

2024

Jefferson County Public Schools

# ANNUAL NUTRITION AND PHYSICAL ACTIVITY REPORT

**PREPARED BY DISTRICT  
WELLNESS LEADERSHIP GROUP**

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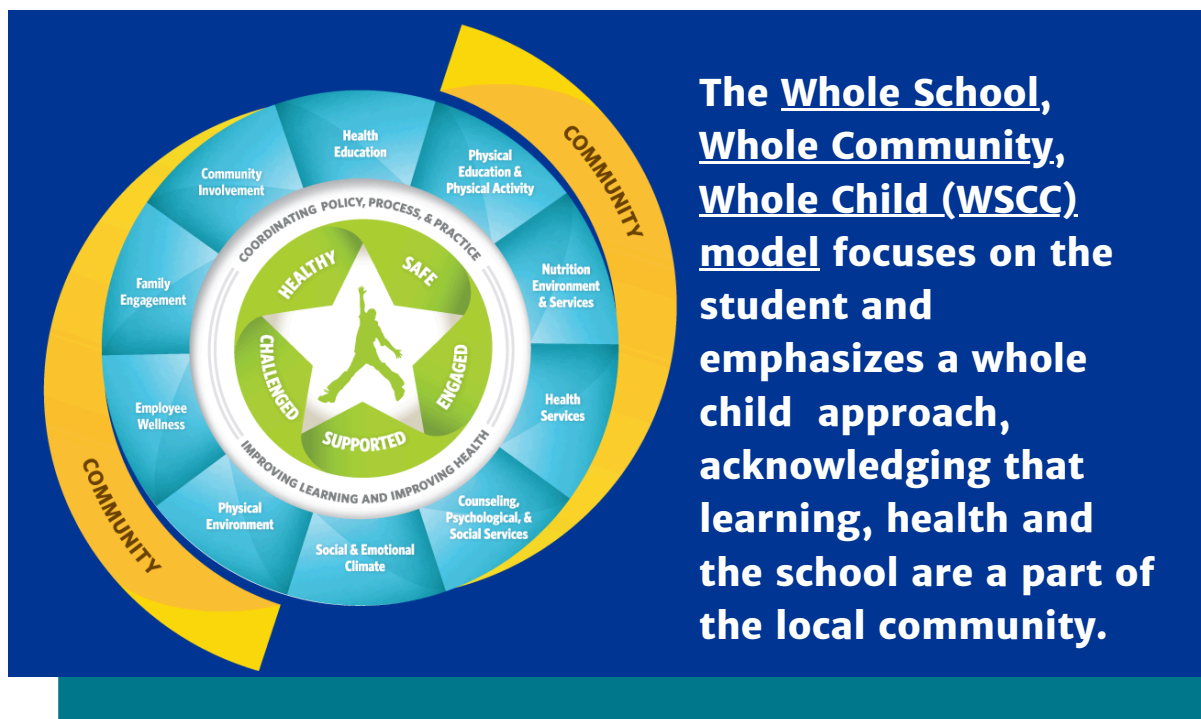
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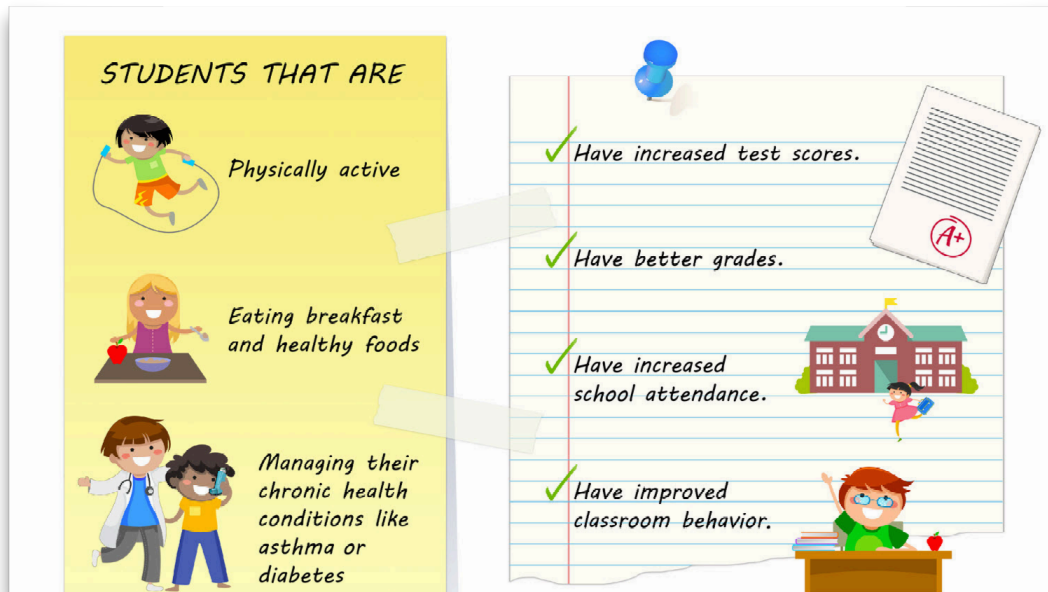
# Introduction

The Jefferson County Public Schools District Leadership Group's adoption of the Whole School, Whole Community, Whole Child (WSCC) Model exemplifies a comprehensive approach to fostering student well-being. By integrating health and education, the WSCC framework aims to enhance the cognitive, physical, social, and emotional development of every child, creating a more holistic educational experience. The District Leadership Group, which comprises district members, community partners, parents, and students, plays a crucial role in implementing and periodically reviewing the District Wellness Policy. This collaborative effort ensures that policies remain relevant and effective in addressing the diverse needs of the student population, fostering an environment where each child can thrive both academically and personally.



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.
- Ensure 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 2024-2025

Last 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 implemented self-serve fresh veggie stations last school year and have added some new items this year to this station on the line. 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)
- Include farm-fresh local products throughout the year



# Smart Snacks In Schools

The Healthy Hunger-Free Kids Act of 2010 implemented Smart Snacks in school regulations during 2014-15 SY and states that all foods and beverages sold to students during the school day must meet minimum nutrition standards. The Smart Snacks in School regulation applies to all food and beverages sold including a la carte items in the cafeteria, school stores, in-school fundraisers, and vending machines.

JCPS District Wellness Policy also includes all foods served to students. \*



IN ORDER TO HELP SCHOOLS COMPLY WITH THESE REGULATIONS, NUTRITION SERVICES HAS PROVIDED VARIOUS RESOURCES TO ALL SCHOOLS TO SHARE WITH FAMILIES AND STAFF. THESE RESOURCES ARE ALSO AVAILABLE ON THE JCPS WEBSITE.

## Smart Snack Resources for Schools

### JCPS Smart Snack Guidelines

This document is great for principals and school staff. It notes times and situations when Smart Snack regulations are applicable. As well, this document provides the Smart Snack calculator.

### Smart Snacks Bulk Order Form for Schools

This order form allows schools to order in bulk for celebrations or rewards. All items are Smart Snack approved.

### Celebrations Order Form

Families and staff may purchase items from our cafeteria, and the Cafe Staff will deliver these to the classroom in a fun tote along with some small novelty items, i.e., pencils, rulers, erasers.

### Smart Snack Idea List

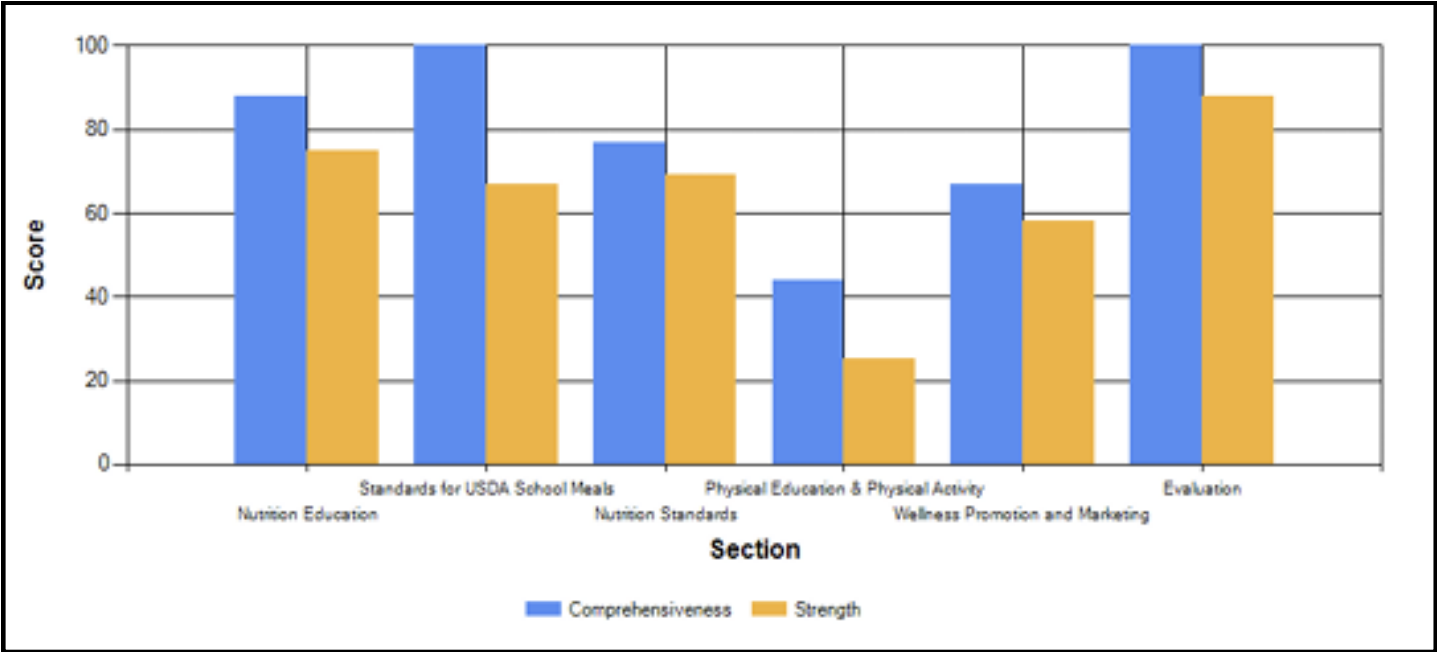
This resource is great to share with families and staff to provide ideas for celebrations that are Smart Snack compliant.

# Triennial Assessment Requirements

## Summary of Report

In accordance with the U.S. Department of Agriculture’s Final Rule: Local School Wellness Policy Implementation, all sponsors participating in the National School Lunch or School Breakfast Program must complete an assessment of their local wellness policy (LWP), at minimum, once every three years.

The WellSAT assessment was completed in July 2024 to assess the strength and comprehensiveness of the District Wellness Policy. Below is a graph to show the results of this assessment.



Once the WellSAT is completed and reviewed, a report must be completed that measures the following:

- 1. Sponsor’s compliance with their local wellness policy
- 2. Sponsor’s progress toward meeting their local wellness policy goals
- 3. How the language in the sponsor’s wellness policy compares to the model wellness policy

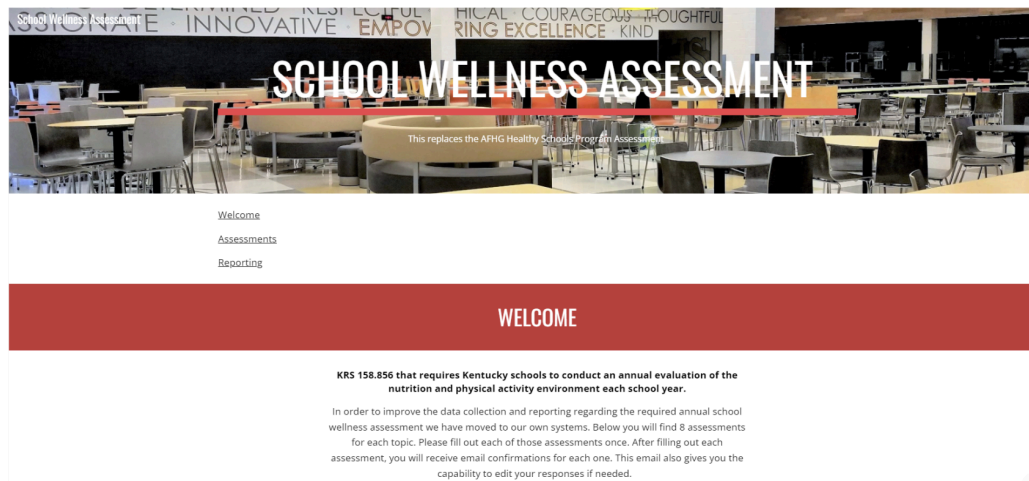
Both of these reports mentioned above may be found on the SCNS website page.



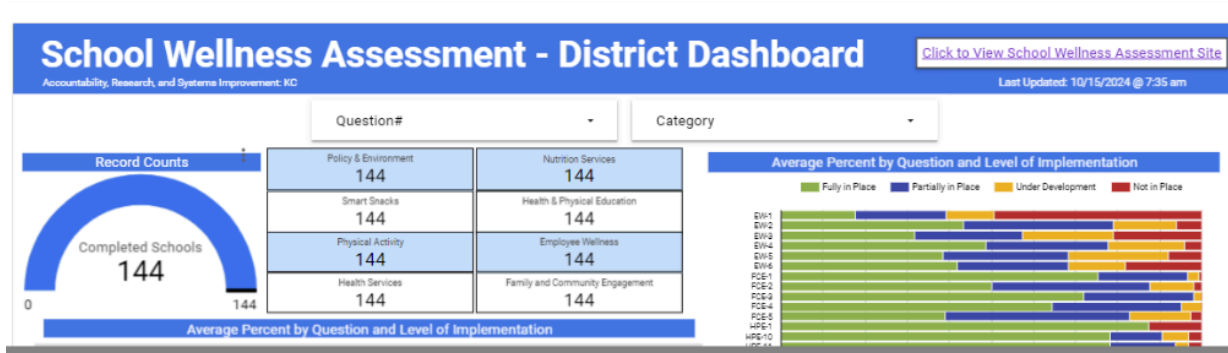
# School Wellness Assessment

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.



**100% Fully in Place**

District Level Questions, associated with Nutrition Services and Policies, show that **100%** of these items were fully in place.

### Health Services



Health Services items that were Fully in Place.

**23-24**  **73.8%**

**24-25**  **75.8%**



### Physical Activity

**23-24**  **57%**

**24-25**  **62%**

5% more of the Physical Activity items were Fully in Place as compared to SY23-24



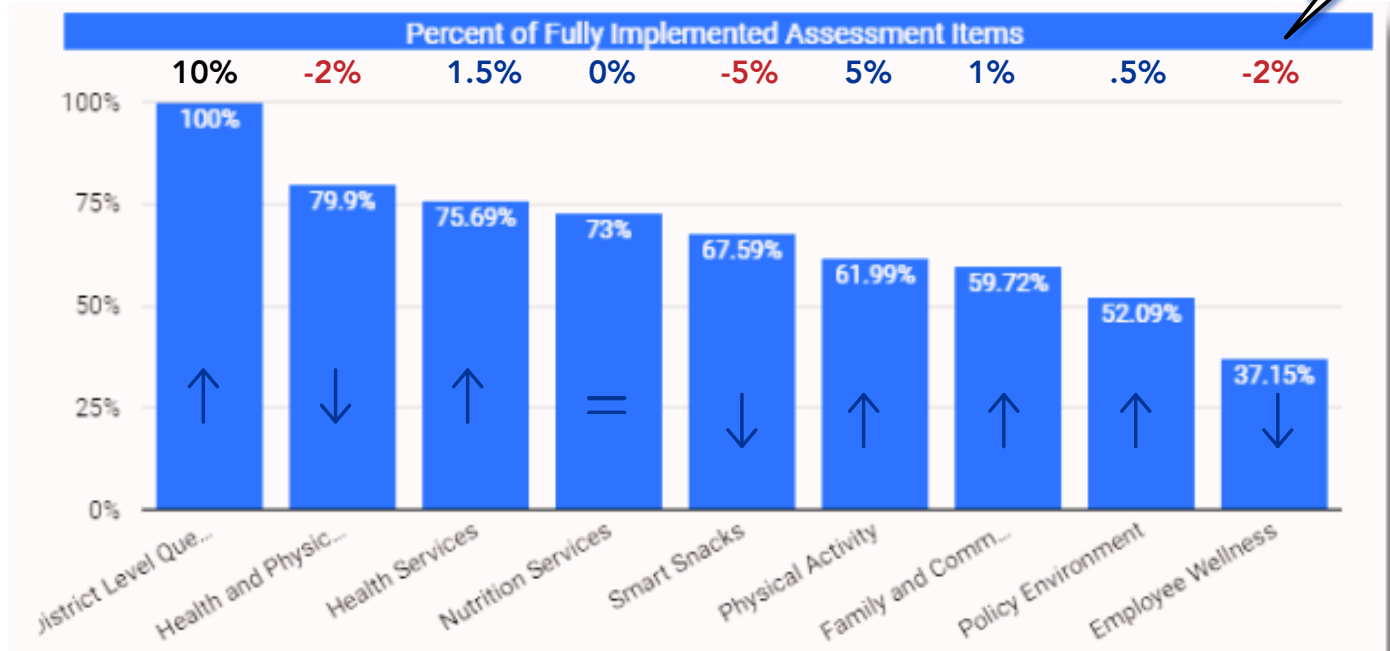
# Assessment Snapshot Continued

## Summary Percent of Fully Implemented Assessment Items

This school year, the percentages of items that were Fully in Place varied somewhat in each 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 increases/differences from SY 23-24.

%  
difference  
SY 23-24

### 2024-2025 School Year



### Highlights of the Fully Implemented Item Areas:

- The greatest increases were seen in District Policy questions, Physical Activity, and Health Services.
- Employee Wellness remained our lowest area for the past 3 years.
- Health Services has continued to coordinate 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 remained the same.
- Smart Snacks area decreased by 5% throughout the schools.
- Health and Physical Education area decreased slightly as reported by schools.



# Highlighted Areas of Assessment

## Policy & Environment



### Strengths

- 92.4% of the schools reported that they have fully implemented a full-time, registered school nurse to attend to health services every day.
- 136 schools reported that they have access to a full-time counselor, social worker, and psychologist.

### Opportunity

- Approximately 60% of JCPS schools state they have a wellness committee or team that oversees school health and safety policies/programs. However, only about 1/4 of those schools meet on a regular basis (at least 4 times per year). 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 **144** schools reported that both breakfast and lunch programs are **fully accessible** to all students.
- **114 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.
- **97.3%** of the schools reported that their students have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they are seated.

### Opportunity

- Promote and provide more training to teachers about prohibiting or limiting foods given to students as a reward. Only **28%** of schools stated that using food as a reward is prohibited and is consistently followed.
- SCNS continues to add 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

- 94% of the schools limit marketing of food and beverages to those that are USDA Smart Snacks in School compliant foods.
- 85% of the schools sell/serve only Smart Snack beverages during the school day.

### Opportunity

- 43% of schools reported that treats/snacks/rewards offered in the classroom meet the USDA Smart Snacks rule.
- There was a decrease of 6% in the overall category of Smart Snacks fully implemented items.
- Continue to provide more resources to schools on how to ensure that they meet the USDA's Smart Snacks in School nutrition standards.

# Highlighted Areas of Assessment

## Health & Physical Education



### Strengths

- 85.4% of schools report that students are moderately to vigorously active in at least 50% of physical education classes.
- 91% of Health & PE teachers are provided with regular health and PE resources and opportunities for PD specific to their content by the district.

### Opportunity

- 11.1% of elementary schools reported that they do not have a formal physical education program; this is an increase from SY 23-24 with 7% of elementary schools reporting having no 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 79.7% of elementary schools.
- 42.4% of K-12 schools offer both before-school and after-school opportunities for physical activity.

### 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

- **96%** of schools are offering some measures to promote the emotional, behavioral, and mental health of employees. This has increased by from last year.
- **69.5%** of schools are offering on-site biometric screenings for staff.

### Opportunity

- **37.15%** of schools report they have a **fully implemented** staff wellness program

# 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).
- 71% 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

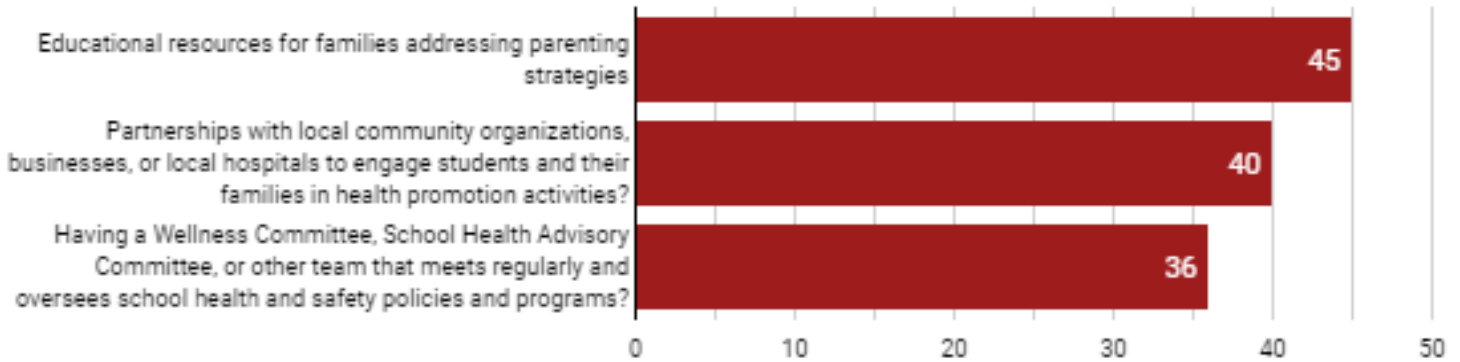
- A small portion (17%) of schools reported that they are not offering materials about school nutrition programs and nutrition education in different languages that might be spoken at home. SCNS will continue to work with schools to share more information regarding how nutrislice menus are available in numerous languages, as well as, nutrition education fliers.

# Top Action Plan Items by Assessment

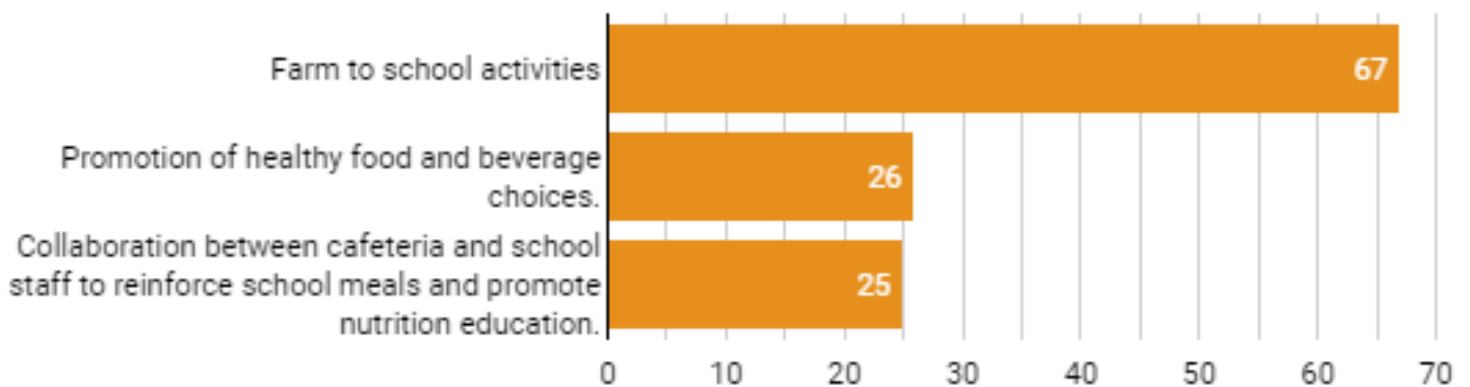
## ACTION PLANNING ITEMS

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

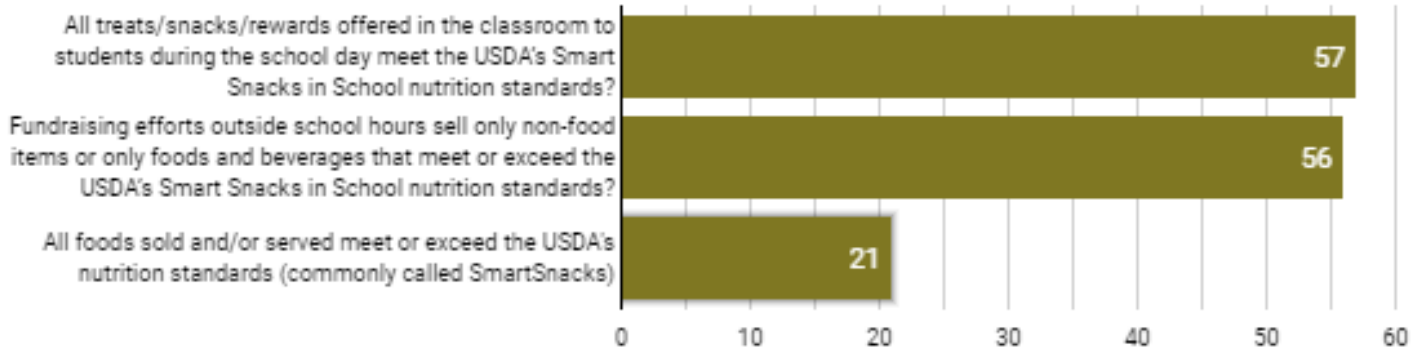


### Nutrition Services

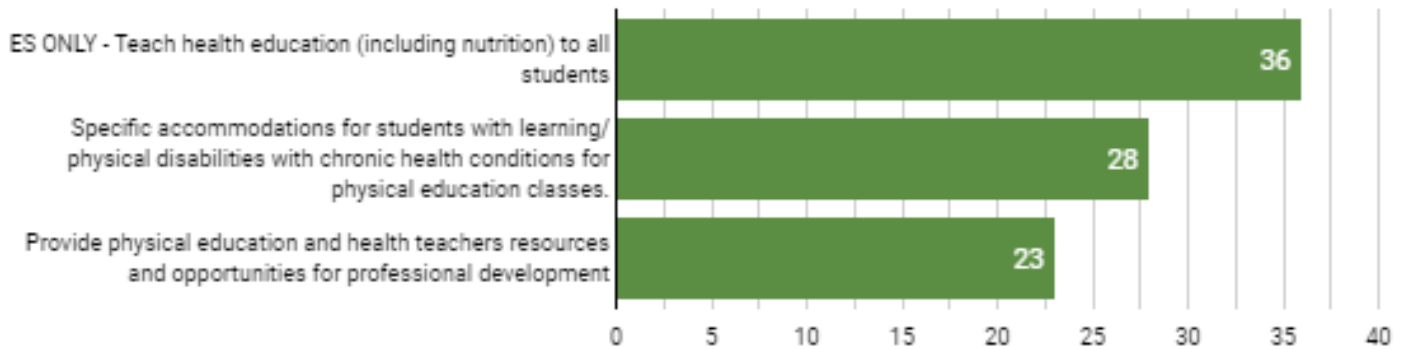


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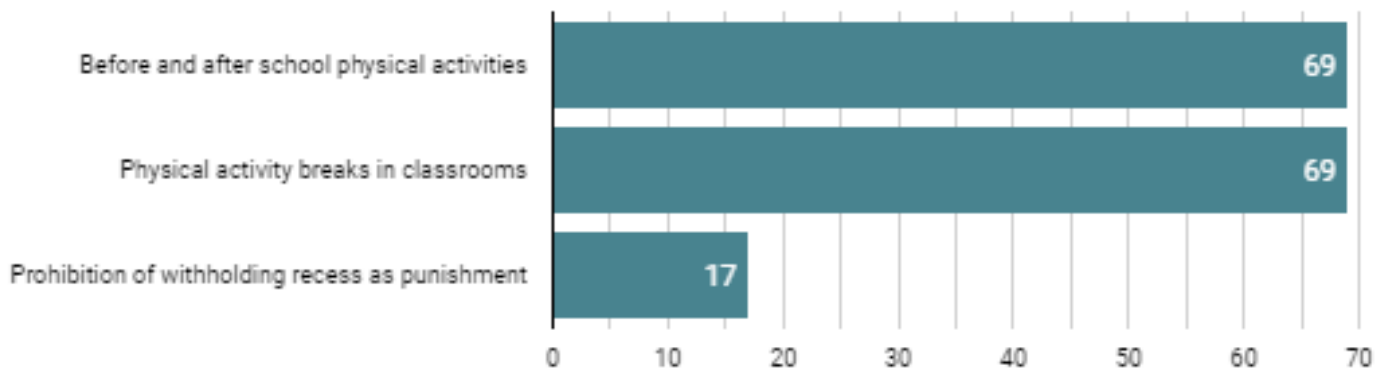
## Smart Snacks



## Health and Physical Education

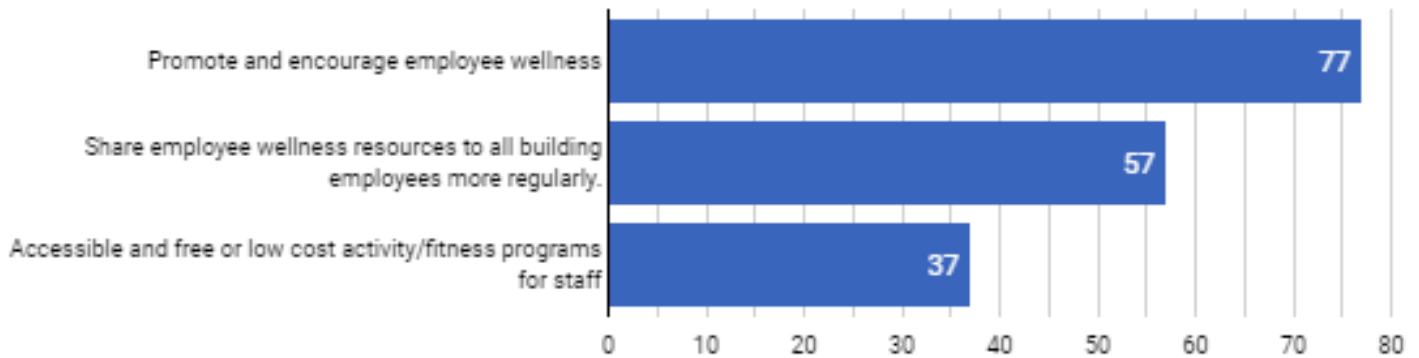


## Physical Activity

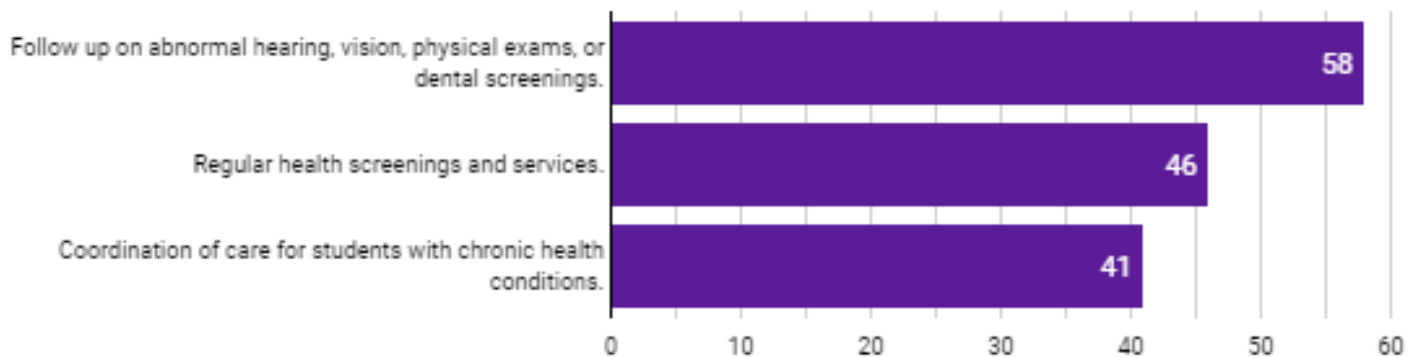


# Top Action Plan Items by Assessment

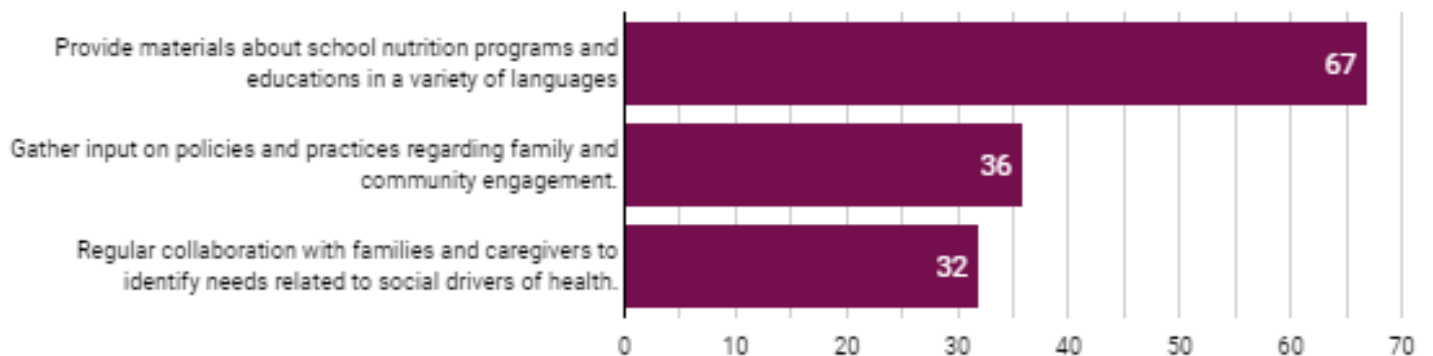
## Employee Wellness



## 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**

## Smart Snacks and Menus

Nutrition Services has provided information about Smart Snacks to schools and would like to provide more information to principals and schools to assist them in being more successful at implementing the policies.



**02**

## Wellness Activities for Staff

Promoting and supporting employee wellness has emerged as the most popular Action Plan item. To advance this initiative, the Wellness Leadership Group will develop and share a variety of wellness activity ideas with cost center heads on a quarterly basis. These suggestions will aim to encourage participation across the District and foster a culture of health and well-being among employees.



**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 support to schools on how to incorporate physical activity breaks into classrooms.



Email questions to:  
[districtwellness@jefferson.kyschools.us](mailto:districtwellness@jefferson.kyschools.us)



# 2024 ANNUAL NUTRITION & PHYSICAL ACTIVITY PUBLIC FORUM

January 23, 2025

4:30 -5:30 PM

C.B. Young Center  
3001 Crittenden Dr.

Lou. Ky. 40209

Conf. Rm 146



Presented By  
**District Wellness  
Leadership Group**