









## Nutrition & Physical Activity Report



### NUTRITION





#### What is my child being offered daily for school breakfast/lunch?

-  Whole & multigrain bread items.
-  Fresh fruits & vegetables.
-  Variety of low fat milk (only 1% or skim), 100% fruit juice.
-  More baked items, reducing/eliminating fried items, zero trans fat oils.
-  Variety of healthy menu items, portion control & provides minimum 1/3rd of the daily recommended dietary allowances at lunch and 1/4th at breakfast.
-  Ala carte items are less than 30% fat, 10% saturated fat, 32% sugar by weight.

### PHYSICAL ACTIVITY

#### What type of physical activities is my child participating in at school?

To align with Kentucky Senate Bill 172 current FCPS Board Policy (09.2 Student Wellness) establishes the following:

- ⇒ Support for school efforts to provide students opportunities, support and encouragement to be physically active on a regular bases as provided by school/council policy.
- ⇒ Expectation that schools provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish links between health education and school meal programs
- ⇒ Recommendation that all elementary-aged children be provided up to 30 minutes per day (150 minutes per week) of supervised moderate to vigorous physical activity and/or physical education classes.
- ⇒ Expectation that extracurricular and co-curricular activities be made available to middle and high school students
- ⇒ Requirement that staff report annually the status of school wellness and physical activity programs. Data gathered this current year includes:
  -  All schools provide access for all students to physical education classes, and successful completion of a physical education class is a requirement for graduation from the high school level.
  -  Although infrequent, students are sometimes held from recess and/or physical education classes as a result of inappropriate classroom behavior.
  -  Many teachers are beginning to incorporate “energizers” (activities involving movement) into their regular classroom settings
  -  Schools continue to provide opportunities for physical activity before and after school. The district’s 2020 Vision recommendations encourage expansion of this practice. The FCPS Board of Education supports this goal with funding for 2020 Vision activities at the school level.

**FCPS**

**District  
Wellness  
Check-Up  
Fall 2008**



## HealthierUS School Challenge: Recognizing Nutrition Excellence in Schools

### FAYETTE SCHOOLS RECOGNIZED FOR HEALTHIER U.S. SCHOOL CHALLENGE

In Kentucky, 121 elementary schools have been designated as Gold, Silver, or Bronze in the Healthier US School Challenge (HUSSC), which is supported by the U.S. Department of Agriculture (USDA). Fayette County had the following 21 elementary schools recognized.

#### 11 GOLD

Arlington, Booker T. Washington, Deep Springs, James Lane Allen, Julius Marks, Liberty, Mary Todd, Northern, Russell Cave, Squires, Yates.

#### 10 BRONZE

Athens-Chilesburg, Cassidy, Garden Springs, Glendover, Lansdowne, Meadowthorpe, Picadome, Southern, Stonewall, Veterans Park.

Currently ALL Fayette elementary school sites follow the Gold criteria standards, however, based on less than 70% meal participation, some sites could only be recognized as a Bronze status. Other elementary sites not listed above will be applying for HUSSC recognition this school year.

HUSSC was established in 2004 by the USDA to encourage schools to make changes to their school wellness environments. The object is to recognize schools that take specific steps to improve their programs to address obesity and to encourage other schools to follow their lead. This recognition indicates that the schools met the menu planning, physical activity and nutrition education criteria of HUSSC.

#### **Kentucky leads the nation in the number of schools receiving this recognition.**

<http://www.fns.usda.gov/tn/HealthierUS/index.html>



Five crucial activities were incorporated into the Coordinated District Improvement Plan (CDIP) and need to be embraced by each school in the district in order for FCPS to meet the goals set forth by the Board to improve overall student wellness:

**Activity HN1** – Develop a district-wide health advisory council.

**Activity HN2** – Continue to develop and expand the breakfast and lunch program:

**Activity HN3** – Develop a Nutrition Integrity Policy that addresses not using food as a reward for behavior or academic success.

**Activity HN4** – FCPS Child Nutrition Division will work with elementary schools to achieve Gold Certification in its operations as defined by the USDA HealthierUS School Challenge.

**Activity HN5** – Develop a policy to ensure that each child has 30 minutes of physical activity each day (K-5):

Fayette County Public Schools  
701 East Main Street  
Lexington, KY 40502  
859.381.4100  
www.fcps.net