2021 NUTRITION AND PHYSICAL ACTIVITY FORUM

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PRESENTATION AGENDA

- Overview of Requirements
- Healthy Schools Program
- Nutrition Environment
- Health & Physical Education
- Health Services Update
- Recommendations
- Public Comments/Questions

Overview of Requirements

State statute KRS 158.856/KRS 160.345 requires the Jefferson County Board of Education to:

- Annually assess the nutrition and physical activity environment
- Post a summary report to the district website
- Seek public comment for 60 days
- Hold a public forum to share results and present next steps
- Provide a summary of assessment findings and recommendations to the Kentucky Board of Education by May 1st

KRS 158.856
KRS 160.345

WellSAT to be completed every 3 years to evaluate District Wellness Policy language.

- Last evaluated SY 19/20. Due next SY 22/23

ANNUAL EVALUATION OF NUTRITION AND PHYSICAL ACTIVITY ENVIRONMENT

- JCPS used the state recommended assessment tool from the Alliance for a Healthier Generation (AFHG)
- Online tool that utilizes parts of the School Health Index
- All K-12 schools that participate in NSLP must complete.
  - state agency and early childhood sites are not required to complete the HSP

Healthy Schools Program (HSP)

Highlights strengths in school wellness environments and gives recommendations for areas of improvement.

HSP Component Areas

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

2021 Snapshot Summary

100%

Schools completed the assessment

80%

Schools updated their action plan

All 6 Areas

District ranked higher than national benchmarks

The Full Snapshot Summary was provided by AFHG and is available upon request.

NUTRITION SERVICES OVERVIEW

502 FOOD WORKS

JCPS

Fueling Louisville's Future

Highlights of Items Assessed

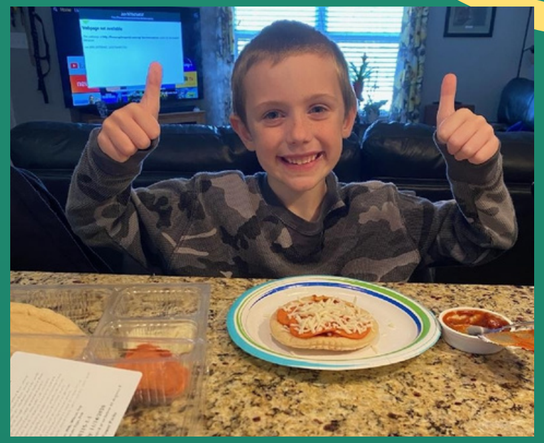
Annual education and training for nutrition staff → **Fully Met**
Most sessions were completed virtually during 2020-21 SY due to pandemic.

Multiple methods utilized for meal distribution to make more accessible → **125 Schools**
54% increase over 2019-20 SY

Students and family members providing suggestions and feedback for school meals → **20%** ↑

Other Nutrition Items

- 92% reported having a variety of offerings fully in place
- 79% reported school staff collaborated with kitchen staff
- 82% reported adequate time to eat school meals
- 84% reported their school utilizes alternative methods for maximazing participation



Nutrition Analysis Summary for Menus

	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

A Look Back...

Produce Boxes

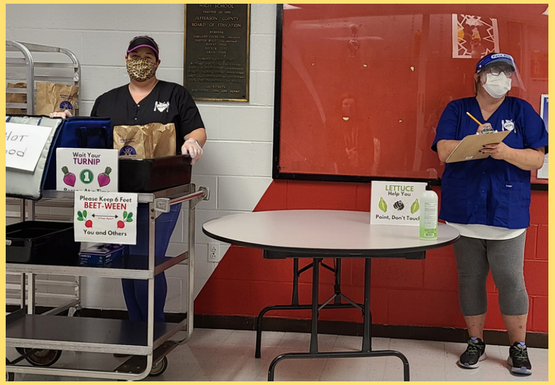
Distributed at curbside

Bulk Meals

Served to cover holiday breaks

Communication

Facebook site, Twitter, Instagram, Website



In Person

Pivoted to create mobile serving stations in all areas of schools.

courtesy of:
SEAlevel SOCIAL

JCPS

CURBSIDE MEAL SERVICE STARTED ONLY 3 DAYS AFTER SCHOOLS SHUT DOWN.

842 team members

SERVING 95,000 students

Curbside service was offered at

120 SITES as well as mobile routes and community hubs.

3,584,109 BREAKFASTS

3,446,141 LUNCHES

March 2020 - March 2021

HEALTH & PHYSICAL EDUCATION AND PHYSICAL ACTIVITY OVERVIEW

JCPS HEALTH & PHYSED

Health & PE Highlights of Items Assessed

Sequential physical education programs	→	in 94% of schools
Materials and resources for physical education & health teachers	→	in 98% of schools
Availability for students to practice health skills	→	in 88% of schools

Physical Activity Highlights of Items Assessed

Availability of physical activity in classrooms	→	in 89% of schools
Availability of facilities outside of school hours	→	in 92% of schools
Promotion of bicycling and walking to/from school	→	in 87% of schools

Awards Received

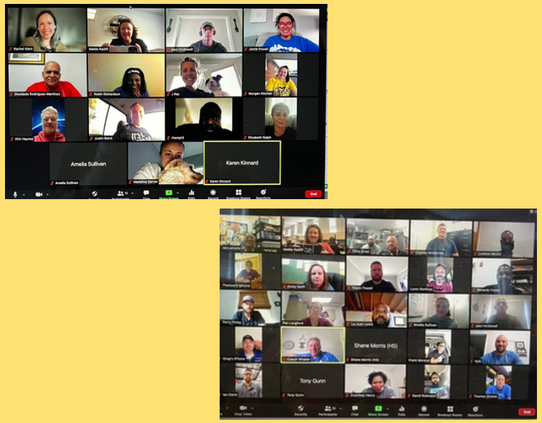
A Look Back...

COVID Instruction

Brought families and fun into the learning and have practiced social distancing in schools

Ongoing PD

42 professional development sessions this year



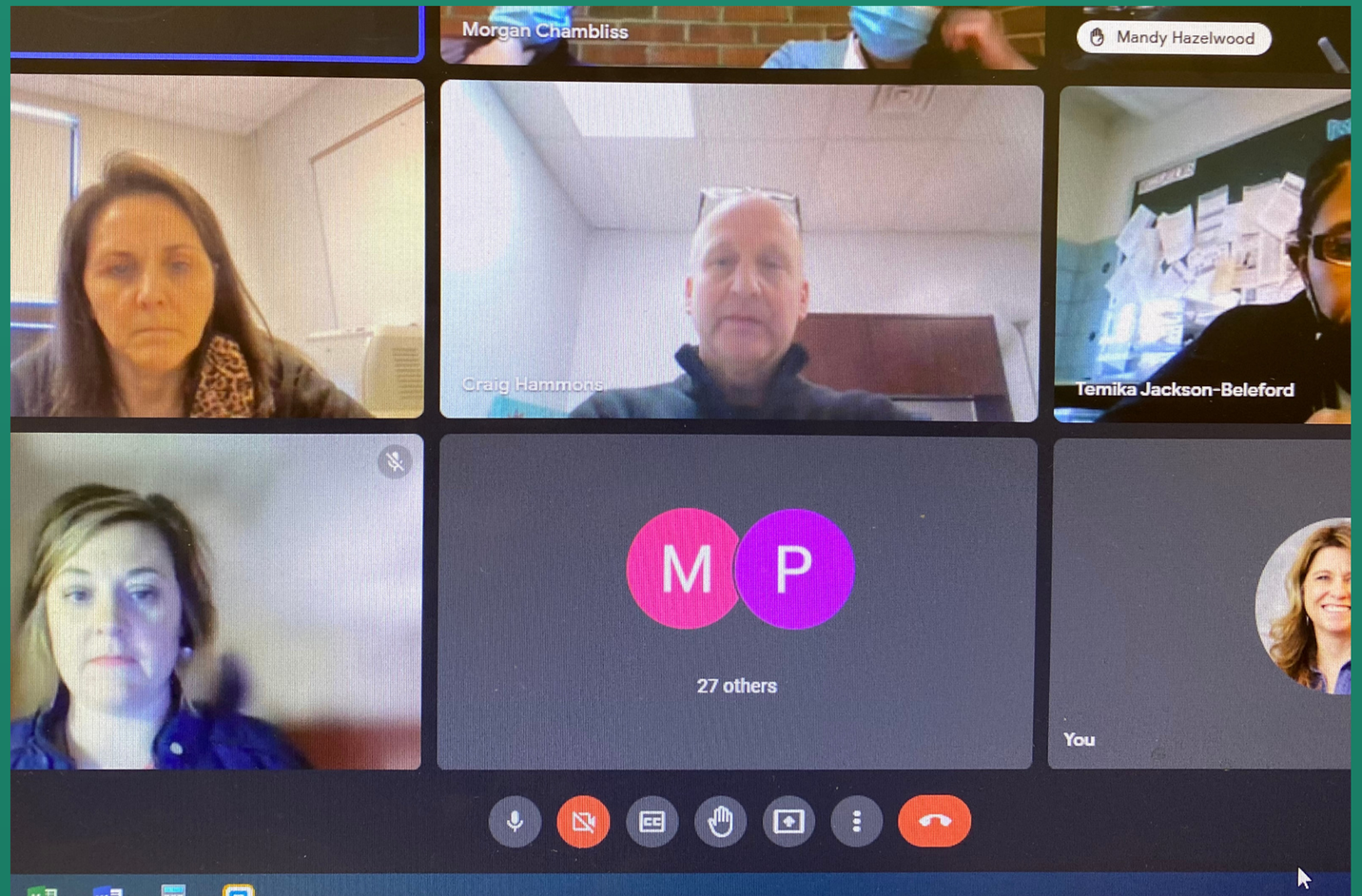
PLCs

Increased participation in monthly PLCs; new group for strength & conditioning teachers

#FlatMeMe

School visits by the instructional lead of over 80 schools so far this year

HEALTH SERVICES OVERVIEW



Highlights

COVID-19 Management

COVID-19 Prevention

COVID-19 Management

8954 Students & 2747 staff

Vaccination Clinics

Electronic Health Record & Testing Program

RECOMMENDATIONS

Recommendations

New Assessment

Develop District Assessment with JCPS Accountability, Research, and Systems Improvement

Professional Development

Provide PD's For:

- New Wellness Assessment
- School & District Wellness Policies

Formal Physical Education Program in all Schools

At the current time, there are seven elementary schools without formal PE programs

School Wellness Champions

Champions would lead employee and overall school wellness efforts

COMMENTS AND QUESTIONS

Get In Touch With Us

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