

2023

Jefferson County Public Schools

# ANNUAL NUTRITION AND PHYSICAL ACTIVITY REPORT

**PREPARED BY DISTRICT  
WELLNESS LEADERSHIP GROUP**

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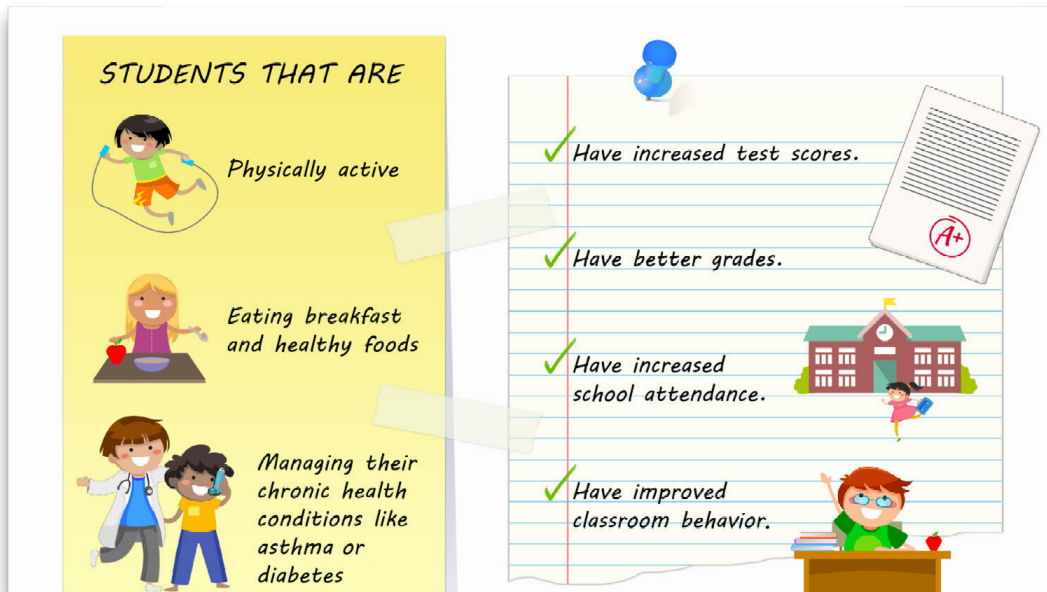
# Introduction

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 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 advertise 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 School Lunch programs.

# School Menu Compliance for School Year 2023-2024

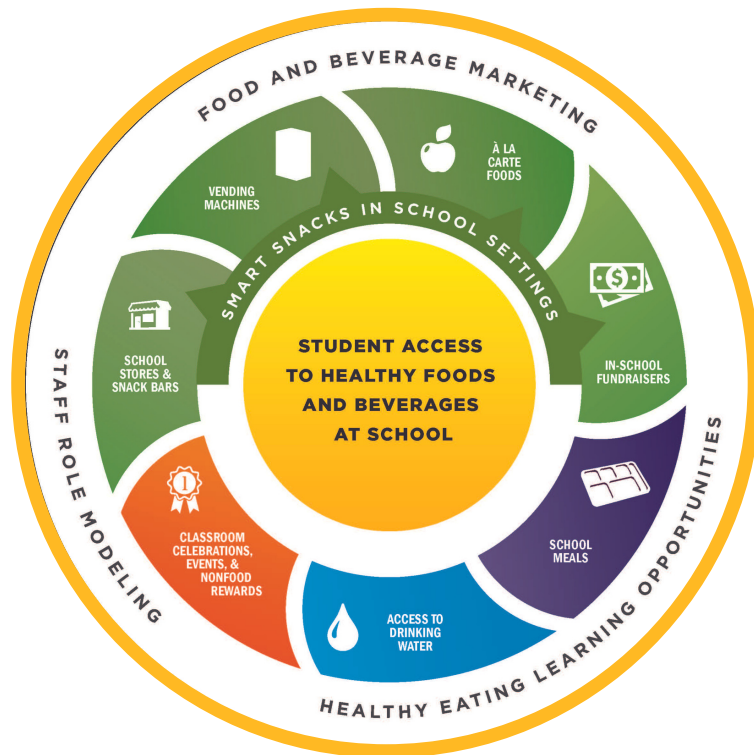
This school year the district implemented Community Eligibility at all school locations! This means that all students have access to school meals at no cost regardless of income status. This is great news for all of our families.

Nutrition Services is implementing self-serve fresh veggie stations. Research shows that when students have the ability to choose and serve themselves consumption increases.

School meals are healthy, balanced, and delicious! All of the a la carte items sold through nutrition services meet Smart Snack guidelines. JCPS meals meet all USDA meal requirements including components, vegetable sub-groups, calorie, fat, and sodium requirements.

School meals:

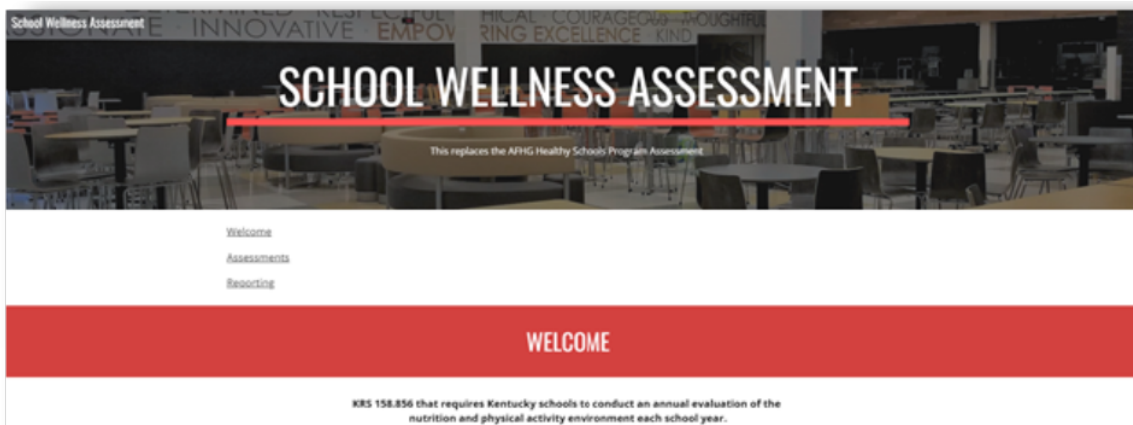
- Contain age appropriate portion sizes
- Meet calorie requirements for age/grade groups
- Provide the right balance of protein, dairy, grains, fruits, and vegetables
- Achieve targets for sodium reductions
- Limit saturated fats (less than 10% of calories)
- Contain zero trans-fats
- Provide whole-grain rich choices (over 80% of items offered are whole-grain rich)



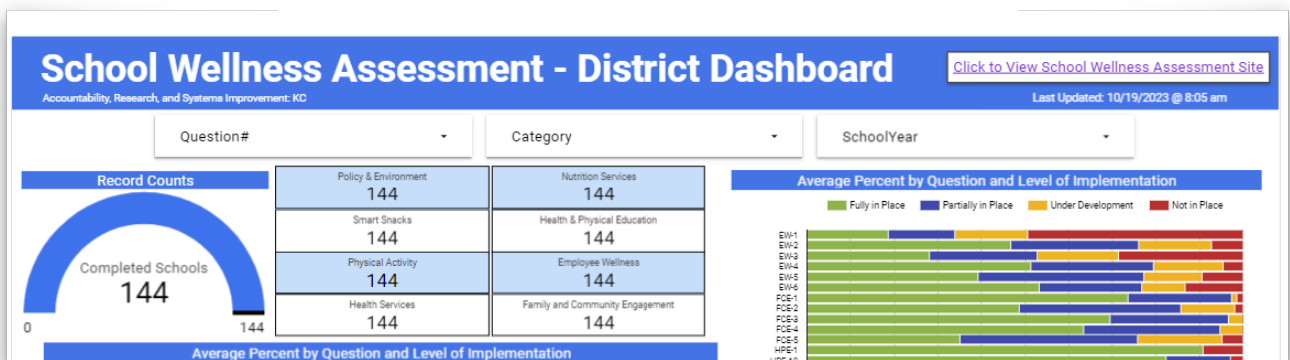
# School Wellness Assessment

JCPS is utilizing an assessment tool that was developed in 2022 by JCPS Research and System Improvements Department in unison with the District Wellness Leadership Group.

The School Wellness Assessment tool was reviewed and approved by KDE. It is housed on a Google Site and contains easy-to-use Google forms to complete the 8 assessment modules. 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)

Criteria: Fully in Place/Partially in Place/Under Development/Not in Place

The SWA site may be accessed here:

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

## School Wellness Assessment - District Dashboard Summary



**144 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.

### Health Services

Health Services items that were Fully in Place.



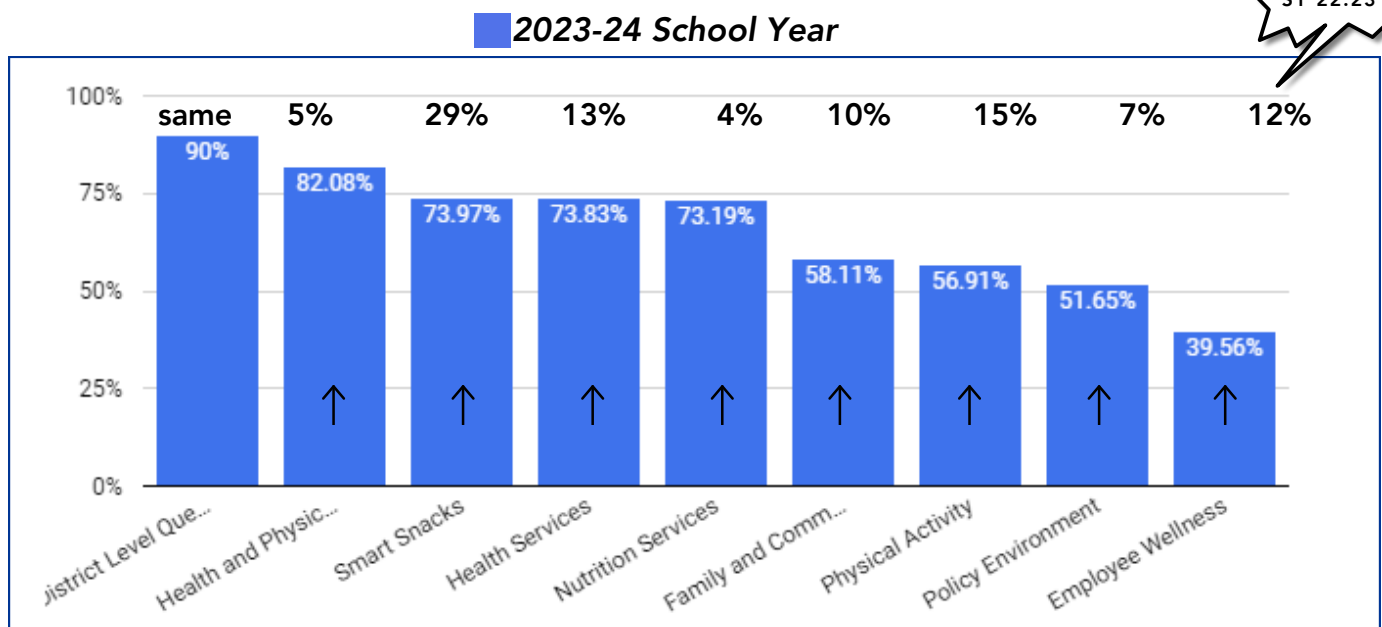
29% more items were Fully in Place regarding Smart Snacks compliance and awareness as compared to SY22-23



# Assessment Snapshot Continued

## Summary Percent of Fully Implemented Assessment Items

This school year, the percentages of items that were **Fully in Place**, increased in every area! The below snapshot shows all of the 8 areas and the District Level Questions that were “Fully in Place” for SY 23-24 with a note regarding percentage increase from SY 22-23.



Highlights of the Fully Implemented Item Areas:

- The greatest increases were seen in Smart Snacks area, Physical Activity, and Health Services.
- Employee Wellness remained our lowest area but did show an increase of 12%.
- Physical Activity percentages increased 15% for fully implemented items.
- Health Services have been coordinating staff vaccine clinics across the district, doing physicals for new employees and the school nurses are helping to coordinate biometric screenings and conduct employee blood pressure checks.
- Collaborative efforts among Nutrition Services and School Staff and Students, in areas of communication, resources, Smart Snacks, and alternative service method areas, were reported fully in place.



# Highlighted Areas of Assessment

## Policy & Environment



### Strengths

- Overall items in this category showed a 10% increase in items fully or partially implemented. Most of the items in this area deals with school wellness committees and school wellness policies, as well as, schools implementation of nutrition regulations and standards.

### Opportunity

- Approximately 1/4 of JCPS schools have a wellness committee. Best practices recommend that every school has a committee to address school wellness policies and practices. More information and training should be provided to schools on how to form and maintain these committees.

## Nutrition Services



### Strengths

- All schools reported that both breakfast and lunch programs are fully accessible to all students.
- 115 schools reported that they utilize serving lines and one other alternative method for serving breakfast (i.e. kiosks, carts, Breakfast in the Classroom) in order to reach more students.
- 87% of the schools reported that the cafeteria staff and school staff collaborate on initiatives to reinforce school meals and promote nutrition education utilizing at least 2 or more methods (i.e. provide menu information to families, announcing daily menu, cafe staff attends back to school night/special events)

### Opportunity

- Nutrition Services provides a variety of offerings daily, including meat alternatives/vegetarian options, dark leafy greens, fresh fruit and vegetables, and whole grains. SCNS continues to seek out a variety of foods that address more cultural practices and plant-based alternatives to help meet the needs of our diverse population.

## Smart Snacks



### Strengths

- There was an increase of 17% in schools reporting that rewards offered in the classroom to students meet the USDA's Smart Snacks in Schools nutrition standards (from 35% in SY22-23 up to 52% in SY23-24 as being fully implemented; 33% of schools reported partially in place).
- Data continues to show increases in snacks sold to students that are healthy in places outside of the lunchroom. 88.4% of the schools reported this as fully implemented.

### Opportunity

- Continue to provide more resources to schools on how to celebrate with their students in ways that meet the USDA's Smart Snack in School nutrition standards.



# Highlighted Areas of Assessment

## Health & Physical Education



### Strengths

- 88% of schools report that students are moderate to vigorously active in at least 50% of physical education classes.
- 97.9% of Health & PE teachers are provided with regular health and PE resources and opportunities for PD specific to their content by the district.

### Opportunity

- 7% of elementary schools reported that they do not have a formal physical education program; this is an improvement from SY 22-23 of 14.3 % of elementary schools who did not have a formal program. Continuing to work on providing this for all schools.

## Physical Activity



### Strengths

- At least twenty minutes of recess is offered daily and monitored by staff in 91.4% of elementary schools. This has increased from SY 22-23.
- 46.8% of K-12 schools offer both before-school and after-school opportunities for physical activity. This is an increase of 15.8% from SY 22-23.
- 125 of the schools reported that they offer opportunities for physical activity in classrooms (not including physical education classes and transition periods).

### Opportunity

- It is prohibited to withhold recess as a form of punishment. Alternative methods for punishment are being communicated with school administration.

## Employee Wellness



### Strengths

- 79% of schools are offering measures to promote the emotional, behavioral, and mental health of employees. This has increased by 11% from last year.
- 78% 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 92% of schools which helps to ensure student safety and reduce barriers to learning.
- 85% of the schools conduct at least 2 or more physical health screenings and services (i.e. hearing, vision, physicals, dental, immunizations.) This is a 9% increase over last year.

### Opportunity

- Over 30% of schools report they are not fully able to follow up on abnormal hearing, vision, physical exams, or dental screenings for students. Health Services will continue coordinating with schools to help ensure the schools have a process in place.

## Family & Community Engagement



### Strengths

- The majority of schools (85%) are collaborating, at least occasionally, 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).
- 57% of schools report that their school communicates with families and caregivers at least once per year and uses at least 3 culturally responsive methods to communicate.

### Opportunity

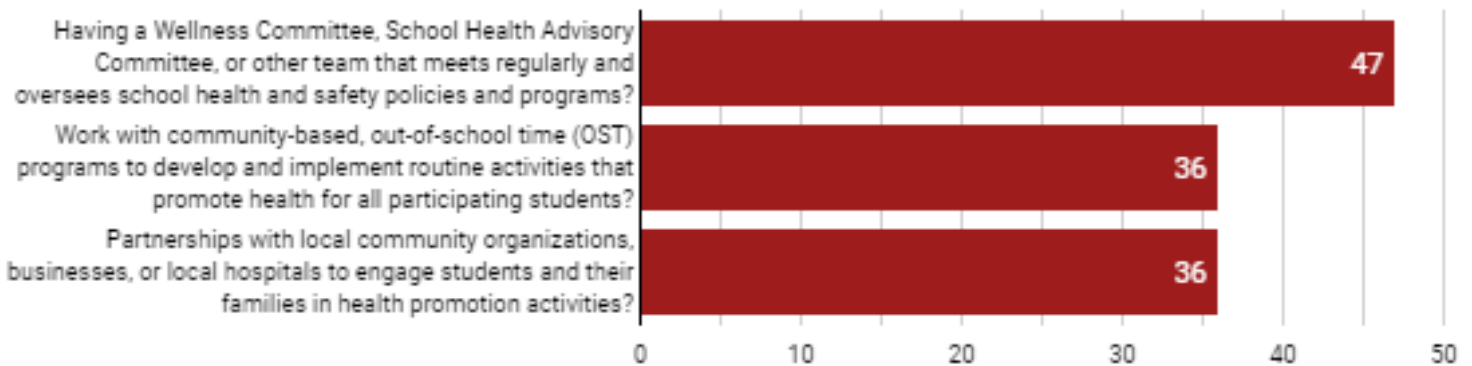
- A small portion of schools reported that they are not offering materials about school nutrition programs and nutrition education in different languages that might be spoken at home. SCNS will continue to work with schools to share more information regarding how nutrislice menus are available in numerous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

# Top Action Plan Items by Assessment

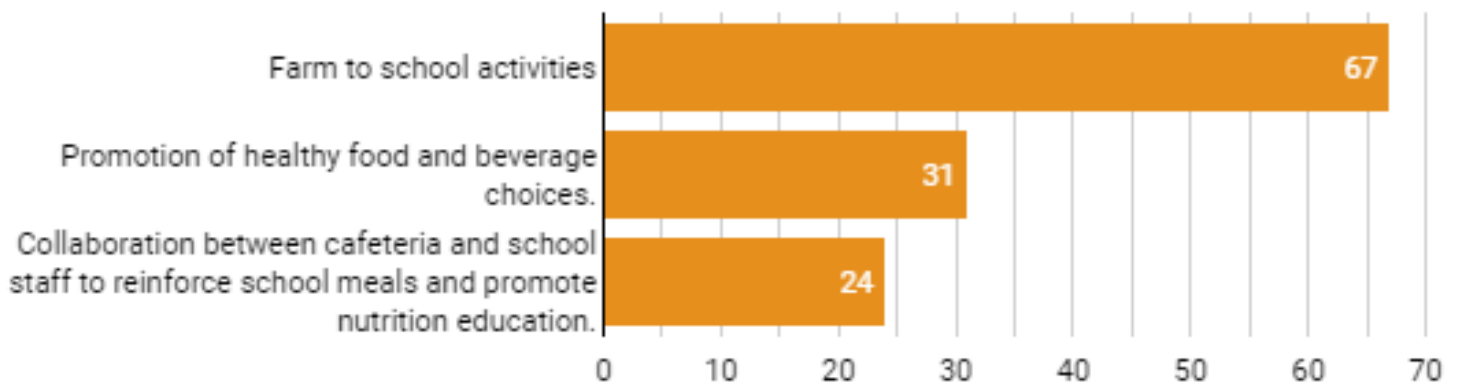
## ACTION PLANNING ITEMS

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. District specialists should also look at these to help plan professional development topics in these areas or additional resources.

### Policy and Environment

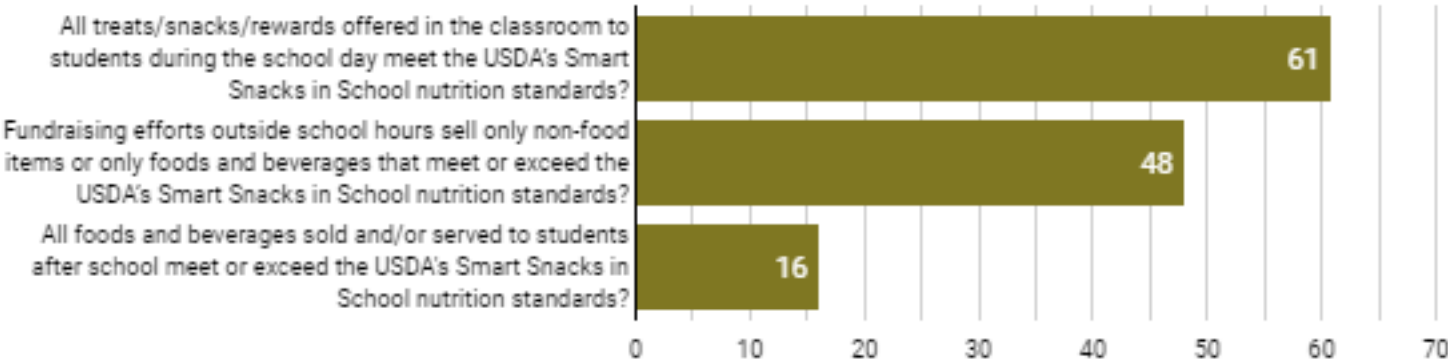


### Nutrition Services

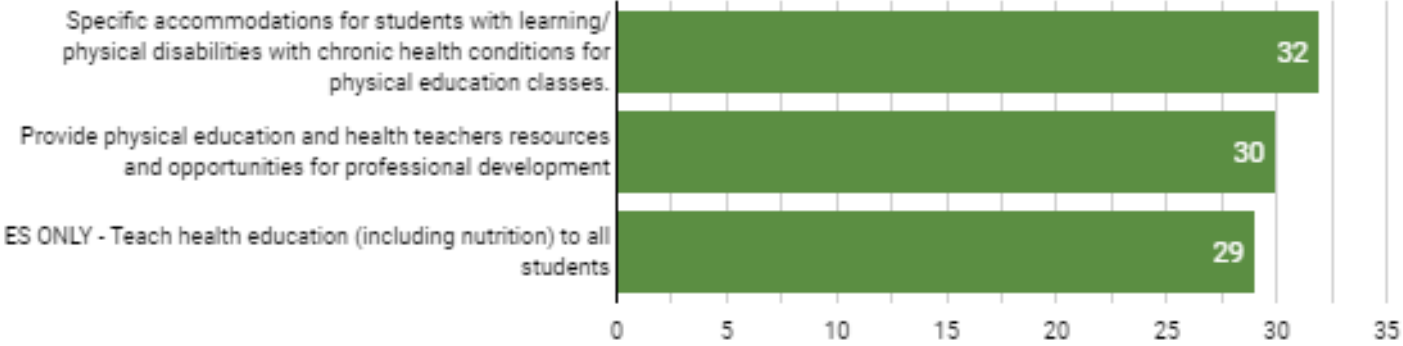


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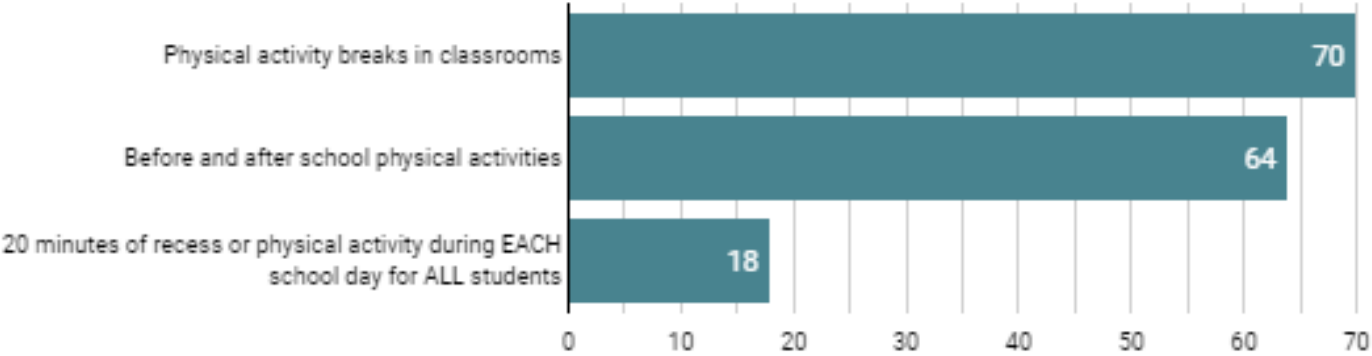
## Smart Snacks



## Health and Physical Education

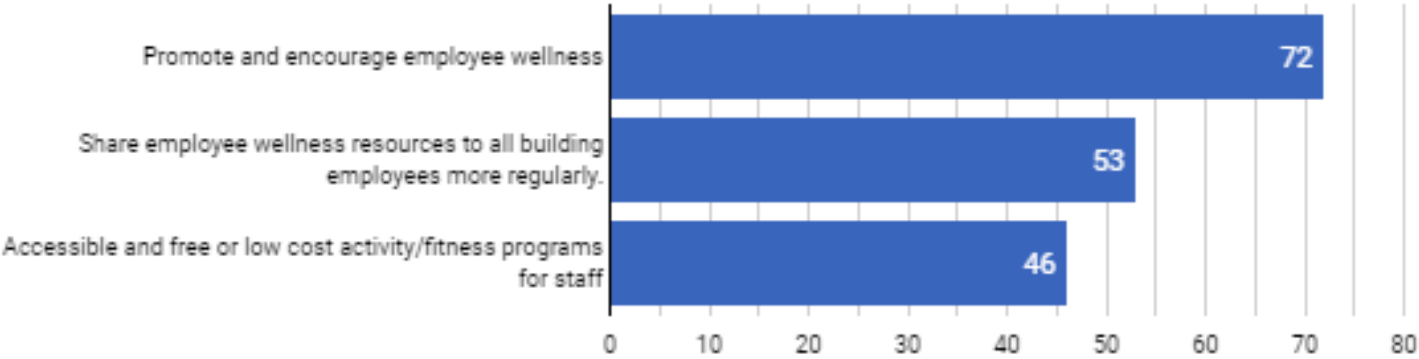


## Physical Activity

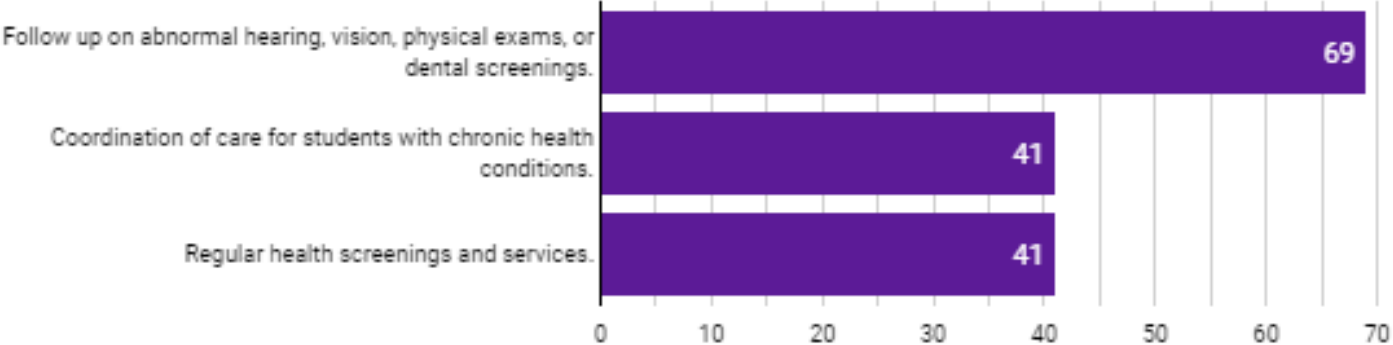


# Top Action Plan Items by Assessment

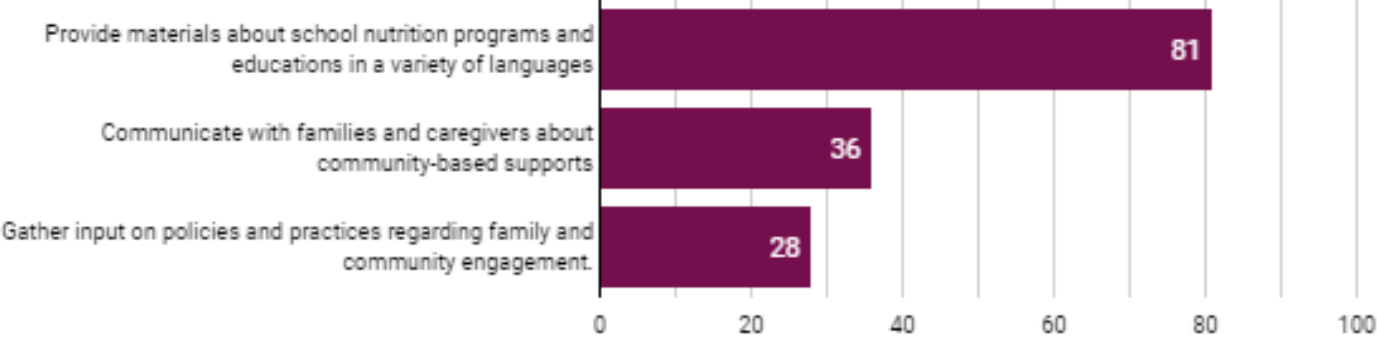
## Employee Wellness



## 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**

## **More Menu Items that are Culturally Responsive**

Nutrition Services team will continue efforts to find menu items that meet our diverse population and will continue to obtain feedback from students and families.



**02**

## **Wellness Activities for Staff**

Work with Employee Relations/Benefits office to find all wellness resources that are available to staff and work with health services to communicate about events related to employee health and devise a plan for ongoing communication to schools



**03**

## **Wellness Committee Best Practices**

Offer professional development sessions to help schools develop Wellness Committees and more effectively share resources with staff related to the WSCC components.



**04**

## **Physical Activity**

Provide more supports to schools on how to incorporate physical activity breaks into classrooms once Health and PE Lead Instructor is hired.

# JCPS NUTRITION AND PHYSICAL ACTIVITY FORUM



## JOIN THE CONVERSATION

VanHoose Education Center  
Stewart Auditorium



WHEN: JAN. 18, 2024  
TIME: 4:00 - 5:30 P.M.

To access the report, refer to Nov. 14, 2023 board meeting  
To make comments regarding the report, email us [here](#).  
For more information call: (502) 485-3186

