



# 2021-2022 Annual Nutrition and Physical Activity Report



Kenton County School District  
January 3rd, 2022



# Goals for the 2021-2022 school year

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- Increase breakfast and lunch participation
- Increase nutrition education in the cafeteria
- Promote staff training at schools to integrate physical activity in the classroom
- Increase physical activity clubs and intramurals
- Promote School Wellness Committees

**Goal:** Increase breakfast and lunch participation

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Breakfast:

1,133 more meals per day compared to 2019 school year

Lunch:

121 more meals per day compared to 2019 school year

# Goal: Increase Nutrition Education in the Cafeteria

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Through the help of educational material through various organizations nutrition education is being promoted in the cafeteria.

New flyers were created by a dietetic intern from the University of Cincinnati

# Comprehensive School Physical Activity Continuum completed by all elementary principals reported that

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100% of elementary schools have a certified physical education teacher who receives 6 or more hours of professional development specific to PE/PA content annually

91% of elementary school students have 3-5 days/wk of moderate to vigorous PA or 61-150 minutes total a week

81.8% of schools utilize the CDC Physical Education Curriculum Assessment Tool (PECAT) & the CDC Health Education Curriculum Assessment Tool (HECAT) in addition to the KY Core Academic Standards

# Comprehensive School Physical Activity Continuum report continued

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54% of teacher's lesson plans integrate 15 minutes of daily student movement with academic lessons (i.e. standing up and moving around classroom, etc.)

91% last year

54% of elementary schools have two physical activity clubs or intramurals and 27% have three or more clubs or intramurals available to K-5 grades directed by professional educators or volunteers

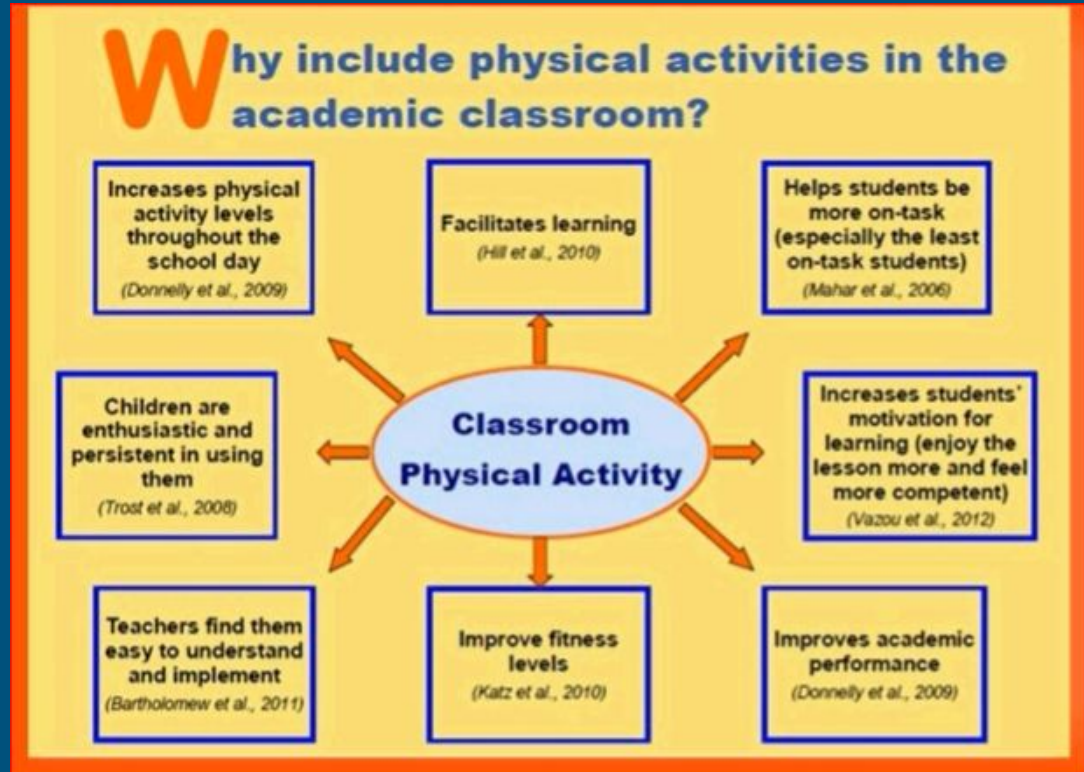
27% had two and 46% last year had three or more clubs or intramurals available

18% (2 schools) had a Wellness Committee that met 3 or more times

46% (5 schools) had a Wellness Committee that met 3 or more times last year

# Goal: Promote staff training at schools to integrate physical activity in the classroom

Remember  
the  
WHY



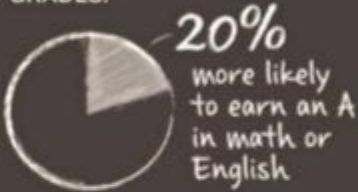
# Understand the WHY

## active kids learn better



physical activity at school is a win-win for students and teachers

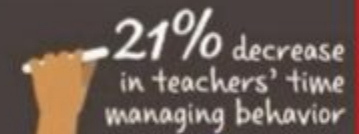
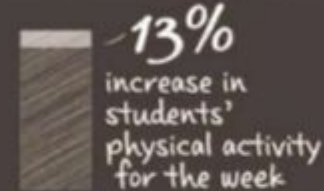
GRADES:



STANDARDIZED TEST SCORES:

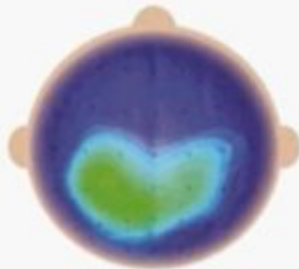


JUST ONE PHYSICALLY ACTIVE LESSON CREATES:

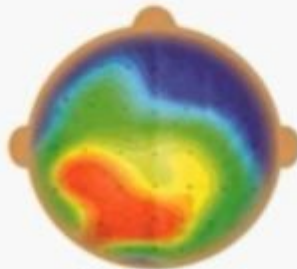


## physically active kids have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:



after 20 minutes of sitting quietly



after 20 minutes of walking

MORE RESULTS:

after 20 minutes of physical activity:  
students tested better in reading, spelling & math and were more likely to read above their grade level

after being in a physically active afterschool program for 9 months:  
memory tasks improved 16%





# What are the barriers

- Not enough time
- Limited space/facilities
- No equipment
- Large class size
- Lack of ideas/resources
- Interest/support

# Overcoming Obstacles

- Time
    - Have instant brief activity
    - Make transitions include activity
    - School wide breaks
  - Space/Equipment/Idea
  - Classroom Management
    - Routines/Persistence/Rules/Culture
    - Add movement to content
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# Goal: Increase physical activity clubs and intramurals

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This will align with Pillar 3- Engaged, Well-rounded Students

3.1 To what degree are KCSD students provided with opportunities and participating in clubs, extra, and/or co-curricular activities?

November signaling was blue (maintain- consider change)

Let's make the change!

# How can these goals be accomplished?

## — Promote School Wellness Committees

- Re-identify School Wellness Committee members
  - It can't be a party of one
  - Include parents, community members, students, food service, staff, nurse
- Update Healthy Schools Program Assessment
- Select Action Plans focusing on integrating physical activity in the classroom and increasing physical activity clubs and intramurals
- Start including information in Monday memo

# Goals for the 2022-2023 school year

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## Nutrition

Add more variety to the breakfast and lunch menu

Continue to improve breakfast and lunch participation

## Physical Activity

Every elementary school will re-established a Wellness Committee that has met two or more times during the school year