS) provided meals and services throughout the pandemic starting only 3 days after schools shut down. Curbside distribution expanded to 120 sites and mobile routes throughout all regions of the county. During NTI, SCNS distributed meals at schools, learning hubs, and community neighborhoods. Multiple days' worth of meals and snacks were provided to students and community members 18 years of age and younger. Cooking and safety instructions along with various nutrition education fliers were provided with the meals. In addition, some sites distributed boxes of fresh produce through the Fresh Fruit and Vegetable Grant Program.

SCNS also worked with numerous community groups and other JCPS departments to provide additional resources. Blessings in a Backpack distributed weekly through many of our site locations. The Lee Initiative provided ready-to-eat meal kits for families that visited our distribution sites. Our sites were also commonly used to drop off and pick up chrome books and work packets for students. The League of Mascots and Turner's Circus added some fun to the mix by providing various mascots and entertainment for the kids and families as they drove up to get the meals.

When schools returned to In-Person Learning, SCNS worked with school administrators to provide the best methods for meal service to ensure quality meals were distributed in a safe manner. Extensive video training was provided to nutrition service staff to ensure standard operation procedures for COVID were followed.

