

# 2023-2024 Annual Nutrition and Physical Activity Report

Kenton County School District  
January 8, 2024

# Comprehensive School Student Nutrition goals identified last year

---

- Increase milk consumption at the high school level
- Find creative ways to flavor food while adopting the revised USDA lower sodium standards
- Continue to increase meal participation

# How well did we do?

---

## High School Milk Consumption

Dixie HS students look forward to their coffee-infused, caramel-flavored milk offered three days a week. —recipe from The Dairy Alliance of KY

- This beverage provides a full serving of milk, unlike a latte purchased before school at a fast food restaurant. It also contains only natural ingredients.
- To ensure participation doesn't become stagnant and to encourage greater participation at other high schools, other flavors will be offered as well.

# How well did we do?

---

## Seasoning Without Sodium

We are slowly incorporating these foods into our menu.

- Orange Roasted Carrots – uses orange juice concentrate
- Caesar Salad – smaller amount of parmesan in dressing versus a larger sprinkle on top
- Lower sodium deli turkey – now used on grab 'n go sandwiches

# How well did we do?

## Increased Meal Participation

- Overall, we have seen an increase in meal participation.
- Menu revisions, quality control, advertised special meal days



# How well did we do?

---

## Minute Messages

- Advertise special food tastings with fun facts and nutritional info
- Eye-catching and not a lot of words
- Take only a few seconds to read
- Posted by serving line, restroom line, and other areas where students are idle for a short period of time

# '23-24 SY: 2 more CEP schools

---

October '22 compared to October '23

Summit View

48% increase in meals served !

Turkey Foot

40% increase in meals served !

# Comprehensive School Physical Activity goals identified last year

---

- Continued district support for Wellness Committees
- Update Healthy Schools Assessments
- Elementary Schools create at least one Action Plan to improve school wellness
- Safety, Family and Community Engagement Pillar will be tracked to show student participation movement



# How well did we do?

---

District support attended at least one Wellness Committee meeting at each elementary school during 2022-23

- Wellness Committees were re-established, members were identified, everyone has access to their organization in Healthy Schools
- District support continues to attend meetings this school year

# How well did we do?

---

- Elementary schools were tasked with reviewing/updating their Healthy Schools Assessment and identifying one Action Plan item to work on (most schools had not looked at their assessment for over 2 years)
  - Suggested an Action Plan (to-do list) to increase student's physical activity

# Healthy Schools Assessment update

---

All Elementary schools updated their  
Health Schools assessment

# Action Plans

---

- Caywood & Kenton-working on Action Plan for providing 20 min. of recess each day with staff encouraging students to be active
- RC Hinsdale, Beechgrove, Ryland & Taylor Mill- working on school wellness policy
- Ryland & Hinsdale- working on physical activity and fitness programs for staff members
- Piner- working on foods and beverages sold to staff meet USDA's standards
- Taylor Mill- working on promoting healthy food and beverages choices

# New question was added to the 2023-24 Comprehensive School Physical Activity Continuum

---

Elementary schools were asked to provide a copy of their school's Wellness Policy

# Student, Family and Community Engagement

---

Ensure engagement of students, families and the community in ways that contribute to the overall growth and success of all stakeholders

# How well did we do?

- Activity data for each school is collected for student participation in KCSD and non-KCSD activities
- Data collected October 20, 2022

KCSD or Non-KCSD	Total	Percent in Activity
K-5	6004	58.48%
6-8	3213	56.05%
9-12	4483	38.55%

- Data 2023-24

Grade Level	September		October		November/December	
	Clubs, Activities, and/or Co-Curricular	Participation in Clubs, Activities, and/or Co-Curricular	Clubs, Activities, and/or Co-Curricular	Participation in Clubs, Activities, and/or Co-Curricular	Clubs, Activities, and/or Co-Curricular	Participation in Clubs, Activities, and/or Co-Curricular
K-5(6,214)	178	3727/60%	247	3728/60%	247	4201/68%
6-8(2991)	0	2306/77%	72	2306/77%	72	2316/77%
9-12(4474)	111	2403/54%	152	2405/54%	152	2405/54%
Total	289	8707/64%	471	8710/64%	471	8922/66%

How well did we do?

---

We met the  
Comprehensive School Physical Activity  
goals identified last year



# Goals for 2024-2025 School Year

---

## Nutrition

- Student Nutrition plans to join in and be an active participant at some of the individual school Wellness Committee meetings.
- Student Nutrition will continue to spread nutrition ed through various methods, such as cafeteria signage and representation at selected school wellness events.
- Student Nutrition will begin collaborating with other departments to determine if and how they can assist in meeting health ed common core standards.

## Physical Activity

- Continue moving forward
  - Improvement in student engagement
  - Each school's Wellness Policy will be reviewed and updated if applicable
  - Action Plans will be tracked to determine if goals are met
  - As Action Plans are completed a new one will be added