

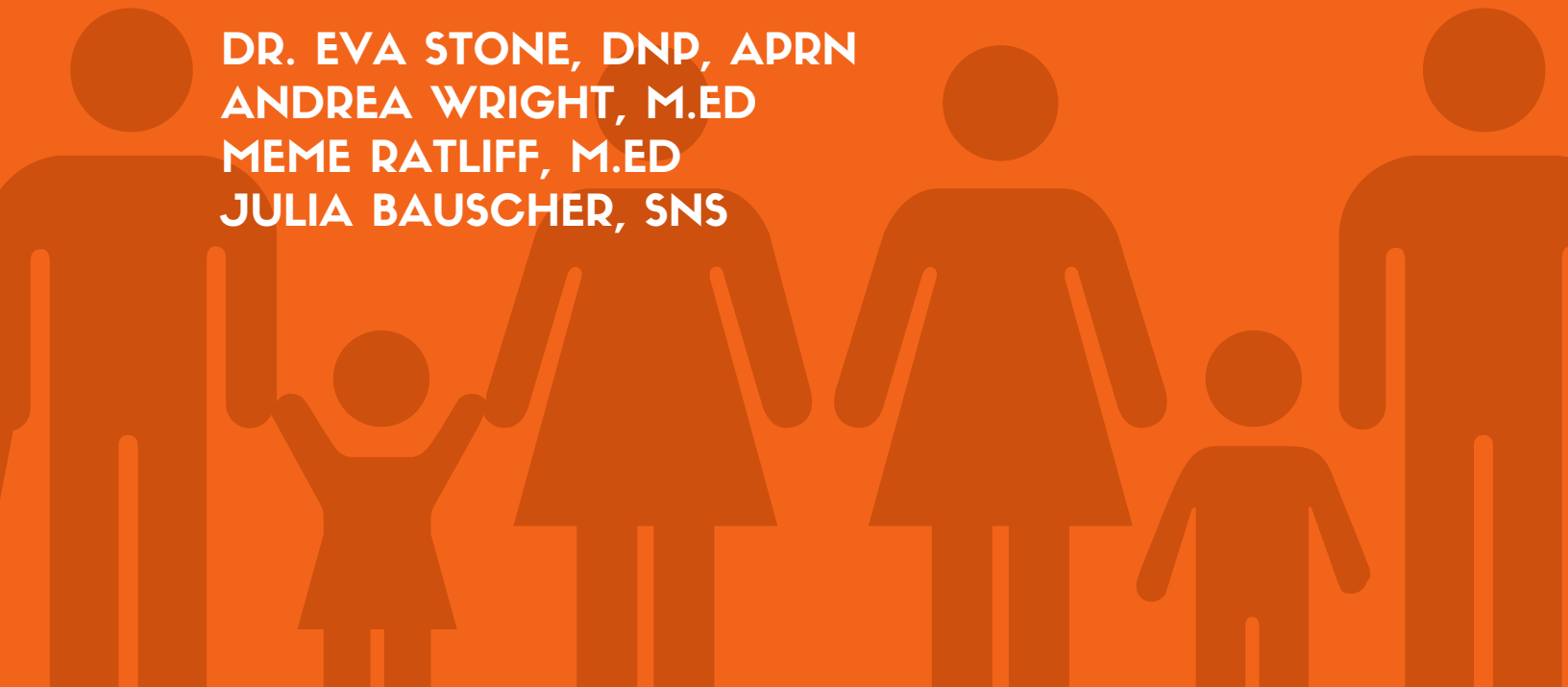
2022

Jefferson County Public Schools

ANNUAL NUTRITION AND PHYSICAL ACTIVITY REPORT

**PREPARED BY DISTRICT
WELLNESS LEADERSHIP GROUP**

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Introduction

The Jefferson County Public Schools District Leadership Group utilizes the Whole School, Whole Community, Whole Child (WSCC) Model. 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 District Leadership Group 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.

The Whole School, Whole Community, Whole Child (WSCC) model is centered on the student and emphasizes a schoolwide approach, acknowledging that learning, health and the school are a part of the local community



The Local School Wellness Policy (LSWP) was established by the Child Nutrition and WIC Reauthorization Act of 2004, and further strengthened by the final ruling of the Healthy, Hunger-Free Kids Act (HHFKA) in August 2016. It requires each local education agency (LEA) participating in the National School Lunch Program and/or School Breakfast Program to develop a LSWP that promotes the health of students and addresses the growing problem of childhood obesity and food insecurity.

Overview of Requirements



A healthy school is vital to preparing students for success. The Board is committed to providing school environments that promote and protect student health, well-being, and ability to learn by supporting healthy eating and physical activity.

KRS 158.856/KRS 160.345 requires
Kentucky schools to do the following every
year:

- Conduct an annual evaluation of the nutrition and physical activity environment.
 - Discuss findings of the report and seek public comments during a publicly advertised board meeting.
 - Post the report for 60 days prior to Jan. 31st of each year.
 - Hold and advertised public forum by Jan. 31 of each year.
 - Compile a summary of school district's findings and recommendations by May 1 of each year to the Kentucky Department of Education.
- Assure all K-5 school councils adopt an individual school wellness policy that includes a plan for moderate to vigorous activity.
 - Evaluation of menus to show compliance with the USDA School Breakfast and National Lunch programs.

School Menu Nutrition Analysis

School Year 2022-2023

School meals are healthy, balanced, and delicious! School breakfasts and lunches meet federal nutrition guidelines. School meals:

- Contain age appropriate portion sizes and calories
- Provide the right balance of protein, dairy, grains, fruits, and vegetables
- Limit fat and sodium
- Offer trans-fat free items and whole grains

The following chart is an analysis of the JCPS menus in comparison to the USDA guidelines.

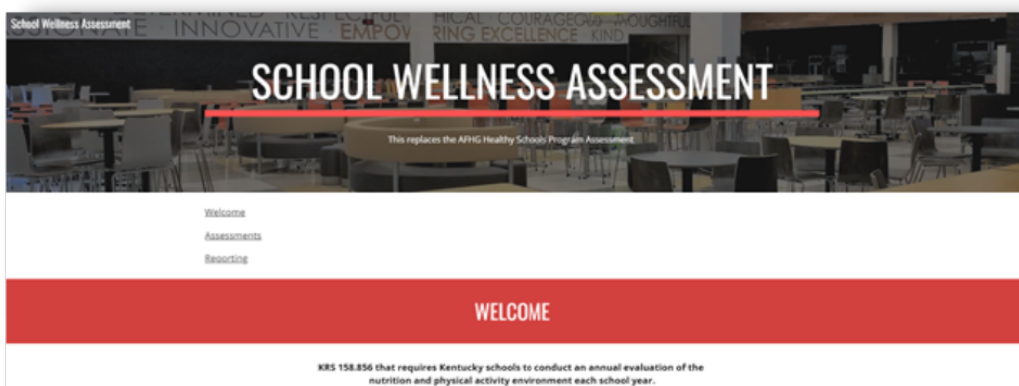
	JCPS Breakfast	USDA	JCPS Lunch	USDA
Elementary				
Calories	409	350-500	574	550-650
% Sat Fat	6.6%	<10%	9.0%	<10%
Sodium	421mg	≤540mg	998mg	≤1230mg
Middle				
Calories	465	400-550	611	600-700
% Sat Fat	4.2%	<10%	8.3%	<10%
Sodium	441mg	≤600mg	1007mg	≤1360mg
High				
Calories	465	450-600	786mg	750-850
% Sat Fat	4.2%	<10%	6.4%	<10%
Sodium	441mg	≤640mg	1303mg	≤1420mg



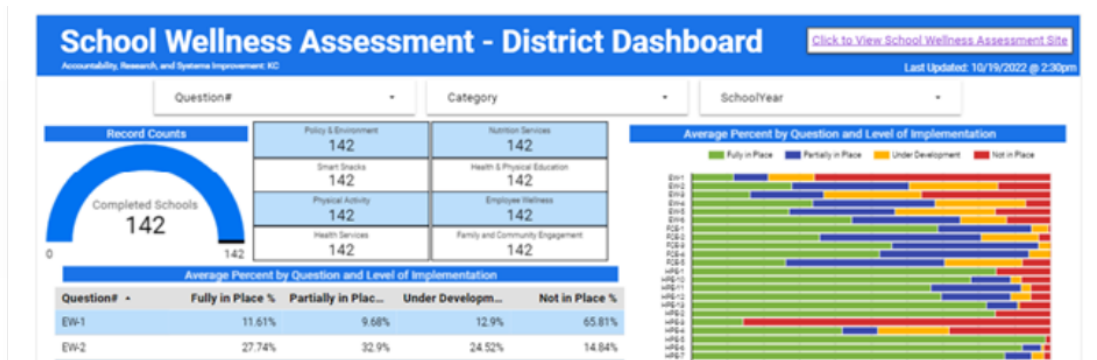
School Wellness Assessment

For the past several years, JCPS utilized the Alliance for a Healthier Generation's Healthy Schools Program(HSP) tool for this assessment. Beginning School Year 2022-23, JCPS is utilizing a new assessment tool developed by JCPS Research and System Improvements Department in unison with the District Wellness Leadership Group.

This new tool called the School Wellness Assessment was reviewed and approved by KDE. It is housed on a Google Site and contains easy-to-use Google forms to complete the assessment components. In addition, it contains an assessment guide, helpful links, and a District Dashboard to view data in real-time. At the end of each assessment component, schools create an action plan to make improvements for the following year. The assessment is due by October 1 of each school year.



One of the the most beneficial aspects of this tool is that it allows the district to access live data to create reports in a single or multiple assessment area(s) as needed. The data being collected is with the purpose of improving the health and wellness of our students, which, in turn, can improve student learning, reduce achievement gaps, and increase instructional time for students. Working towards a "healthy school" correlates with the Vision 2020 plan and JCPS Future State.



Assessment Snapshot

The School Wellness Assessment(SWA) tool is intended to highlight strengths in school wellness environments and give recommendations for areas of improvement.

The SWA is a subset of questions based around the Centers for Disease Control and Prevention's School Health Index. The 8 assessment areas are:

- Policy and Environment
- Nutrition Services
- Smart Snacks
- Health and Physical Education
- Physical Activity
- Employee Wellness
- Health Services (not assessed in previous years)
- Family and Community Engagement (not assessed in previous years)

The SWA site may be accessed here:

<https://sites.google.com/jefferson.kyschools.us/successthroughwellness>

School Wellness Assessment-District Dashboard



142 Completed

All JCPS K-12 schools completed all eight areas of the assessment.



90% Fully in Place

District Level questions , associated with Nutrition Services and Policy & Environment, show that 90% of these items were fully in place.



77.4%

Health and Physical Activity Items that were Fully in Place!

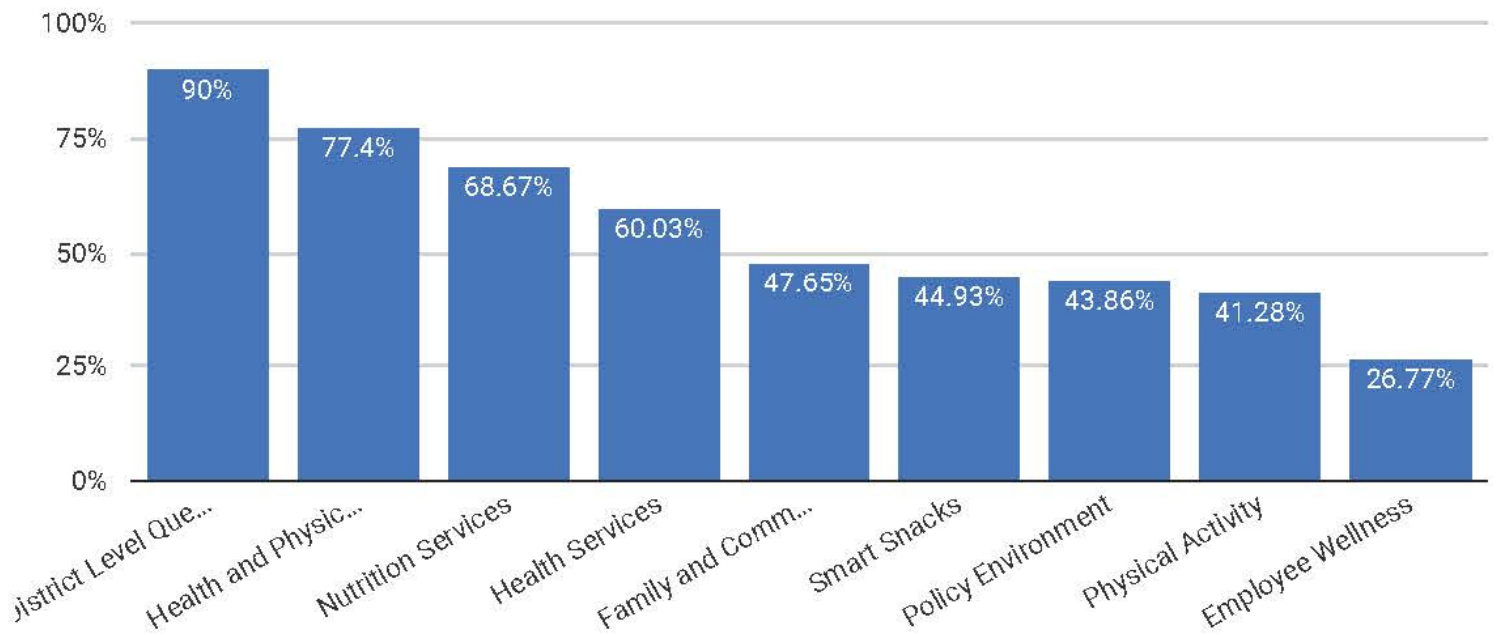
2 New Areas

Included this year that were not previously assessed:

- Family and Community Services
- Health Services

Assessment Snapshot Continued

Percent of Fully Implemented Assessment Items



Criteria: Fully in Place/Partially in Place/UnderDevelopment/Not in Place



Highlighted Areas of Assessment

Policy & Environment

Strengths

- 98% of the schools stated that they have a registered school nurse present most of the time each week; 92% of these stated they are present everyday.
- 100 JCPS schools stated they have a school wellness policy (Only elementaries are required to have one).

Opportunity

- One fourth of JCPS schools have a wellness committee. The District Wellness Leadership group should provide professional development opportunities related to forming a school wellness committee and methods for utilizing the WSCC model.

Nutrition Services

Strengths

- 121 schools fully implemented 8 or more techniques that promoted healthy food and beverage choices in the cafeteria (e.g. , fresh fruits and vegetables offered daily, signs to show how to make a healthy meal, serving line decorated).
- 98.6% of the schools reported that school meals were fully accessible to all students.
- 96% of the schools state that their students have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch(in the seat time).

Opportunity

- Provide more professional development regarding how to recognize and reward students in non-food ways or ensure smart snack compliant.

Smart Snacks

Strengths

- Majority of schools this year are only selling smart snack compliant foods and beverages during the school day.
- Approximately 85% of the schools are limiting their marketing/signage to only those food/beverages that are Smart Snack compliant. (i.e. soda signs).

Opportunity

- Provide more resources to schools on how to celebrate with their students(during the school day) in ways that meet the USDA's Smart Snack in School nutrition standards.

Highlighted Areas of Assessment

Health & Physical Education

Strengths

- Nutrition education is taught in 91.2% of elementary schools.
- 98.1% of schools report that health and physical education teachers are provided regular resources to assist with instruction.
- 84.5% of schools report that students are moderate to vigorously active in at least 50% of physical education classes.

Opportunity

- 14.3% of elementary schools do not have a formal physical education program.

Physical Activity

Strengths

- At least twenty minutes of recess is offered daily and monitored by staff in 90.9% of elementary schools.
- 31% of K-12 schools offer both before- and after-school opportunities for physical activity.
- 93.7% of schools offer opportunities for physical activity in classrooms (not including physical education classes and transition periods).

Opportunity

- Withholding recess is NOT prohibited in all schools. Five elementary schools reported this.

Employee Wellness

Strengths

- 68% of schools are offering measures to promote the emotional, behavioral, and mental health of employees.
- 45% of schools are offering on-site biometric screenings for staff.

Opportunity

- 61% of schools report they want to do more for staff around employee wellness.

Highlighted Areas of Assessment

Health Services

Strengths

- Annual student health information is collected and reported in 87% of schools which helps to ensure student safety and reduce barriers to learning.
- 64.5% of schools share that they are coordinating care for students with health concerns to support learning readiness and school attendance.

Opportunity

- Over 50% of schools report they are not fully able to follow up on abnormal hearing, vision, physical exams, or dental screenings for students.

Family & Community Engagement

Strengths

- The majority of schools are collaborating with families and caregivers to identify needs related to social drivers of health including connecting families and caregivers to relevant supports and resources (e.g. , food access, healthcare, housing, interpretation/translation services, and transportation).
- All schools communicate with families and caregivers about community-based supports available to them.
- Schools are providing a variety of resources for families and caregivers to support student success including, technology options to link families and caregivers to the classroom, supplementary educational resources to support learning at home, and opportunities for families and caregivers to network with each other.

Opportunity

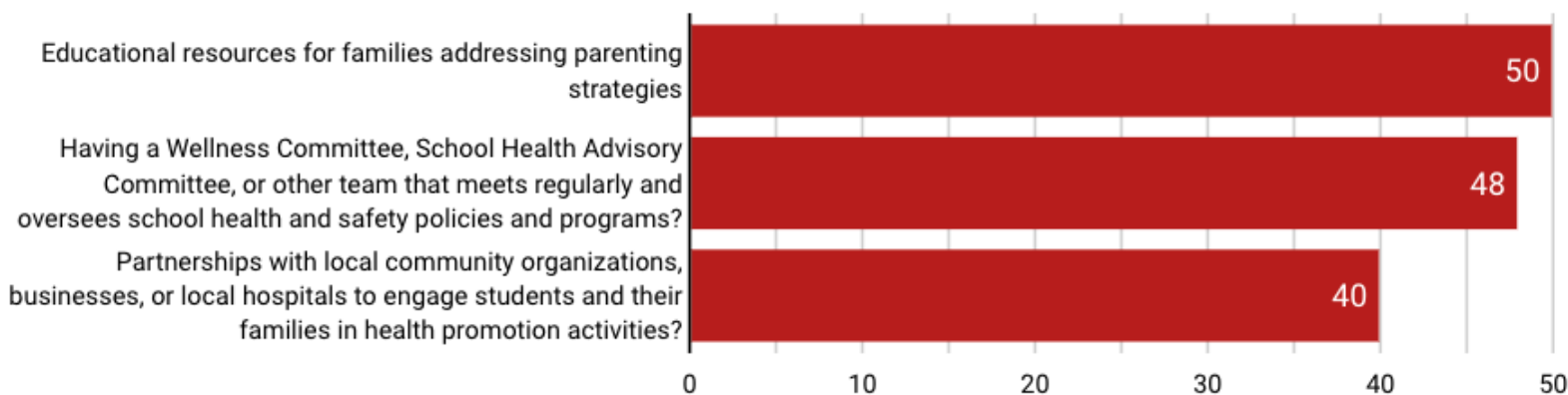
- A small portion of schools reported that they are not offering materials about school nutrition programs and nutrition education in different languages that might be spoken at home. SCNS to work with schools to share more information regarding how nutrislice menus are available in numerous languages, as well as, nutrition education fliers.

Top Action Plan Items by Assessment

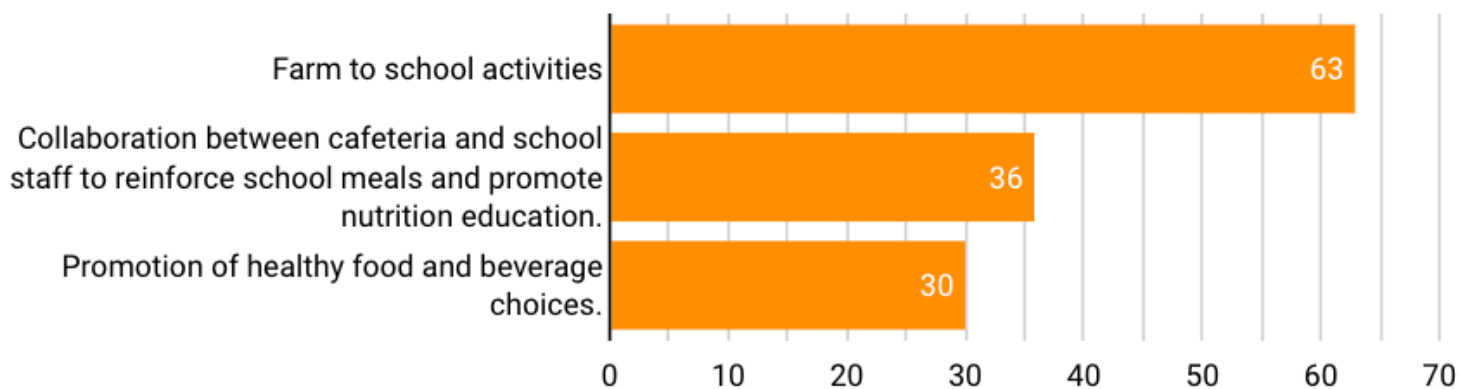
ACTION PLANNING ITEMS

At the end of each assessment area, schools chose items they want to work on for improvement. The following charts show the district's top 3 action planning items for each area of assessment. This collaborative to-do list helps the district to see topics that schools feel are a priority and something they feel they want to work towards.

Policy and Environment

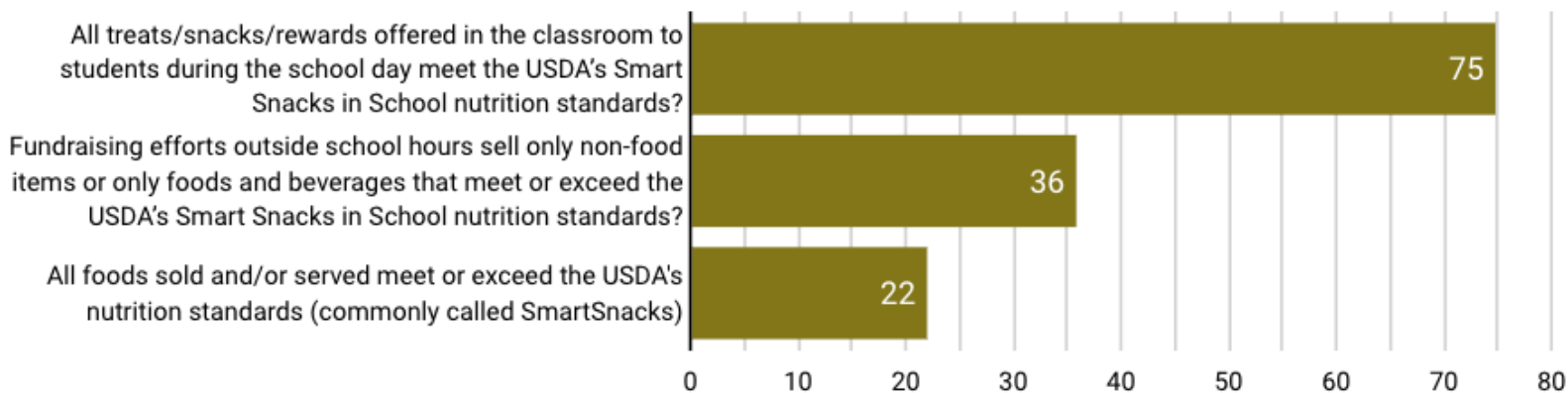


Nutrition Services

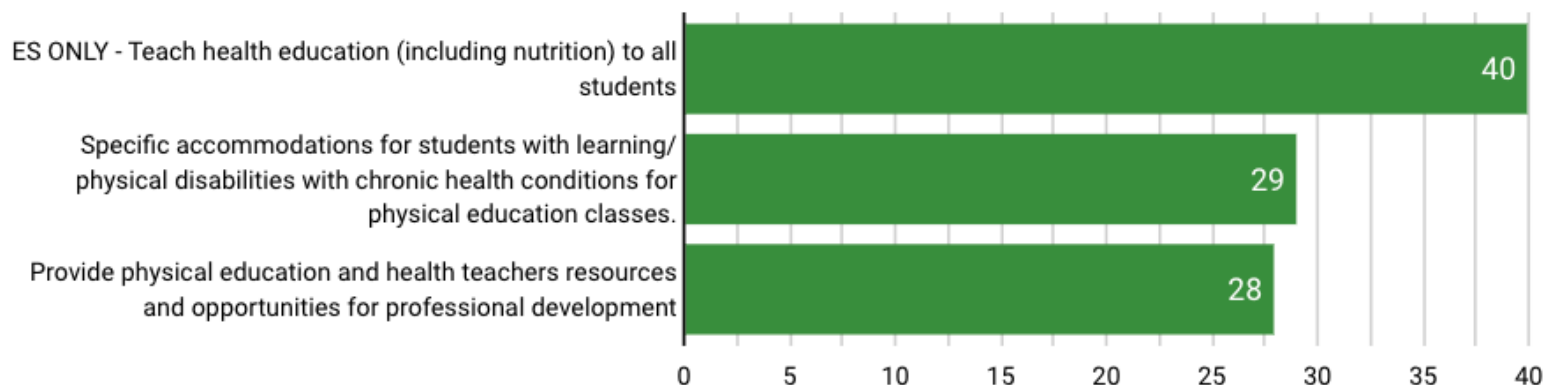


Top Action Plan Items by Assessment

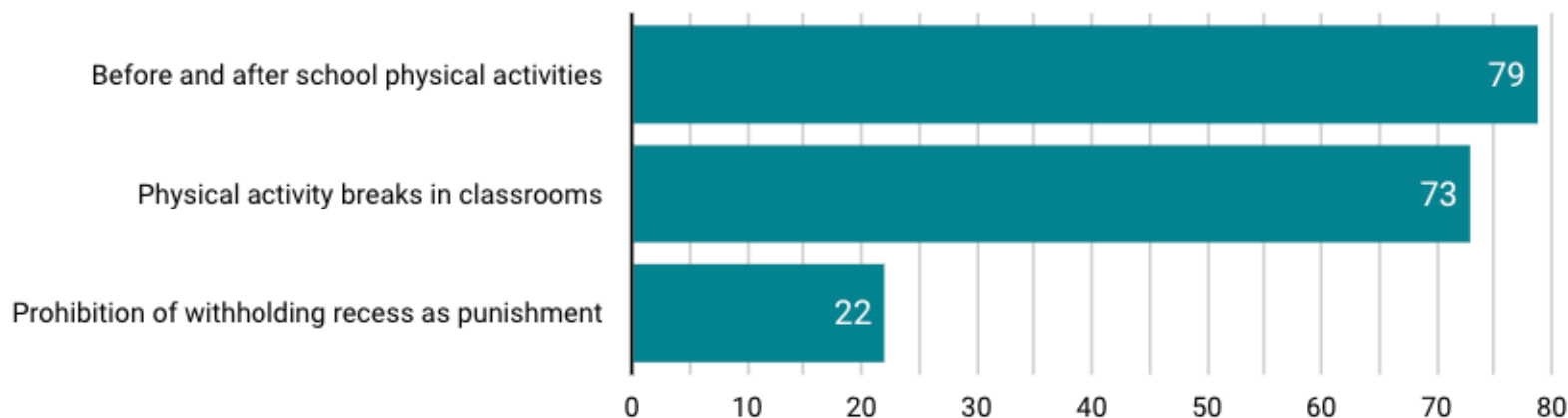
Smart Snacks



Health and Physical Education

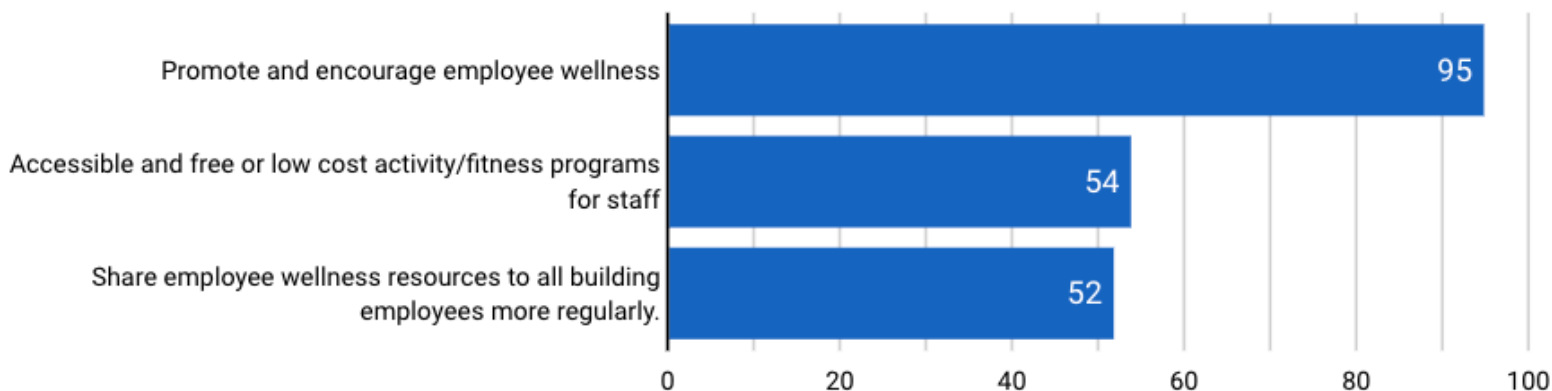


Physical Activity

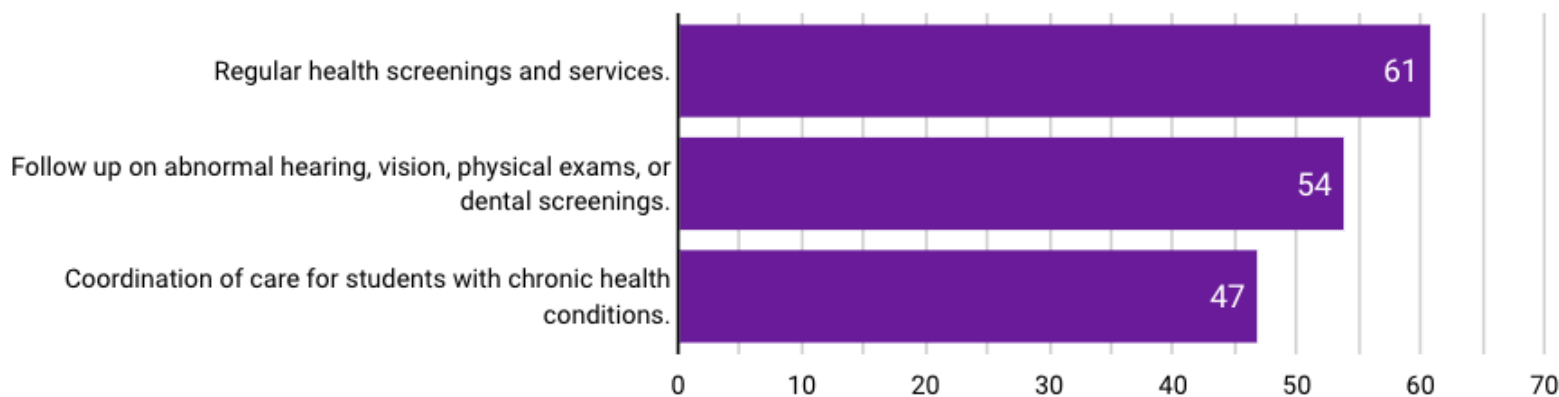


Top Action Plan Items by Assessment

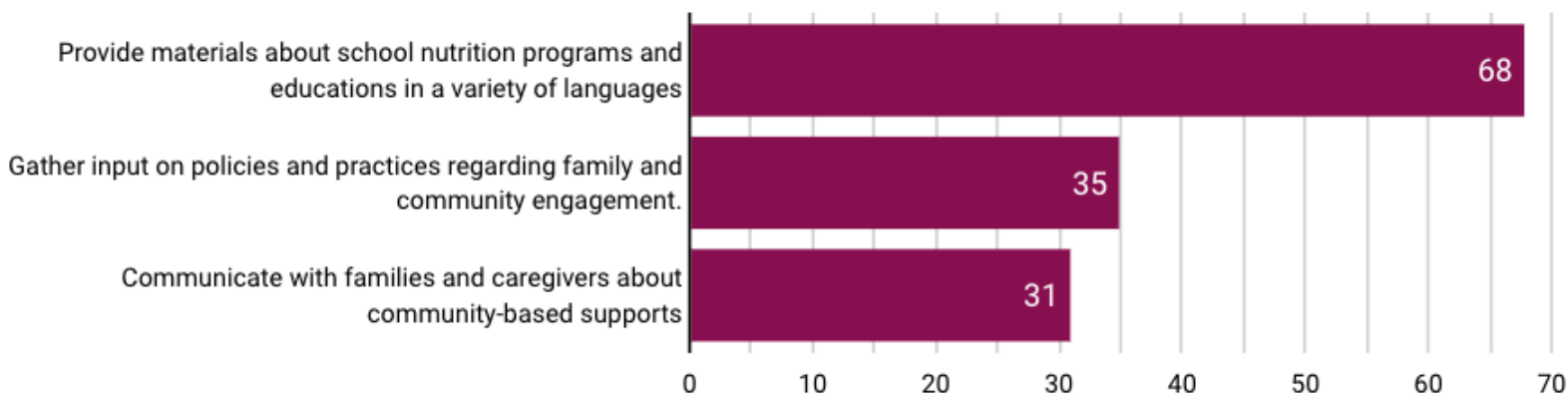
Employee Wellness



Health Services



Family and Community Engagement



Next Steps

The SWA is a great tool to see how well the schools are doing and what opportunities exist within the realm of school wellness. Being able to see the top 3 action planning items that are important to schools, allows the district to better prepare professional development and/or resources to help assist them. The following are a few ideas for moving the needle forward.



01

Professional Developments

Offer professional development sessions in Spring and Summer 2023 to help schools more effectively share resources with staff related to the WSCC components.



02

Wellness Activities for Staff

Professional developments in late winter and summer to provide resources for improving staff wellness. Community partners will be provided to help schools learn how to more effectively communicate their staff wellness needs.



03

Physical Activity Breaks

School staffs will be provided with regular resources to help promote physical activity breaks throughout the instructional day. This would include recess activities as well as in-class activities.



04

Smart Snacks

Continue efforts to inform schools about the Smart Snack regulations and non-food rewards. Provide more resources to schools to help support this.

JCPS NUTRITION AND PHYSICAL ACTIVITY FORUM



JOIN THE CONVERSATION...

VanHoose Education Center
Stewart Auditorium



WHEN: JAN. 26, 2023
TIME: 4:30 - 6:00 P.M.



For more information call: (502)485-3186