

Kenton County School District | It's about ALL kids.

## Issue Paper

**DATE:**

October 21, 2024

**AGENDA ITEM (ACTION ITEM):**

Receive the annual Nutrition and Physical Activity Report

**APPLICABLE BOARD POLICY:**

KRS 158.856 and KRS 160.345

**HISTORY/BACKGROUND:**

The annual Nutrition and Physical Activity Report has been created by the District to evaluate strengths and areas for growth in both nutrition and physical activity. This report is published on the district website and public input is requested. The input received is then used to strengthen the school meals program and district/school wellness policies.

**FISCAL/BUDGETARY IMPACT:**

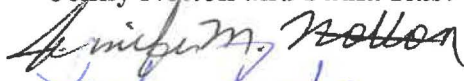

None


**RECOMMENDATION:**


Receive the annual Nutrition and Physical Activity Report

**CONTACT PERSON:**

Jenny Notton and Paula Rust

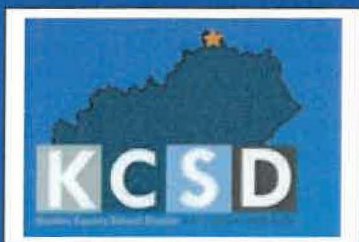
  
  
Principal/Administrator

  
District Administrator

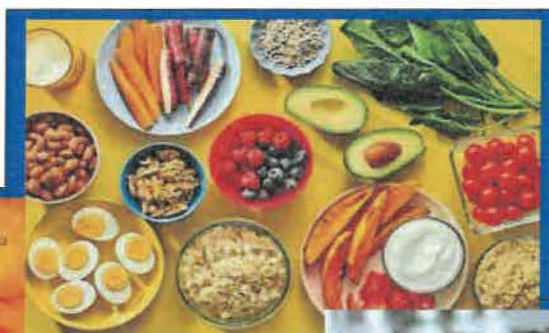
  
Superintendent

Use this form to submit your request to the Superintendent for items to be added to the Board Meeting Agenda.

Principal –complete, print, sign and send to your Director. Director –if approved, sign and put in the Superintendent's mailbox.



# Annual Nutrition & Physical Activity Report





# NUTRITION

## Improvements for 2024-25

**8 more schools became  
Community Eligibility Provision  
(CEP) schools.**

Now all of the KCSD schools have access to  
breakfast AND lunch at no cost.

Why is this so important?

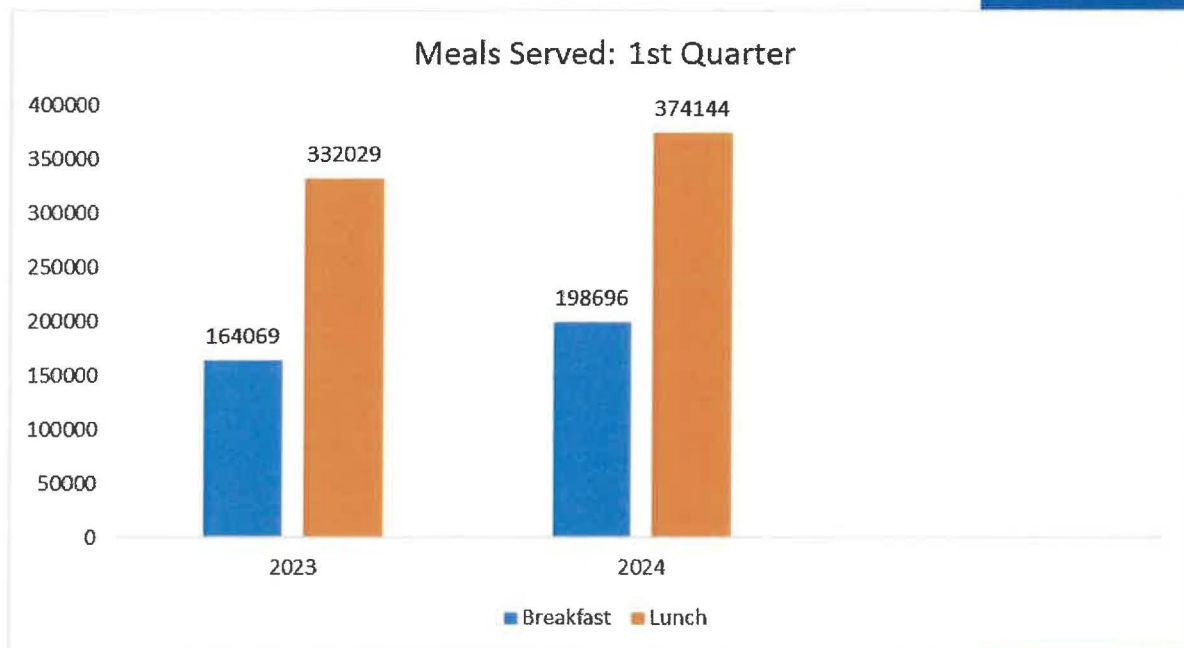
- No qualifying students are reliant on a parent/guardian to fill out an application for free/reduced meals.
- More students are eating nutritious food due to *increased meal participation*.

### ➔ Breakfast Participation

- The 8 schools added to the CEP this year saw between a 47-116% increase in breakfast participation within the first 45 days of the school year.
- District-wide, breakfast participation has increased about 21% this year.

## ➔ Lunch Participation

- The 8 schools added to the CEP this year saw between a 19-48% increase in lunch participation within the first 45 days of school.
- District-wide, lunch participation has increased about 13% this year.



# NUTRITION



## Clean Foods

Student Nutrition continuously strives to serve foods without artificial ingredients.

## KCSD Connection

Student Nutrition is now a part of the monthly KCSD Connection newsletter that is published for the KCSD community! The Wellness Corner promotes the cafeterias and staff, includes recipes, and/or offers nutrition education tidbits each month.



What do you like most about working in Student Nutrition?

**The School Breakfast Program:**  
*A Smart Investment for Student Success*



The Fresh Fruit and Vegetable Program (FFVP), operating under a grant, is in its first full year at Beechgrove Elementary. In addition to receiving healthy snacks, students are exposed to new foods, learn about nutrients in those foods, and learn how the nutrients help their bodies.



### Quality Control

- ➔ Greater kitchen visits to evaluate food quality
- ➔ Food prep technique and recipe modifications as needed
- ➔ Chef Rebecca, school kitchen expert, invited into two schools to offer advice





# PHYSICAL ACTIVITY



## In the Kenton County School District:

- All K-5 schools updated the members of their school Wellness Committee
- All elementary schools have meeting dates determined for their Wellness Committee
- Stakeholder groups from Health Services and Nutrition plan to attend Wellness Committee meetings
- Nine elementary schools completed the Healthy School Assessment and set Action Plan items.
- All elementary schools have at minimum 3 days/wk of moderate-to-vigorous physical activity, PE, and classroom activities documented in lesson plans
- More than half of the elementary schools have 3 or more physical activity clubs or intramurals available to K-5 grades
- Student, Family and Community Engagement pillar continues to provide signaling on clubs, extra and/or co-curricular activities

