

Nutrition & Physical Activity Report


FCPS District Wellness Check-Up Fall 2009


Five crucial activities have been 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.


The Coordinated School Healthy Advisory Council is composed of a variety of members including Fayette County Public School Staff, Lexington Health Department, community healthcare providers, parents and various other participants. The Council meets on a monthly basis to plan and act on the 8 components regarding school health. Anyone who is interested is invited to participate in CSHAC.

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

 Offered Daily: whole/multigrain items, fresh fruits/vegetables, variety of salads/fruit plates, 1% or skim milk, 100% fruit juice.

 Fresh Fruit/Veggie Grant: 9 elementary sites received a grant to serve fresh fruits/vegetables during non-meal times throughout the school year reaching 3963 students with \$193,950.

 Reducing/eliminating fried items: 19 out of 53 kitchens do not have fryers. Kitchens that have fryers have increased baking and reduced frying items. Zero trans fat oils are used when frying.

 Equipment Stimulus Grant: received \$35,000 for 2 combi ovens to replace fryers.

 Continuing to work closely with manufacturers/vendors to lower sodium content and increase vegetarian items.

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 Child Nutrition Division will work with elementary schools to achieve Certification in its operations as defined by the USDA HealthierUS School Challenge.



HealthierUS School Challenge: Recognizing Nutrition Excellence in Schools

This recognition indicates that the schools meet the menu planning, physical activity and nutrition education criteria of HUSSC. Fayette County had 8 gold and 1 bronze awards added this year for a total of 29 elementary schools recognized by the U.S. Department of Agriculture (USDA).

18 GOLD Arlington, Breckinridge, Booker T. Washington, Deep Springs, Dixie, Harrison, James Lane Allen, Julius Marks, Liberty, Mary Todd, Millcreek, Northern, Russell Cave, Sandersville, Squires, Tates Creek Elem, William Wells Brown, Yates.

11 BRONZE Ashland, 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.



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

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.
- √ Professional development training for teachers related to incorporating movement activities and energizers in the classroom curriculum.
- √ Providing cardio-respiratory challenge for elementary classes.
- √ Providing workout videos for indoor recess.
- √ Elementary clubs that provide before/after physical activity including Jump Rope Club/Team, Healthy Hearts Walking Club, Intramural Sports and reward passes to the gym at the end of the day.
- √ Walk your child to school, VERB Summer Score Card and other activities are promoted and encouraged by school staff.
- √ Using the morning video announcements to incorporate Morning Moves or short group physical activities.
- ⇒ 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.
- √ Students receive instruction from certified Physical Education and Health teachers based on a rotating or prescribed schedule.
- √ Health and Family and Consumer Sciences Classes relate nutritional education curriculum to real life activities incorporating decision making skills.
- ⇒ 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.
- √ Schools have been instructed to provide daily activity through structured recess which includes play, walking and other activities.
- √ All elementary-age students receive Physical Education instruction on a rotating basis from a certified Physical Education teacher.
- ⇒ Expectation that extracurricular and co-curricular activities be made available to middle and high school students.
- √ Varsity sports teams at all middle and high schools.
- √ Intramural programs at all middle and high schools.
- √ Middle and high schools are providing additional club sports including indoor soccer, lacrosse, archery.
- √ Exercise, yoga programs before and after school.
- ⇒ Requirement that staff report annually the status of school wellness and physical activity programs. Data gathered during 2009 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.