

Nutrition and Physical Activity Report Recommendations

January 2009

To continue to improve FCPS Student Wellness, this Report is designed to serve as a reference. It is to provide guidance for the development of the district improvement plans.

KRS 158.856(1)(4)(5) requires that the District annually assess the Nutrition Environment, report findings, provide recommendations, solicit public input and develop an improvement plan.

KRS 158.856(2)(3)(5) requires that the District annually assess the Physical Activity Environment, report findings, provide recommendations, solicit public input and develop an improvement plan.

By Jan. 31 of each year, the local board of education shall hold an advertised public forum to present a plan to improve school nutrition and physical activities in the school district. The school district shall then submit a summary of findings and recommendations to the Kentucky Board of Education.

Federal Law (Child Nutrition and WIC Reauthorization Act of 2004) requires each Board to develop and implement a Student Wellness Policy by July 1, 2006. In June of 2006, FCPS Board of Education approved a Student Wellness Policy and Plan.

RECOMMENDATION: Fall 2008, the nutrition and physical activity environments were assessed. The FCPS Wellness Check-Up Report was presented at the November 2008 Board Meeting. Following the release of the report, public comments were encouraged and accepted by the District 60 days following the release of the report. A public forum was conducted on 12/1/08.

Recommendations are for the FCPS to proceed with the implementation of the Student Wellness Plan as presented in June 2006, by incorporating recommended best practices into the FCPS District Improvement Plan as follows:

Activity HN1 – Develop a districtwide health advisory council.

The School Health Advisory Council was revamped January 2007. The Council meets regularly and within the past year has changed focus to Coordinated School Health. Two teams consisting of members of this council attended a Coordinated School Health Promotion workshop during June 2008 and other various Wellness related workshops over the past year.

The teams explored various programs that could be implemented into the FCPS to improve the wellness of students and staff.

- It is recommended that the Coordinated School Health Advisory Council review and make recommendations regarding the 2006 District Student Wellness Plan.
- It is recommended that schools be encouraged to develop a school-based Coordinated School Health Committee to coordinate and monitor needs, resources, physical activity and policy/instruction related to health, physical activity, and nutrition. The school-

based committee would work closely with the Coordinated School Healthy Advisory Committee. A one day informational workshop for teams of teachers/parents/administrators from FCPS would be conducted.

- The Fayette County Health Department nurses have begun working with the FCPS Practical Living Specialist to develop and present workshops related to wellness, health and physical activity.
- Recognize wellness activities within the District through various media communications such as the Web site, Channel 13 and Stu's News.

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

- School Sites are implementing ways to allow more time for students to eat breakfast and lunch each day. Grab N Go Breakfast programs have been implemented in some elementary sites.
- The following items are being offered daily: whole grain & multi grain bread items, fresh fruits & vegetables, variety of low fat (1% or skim) milk, 100% fruit juice.
- Ala carte/Vending items continue to meet the KDE vending guidelines: $\leq 30\%$ fat calories, ≤ 10 saturated fat, $\leq 32\%$ sugar by weight, portion controlled.
- Across the District there continues to be a reduction and/or elimination of fried foods by replacing equipment so that eventually no food is fried. The following sites do not fry: Arlington, Athens-Chilesburg, Booker T Washington Academy, Bryan Station High, Cassidy, Deep Springs, Garden Springs, James Lane Allen, Liberty, Rosa Parks, Sandersville, Veterans Park, William Wells Brown.
- It is recommended that the Child Nutrition Program assess sodium content of items and reduce when possible.
- Nutrient Information regarding menu and ala carte items has been made available on the FCPS website. Menus posted on the website now contain reference to carbohydrates, whole grain, whole wheat and pork products.

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

FCPS Board of Education Policy 9.2—Student Wellness addresses all recommendations for school nutrition activities. Specifically the policy encourages schools to follow accepted nutrition guidelines for all foods provided to students through meal programs or any other offering.

- It is recommended that non-nutritional food items (candy, chocolate, etc) not be used as rewards in the classroom. Items that meet the nutritional guidelines and or non-food items should be used as rewards.

Activity HN4 – FCPS Food Service Division will work with elementary schools to achieve Gold

Certification in its operations as defined by the USDA Healthier US School Challenge.

The following elementary sites were recognized by USDA Fall 2008 for their steps taken to improve their wellness environments. Currently all district elementary sites follow the Gold criteria standards, however, based on less than a 70% meal participation, some sites could only be recognized as a Bronze status:

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

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

The following elementary sites are in the process of applying for this recognition:

Gold: Breckinridge, Dixie, Harrison, Millcreek, Sandersville, Tates Creek Elementary, Williams Wells Brown.

Bronze: Ashland

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

FCPS Board of Education Policy 9.2—Student Wellness recommends elementary-aged students be provided 30 minutes of physical activity each day (a minimum of 150 minutes per week).

- Board Policy recommends that middle and high school-aged students be provided this opportunity through extra/co-curricular programs.
 - “Energizers” (an activity involving movement) are being incorporated into many classroom settings.
 - Encourage elementary schools to eliminate the removal of physical education class or recess as a punishment. This may include a review of current policies that allow this practice. Encourage schools to reward students who complete their assignments, follow behavior guidelines etc. with extra activity.
 - Encourage schools to begin programs that encourage physical activity before and after school. Active collaboration with community agencies, universities, clubs and non-traditional “sports” will allow for more participation.
 - Encourage each school to appoint a person or a Coordinated School Health Committee to monitor physical activity offerings within the school, encourage parental involvement in an active lifestyle for students and community collaboration.
- Explore ways to critique physical education programs at each school.

Submitted by:

[Michelle Coker](#), MA, RD, LD
Director Child Nutrition Program

[Betty White](#)
Health/PE Content Specialist