

NUTRITION & PHYSICAL ACTIVITY REPORT

RECOMMENDATIONS

January 2010

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 of the schools, 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 of the schools, report findings, provide recommendations, solicit public input and develop an improvement plan.

By January 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 2009, the nutrition and physical activity environments were assessed. The FCPS Wellness Check-Up Report was presented at the November 2009 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 11/30/09.

Activity HNI – Develop a district-wide health advisory council.

The Coordinated School Health Advisory Council (CSHAC) is a partnership between Fayette County Public Schools, Lexington Health Department and various community participants. The group meets on a regular basis to coordinate the 8 components regarding school health. CSHAC explores various programs that can 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 revision recommendations as needed regarding the District Student Wellness Plan.
- It is recommended that a committee be formed to research the suggestions from the public forum including but not limited to:

- Wellness Coordinator at the district level, job description, funding sources for the position, benefits to district and related information.
 - Information distribution for school administrators related to wellness and coordinated school health.
- 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.
 - It is recommended to include Wellness Corner in Stu's News to highlight school wellness activities. Individual schools to submit wellness activities to be included in the newsletter.
 - It is recommended that school administrators and teachers be offered an opportunity to participate in training/informational sessions related to Coordinated School Health.

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

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: ≤ 30% fat calories, ≤ 10 saturated fat, ≤ 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 (20 out of 53 kitchens): Arlington, Athens-Chilesburg, Booker T Washington Academy (2), Bryan Station Middle School, Bryan Station High, Cassidy, Deep Springs, Garden Springs, James Lane Allen, Leestown, Liberty, Millcreek, Rosa Parks, Russell Cave, Sandersville, Southern Elem, The Learning Center, Veterans Park, William Wells Brown.
- It is recommended that the Child Nutrition Program continue to assess sodium content of items and reduce when possible.
- Nutrient Information regarding menu and ala carte items are 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 and 2006 District Wellness Plan 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 the following underlined statement be removed from the District Wellness Plan.

Rewards (Wellness Plan 2006)

As examples of best practices for schools to consider, schools are encouraged to not use foods or beverages that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

Activity HN4 – FCPS Child Nutrition will work with elementary schools to achieve and maintain their Gold Certification in its operations as defined by the USDA Healthier US School Challenge.

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:

The following elementary sites were recognized by USDA Fall 2009 for their steps taken to improve their wellness environments:

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

Bronze: Ashland

The following elementary sites were recognized by USDA Fall 2008:

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.

- It is recommended to achieve and/or maintain Gold Certification for elementary sites.
- It is recommended to seek recognition programs for Middle and High School nutrition/physical activity programs.

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).

- It is recommended to continue to provide “Energizers” (an activity involving movement) into classroom settings.
- It is recommended to continue to encourage elementary schools not to reduce or

eliminate physical education class or recess as a punishment. Encourage schools to reward students with extra physical activity.

- It is recommended to continue to encourage schools to begin programs that offer physical activity before and after school. Active collaboration with community agencies, universities, clubs and non-traditional “sports” will allow for more participation.
- It is recommended that the schools complete a standardized Wellness Check-up report to provide information regarding wellness activities.

Attachment: Summary of Public Input

Submitted by:

Michelle Coker MA, RD, LD
Director Child Nutrition Program

Betty White
Health/PE Content Specialist

NUTRITION AND PHYSICAL ACTIVITY REPORT
11/30/09

The FCPS Public Forum was conducted on 11/30/09 at 5:00 p.m. There were ten (10) individuals in attendance and five (5) e-mail responses.

Michelle Coker and Betty White presented an overview of the report card.

Speakers:

- **Kelly Easton**, Executive Director of Child Development Branch of YMCA of Central Kentucky. The YMCA has 11 before and after school programs in Fayette County elementary and middle schools at which physical activity is taken seriously. They have been sponsoring several pilot programs at several elementary schools to promote family fitness. These programs include: Mondays on the Move, Walking Wednesdays, and Fitness Fridays. They have participated in wellness fairs and have changed their snack menus to include healthier food items as well as restricting the use of food as a reward.

Recommendations/Observations/Comments:

(1) Continue to provide program space for physical activities.

- **Anita Courtney**, parent and Chair of Tweens Nutrition and Fitness Coalition, reported that a study at Emory University states that obesity is growing faster than any other health issue. Schools are a place where education can take place on this important issue.

Recommendations/Observations/Comments:

(1) More detail be included as to what particular schools are doing for wellness activities included in report card.

(2) More information on the nutrition programs at the Middle and High School levels.

(3) More details included on the lowering of sodium content in school meals.

(4) More information on the Fruit and Vegetable Grant.

(5) List of schools with functioning Wellness Councils.

(6) Fayette County Schools should hire a full-time Wellness Coordinator.

(7) Include a 'Wellness Corner' in Stu's News that highlights school wellness activities.

(8) Educate school administrators about the importance of wellness and wellness policies using West Virginia's program, *Smart Food = Smarter Kids*.

- **Casey Hinds**, parent

Recommendations/Observations/Comments:

(1) No food should be used as a reward even if it meets nutritional guidelines.

(2) Healthier Us Schools Challenge awards may not be renewed if schools don't adopt policies that prohibit the use of food as a reward.

(3) Requesting more information on the Pepsi contract.

- **Aaron Beighle**, University of Kentucky – Kinesiology and Health Promotion

Recommendations/Observations/Comments:

(1) Fayette County Schools should hire a full-time Wellness Coordinator.

(2) More detail should be included as to what each school is doing in regards to wellness.

(3) Aaron is currently working with the CDC on Comprehensive School Health Index.

(4) Jefferson County has a "wellness" magnet school that includes classroom physical activity and uses activity as a reward instead of food.

- **Joanna Quigley**, Pediatric Resident, University of Kentucky Children's Hospital

Recommendations/Observations/Comments:

(1) Pediatric Physicians at UK Children's Hospital are striving to become advocates for health education due especially to the obesity epidemic.

- **Michelle Marra**, FCPS Coordinator of School Health Nurses

Recommendations/Observations/Comments:

- (1) Use of stronger wording in policies and procedures.
- (2) More than nutrition and physical activity should be included in wellness plan/reports.

E-mails

- **Heather Erwin**, University of Kentucky – Kinesiology and Health Promotion

Recommendations/Observations/Comments:

- (1) A Physical Educator be designates as the Physical Activity Coordinator or Director of the school. He/she would be responsible for organizing physical activity and nutrition opportunities throughout the school (similar to the Active and Healthy Schools approach).
- (2) Secondary schools were, for the most part, left out of the physical activity portion of the report card.
- (3) Discourage teachers from taking away recess as punishment and pulling students out of physical education for other academic-related purposes.

- **Tonya Chang**, Kentucky Director of Advocacy – American Heart Association

Recommendations/Observations/Comments:

- (1) The use of food as a reward should be discouraged, even foods that meet the nutritional guidelines.
- (2) Schools should be prohibited from withholding access to physical activity as a form of discipline.
- (3) More specific information for individual elementary schools so that it could be easily determined how much access children have to physical activity.
- (4) KRS 158.856 requires the evaluation to address the availability of contracted fast food or foods sold through commercial vendors, a review of access to foods and beverages sold outside the National School Breakfast and Lunch programs, recommendations to improve the school nutrition environment and a list of foods and beverages that are available to students, including the nutritional value of the foods and beverages. (This information is already available on the FCPS website)

- **Ilka Balk**, parent

Recommendations/Observations/Comments:

- (1) Concern that FCPS was considering a policy allowing the use of food as a reward.

- **Janice Vranicar**, parent

Recommendations/Observations/Comments:

- (1) Concern that a policy endorsing the use of food(s) such as Pop Tarts, pizza and ice cream be uses as rewards was being recommended.
- (2) More recess time or "down" time where kids can socialize with their classmates.

- **Joe Bowsher**, Physical Education and Health Teacher, FCPS

Recommendations/Observations/Comments:

- (1) Withholding participation in field day activities should not be used to discipline students. Field day activities meet several core content areas.