



2024-2025 Annual Nutrition and Physical Activity Report



Kenton County School District
January 6, 2025



Comprehensive School Student Nutrition goals identified last year

- 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.

Student Nutrition Representation at School Wellness Committee Meetings

The Director of Student Nutrition has begun attending wellness committee meetings at several schools:

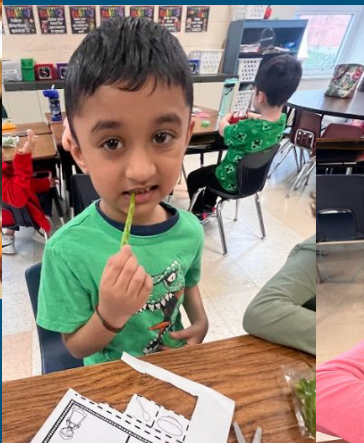
- Ryland Elementary
- Ft. Wright Elementary
- Kenton Elementary



Nutrition Education...

Fresh Fruit and Vegetable Program (FFVP) at Beechgrove

- Morning nutrition announcement
- Mini lesson – educational sheet discussion
- Try produce among friends



Kohlrabi

Locally Grown!

At Foxtail Farm in
New Richmond, OH



Did you
know?

Kohlrabi's name is
German, and
translates to
'turnip cabbage'.



Kohlrabi are related to cabbage,
broccoli, brussels sprouts and
cauliflower.



Kohlrabi was first cultivated in the
1500s and now grows all over the
world!



If Kohlrabi could taste like a mix of two veggies,
which ones do you think it would taste like?

WHAT CHEFS WANT

Nutrition Education...

Wellness Night at Ryland Elementary

- Healthy snack discussion
- Food group bingo



Nutrition Education...

Student Nutrition is now represented in the monthly district newsletter.

- Healthy recipe ideas
- Brief nutritional topics



Skinny Corn Casserole

Lots of vitamins and minerals are in pumpkin, but it is especially rich in vitamin A. Vitamin A is good for your eyes, and it assists your immune system in keeping you healthy.



Nutrition Education

Taste Tests:

Spaghetti Squash



Assist in Meeting Health Ed Common Core Standards

(Thus far, assistance was offered to principal at one school. She communicated this to teachers, but no one reached out at this time.)

Meal Participation

Community Eligibility Provision (CEP) District-wide

- 8 schools added to the 9 existing CEP schools
- 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.
- Studies show that a student that is not hungry is better able to concentrate and may have less behavioral problems.

<https://www.nokidhungry.org/blog/how-does-hunger-affect-learning>

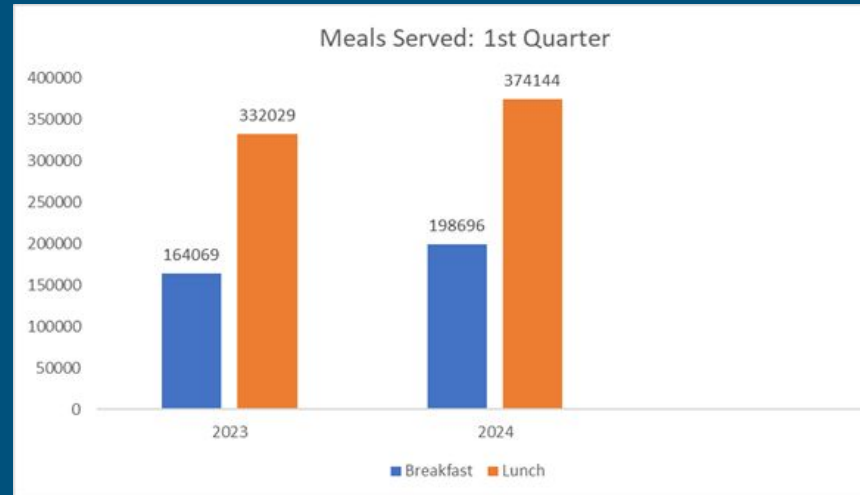
<https://www.iaa.nl/sites/default/files/2024-03/CB22-Hunger-and-Learning-Environment.pdf>

<https://www.sciencedirect.com/science/article/abs/pii/S2405457723001419>



Meal Participation

- Breakfast participation - first quarter of 2024 = 21% increase
- Lunch participation - first quarter of 2024 = 13% increase



2025-2026 Goals for Student Nutrition

Continue moving forward:

- Student Nutrition will continue to attend and be an active participant in Wellness Committee meetings at the schools.
- Student Nutrition will continue to spread more nutrition ed through various methods, such as mini messages in the cafeteria, district newsletters, and food tastings in the cafeteria.

Comprehensive School Physical Activity goals identified last year

- 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

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

To what degree are KCSD students provided with opportunities and participation in clubs, extra, and/or co-curricular activities?

- 507 total opportunities for students to participate in a club, extra, and/or co-curricular activity (+36 from October 2023)
- 7,992 students (59%) are participating in a club, extra, and/or co-curricular activity (-5% from October 2023)
- Next update is January 31st

Reasons why participation is important

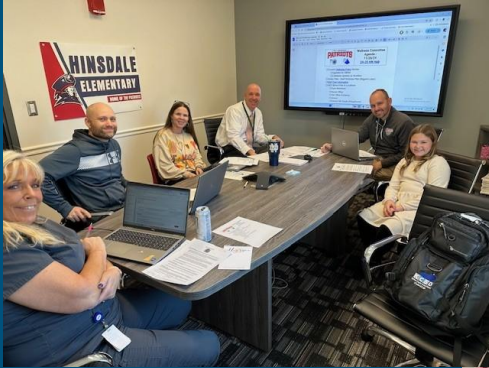
District-wide percentages as of December 2024

- 50% of students with a Chronic Absenteeism rate between 10% - 14.99% are not engaged in an activity in or out of school.
- 57% of students with a Chronic Absenteeism rate between 15% - 19.99% are not engaged in an activity in or out of school.
- 78% of students with a Chronic Absenteeism rate 20%+ are not engaged in an activity in or out of school.

Chronic Absenteeism vs. Engagement			
Absent %	Total	Total Not Eng	% Not Eng
10-14.99%	681	340	50%
15-19.99	340	194	57%
20%+	255	198	78%

Wellness Committee Meetings are well underway

Hinsdale



Ryland



Beechgrove



Ft. Wright



Kenton Elementary



Caywood



Whites Tower



Wellness Policies

Per Policy 09.2 Student Welfare and Wellness, all schools containing grades K-5 or any combination thereof, shall develop and implement an individual wellness policy per KRS 160.345 and Board Policy 02.4241.

Piner, Beechgrove, and Ryland reviewed/updated Wellness Policy in 2024

River Ridge scheduled to review/update Wellness Policy in January

Alliance for a Healthier Generation

Since 2013 the KCSD has partnered with the [Alliance for a Healthier Generation](#) to help support our student's physical, social, and emotional health.

This program provides a Healthy Schools Assessment tool that determines a school's or district's effectiveness in the following areas:

- Policy and Environment
- Nutrition Services
- Smart Snacks
- Health & Physical Education
- Physical Activity
- Employee Wellness

Physical Activity

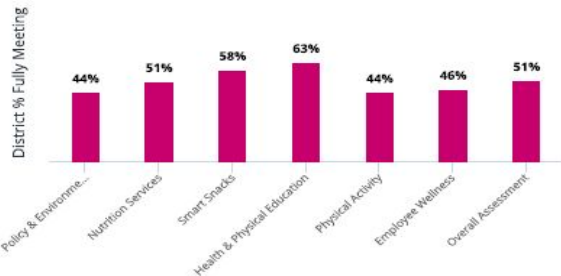
PA-1	Recess
PA-2	Availability of physical activity breaks in classrooms
PA-3	Promotion or support of walking and bicycling to and/or from school
PA-4	Availability of before- and after-school physical activity opportunities
PA-5	Professional development for classroom teachers
PA-6	Prohibit using physical activity as punishment
PA-7	Prohibit withholding recess as punishment
PA-8	Access to physical activity facilities outside school hours

District Dashboard

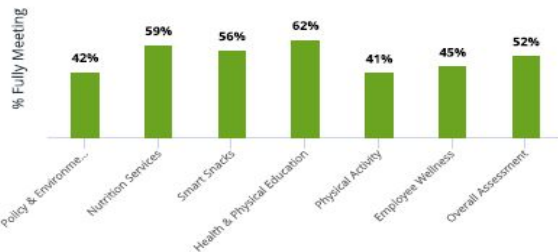
This report provides enrollment, action plan and assessment data for schools in the selected district, for the selected program and assessment.

The data can be used to understand trends in work completed, identify current areas of focus, and suggests areas of opportunity for future policy and practice change efforts.

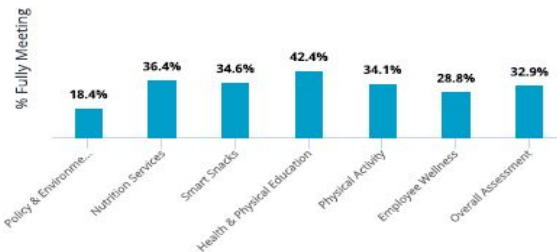
KY | District % Fully Meeting by Module



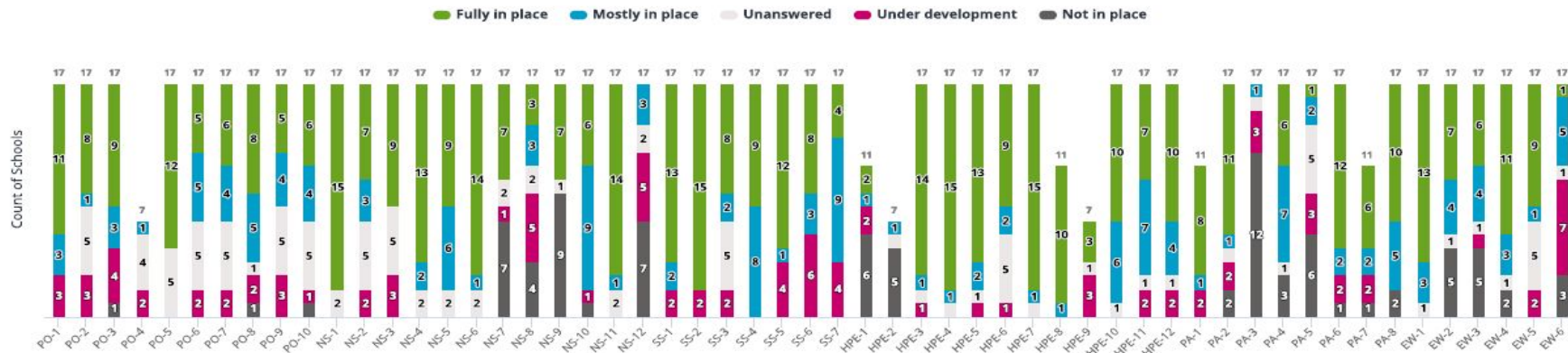
KY | State % Fully Meeting by Module



KY | Nation % Fully Meeting by Module



Assessment Responses



Some question are not applicable to all school types (elementary, middle, or high school). This will account for the difference in totals.

100%

of Elementary Schools completed the Assessment

Only 4 worked on it within the last year



100%

of Elementary Schools have at least 1 Action Plan

Ft. Wright has 15

Taylor Mill has 8

Action Plan [ⓘ]

📄 Download printable version

Filter by assignee... ✕

To work on [ⓘ]

+ Add item

School nutrition education for caregivers

☐ Not in place  

School implementation of farm to school activities

☐ Not in place  

Collaboration between school nutrition services staff members and teachers

☒ Mostly in place  

School-level collaboration for student nutrition education

☐ Not in place  

Gathering input on school physical education and physical activity policies

☐ Not in place  

Representative school health committee or team

☒ Fully in place  

This year's goals [ⓘ]

+ Add item

Written school health and safety policies

☒ Fully in place  

Promote healthy food and beverage choices and school meals using marketing and merchandising techniques.

☒ Fully in place  

Done [ⓘ]

+ Add item

To what extent does your school provide nutrition education opportunities for families and caregivers?

NOT IN PLACE

- 🟡 Our school does not provide nutrition education opportunities for families and caregivers.

2025-26 Goals for Physical Activity

Continue moving forward:

- Improvement in student engagement
- Regular review of Wellness Policies
- Schools enhance their participation in the Alliance for a Healthier Generation
 - Schools to review/update Healthy Schools Assessment annually
 - Assist with Action Plans until they are done and new ones created