

Nutrition & Physical Activity Report Fall 2010



WWW.FCPS.NET

Fayette County Public Schools

Compliance with the National School Breakfast and National School Lunch Program:

The Fayette County Public School District is committed to providing school environments that promote and protect student health, well-being, and the ability to learn by supporting healthy eating and physical activity.

The FCPS Child Nutrition Program is in full compliance with the regulations of the National School Breakfast and Lunch Programs. (NSBP/NSLP)

Studies confirm that students who eat breakfast score higher on tests, miss fewer days, improve attention spans and develop better social skills. All schools offer hot, nutritious choices for breakfast that meet the USDA nutrition guidelines.

Federal reimbursement is provided for each school lunch served that meets the USDA nutrition guidelines. These guidelines promote meal quality with the addition of commodity donations that assist farmers and help maintain affordable school meal prices.

One of our goals is to eliminate frying in the district. We have increased from 20 to 25 school sites (55 total) that do not have fryers.

Other sites have reduced frying and only use the fryer for back up purposes. Fryers are not replaced when broken and removed during renovations.

School meals:

- Are planned in accordance with the recommended daily allowances (RDA) and must meet the meal pattern requirements as specified by USDA for entrees, fruits, vegetables, and milk.
- Are portioned and designed to meet the needs of growing children that meet minimum calorie requirements and fat/saturated fat restrictions.
- Meet requirements for a variety of important nutrients including calcium, iron and vitamins A & C.
- Include whole grains, fresh fruits and vegetables, 1% fat milk, skim milk and 100% calcium fortified fruit juice daily.

Contracts with Commercial Vendors:

Pizza is the only item contracted with a commercial vendor as an entrée in the high schools. The pizza is a product specifically

prepared to meet the nutrition guidelines of the NSLP.

Status of Ala Carte and Vending Sales:

Food and beverage items that are sold as extras on the cafeteria lines and vending machines meet the minimum nutrition standards required by Kentucky Board of Education. These standards are designed to limit access to items with little or no nutrient density.

Based on the **Competitive Food Rule**: no sales from fundraisers, school store sales and vending machines (excluding meal vending) should take place until 30 minutes after the last lunch period ends.

Rewards (Wellness Plan 2006)

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

Nutrition Information for Breakfasts and Lunches*

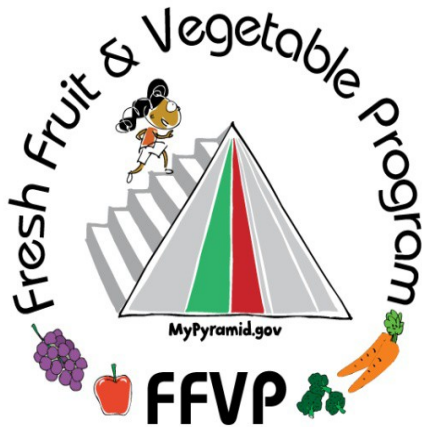
	Target	Breakfast	Target	Lunch
Calories	500	462	667	667
Iron	2.5 mg	3.3 mg	3.3 mg	4.26 mg
Calcium	200 mg	397 mg	267 mg	437 mg
Vitamin A	875 IU	2310 IU	1165 IU	1240 IU
Vitamin C	11.25 mg	64.25 mg	15 mg	31.15 mg
Protein	7 g	14.6 g	10 g	26.3 g
Fat	≤ 30%	16 %	≤ 30%	21 %
Saturated Fat	≤ 10%	6.8 %	≤ 10%	6.2 %



*Nutrition information based on a weekly weighted average for grades K-5.

**Nutrition data for foods and beverages are available on district web site.

USDA Fresh Fruit & Vegetable Program



The Fresh Fruit and Vegetable Program (FFVP) provides all children in participating schools with a variety of free fresh fruits and vegetables throughout the school day. It is an effective and creative way of introducing fresh fruits and vegetables as healthy snack options. The FFVP also encourages schools to develop partnerships at the State and local level for support in implementing and operating the program. Students also receive additional nutrition education as part of this program.

This program is seen as an important catalyst for change in efforts to combat childhood obesity by helping children learn more healthful eating habits. The FFVP introduces school children to a variety of produce that they otherwise might not have had the opportunity to sample. Many of these items have been obtained from local farmers.

www.fns.usda.gov/cnd/ffvp/ffvpdefault.htm

The Goals of the FFVP

- Create healthier school environments by providing healthier food choices.
- Expand the variety of fruits and vegetables children experience.
- Increase children's fruit and vegetable consumption.
- Make a difference in children's diets to impact their present and future health.

FCPS has 9 qualifying elementary schools: **Arlington, Booker T Washington Academy Primary/Intermediate, Breckinridge, Cardinal Valley, Harrison, Mary Todd, Northern, Russell Cave, and William Wells Brown.**

USDA Healthier US School Challenge



Kentucky leads the nation in elementary schools that have been recognized as Gold, Silver or Bronze Level status in the USDA HealthierUS School Challenge (HUSSC). This recognition indicates that the schools meet the menu planning, physical activity and nutrition education criteria of HUSSC. All FCPS elementary schools follow the Gold menu standards; however, some schools did not meet the 70% meal participation requirement to qualify for the Gold level. The Child Nutrition Program is in the process of reapplying for those school sites who have previously been recognized as Gold or Bronze status. For more information, visit www.fns.usda.gov/tn/HealthierUS/index.html.

Fayette County Public Schools (10/09 - 09/11)

- **Ashland Elementary School (Bronze)**
- **Breckinridge Elementary School (Gold)**
- **Dixie Elementary School (Gold)**
- **Harrison Elementary School (Gold)**
- **Millcreek Elementary School (Gold)**
- **Sandersville Elementary School (Gold)**
- **Tates Creek Elementary School (Gold)**
- **William Wells Brown Elementary School (Gold)**

Physical Activity Report

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

Girls on the Run!

Numerous schools this year implemented “Girls on the Run!” The goal of Girls on the Run is to “educate and prepare girls for a lifetime of self-respect and healthy living.” Girls on the Run combines training for a 5K race with information on self-esteem, life skill development, body image, peer pressure and goal setting.

World Fit begins with Fayette County Schools

Olympians Micki King and Tyson Gay not only gave a PEP talk to kick off the World Fit programs at Beaumont Middle and Winburn Middle, but they continued to give students encouragement during the 6 week program. World Fit encouraged students to track their physical activity on-line while competing with other school across the nation. Students were asked to be active 45 minutes each day including time walking at school with teachers and staff. Beaumont students logged 255,529 miles (top in all pilot schools) while Winburn logged 120,871 miles (second place).

Wellness Corner

During the 2009-2010 school year, Stu’s news included a new feature, the “Wellness Corner.” The Wellness Corner highlighted innovative activities that improved students health, wellness or provided additional physical activity. Articles included information on Southern Middle School’s revamped Physical Education program, bike safety, dental screenings, and nutrition as well as a variety of innovative physical activity programs.

Professional Development

During 2010 four different Professional Development trainings were offered for FCPS elementary physical education teachers on bike safety as part of the Bike Safety Grant the district received this year. The teachers were able to implement bike safety for all students at their school in the spring of 2010. In August, teachers were allowed to attend a training entitled “Energize Your PE program.” New activities and programs were presented along with how to incorporate them into existing curriculum. Archery Certification was available also.

It’s About Kids - Riding bikes

FCPS was awarded a grant from the Kentucky Bicycle and Bikeway Commission that funded stage one of a new program for our students. Elementary Physical Education teachers were trained by certified instructors in bicycle safety and important concepts that were needed by anyone who rides a bike. Students at SCAPA wrote and performed public service announcements related to different aspects of bike safety. Bike safety reading materials were purchased for each elementary school. PEPSI donated a door hanger for each elementary student with bike safety and wellness advice on it. The pre- and post-test given by teachers showed the program to be effective.

Status of School Wellness and Physical Activity Programs

Elementary Schools.....when schools did not give information a * will be in the space

School name	Days per week intramurals offered	Fitness clubs basis	Coordinated School Health Committee	Students removed from PE or recess	Staff has received training on the use of energizers	Staff has received training on bike safety
Arlington	0	PE Club, Soccer & Staff Fitness	no	removed from PE for Orchestra and to make up work	no, but has Brain Breaks	yes
Ashland	0	Girls on the Run twice/week, CAP after school, staff fitness	no	Only for Band & orchestra	yes	yes
Athens-Chilesburg	Basketball & cheerleading through ESP	Jump Rope Team meets 2 days/week, Girls on the Run	no	only for Band & orchestra	no	yes
Booker T. Washington Academy	0	Girls on the Run (2 days/week)	not fully functioning	no	yes-in 2009	yes
Breckinridge	0	FITT Club- 8 weeks	no	occasionally	no	yes
Cardinal Valley	0	0	0	for band/orchestra	no	yes
Cassidy	0	0	no	no	yes	yes
Clays Mill	0	yoga/pilates, aerobic exercise, cheerleading, pep club, tennis	no	for band/orchestra	yes	yes
Deep springs	After School Program has fitness activities	0	no	for band/orchestra	no	no
Dixie	0- but ESP has an activity component	Fitness club-2 days/week, Girls on the Run 2 day/week	yes	no	no	yes
Garden Springs	0	Girl's on the Run	not sure	PE-No, Recess-pulled to finish work or to walk	no	yes
Glendover	0	Jump rope team, basketball league	no	no	no	yes
Harrison	0	fitness club twice a week	no	no	yes	yes
James Lane Allen	0	soccer, dance team, disc golf club, aikido, Girls on the Run	yes	no	no	yes
Julius Marks	1	Fitness Club- 2 groups	somewhat, need to be re-booted	no	use Take !0	yes
Lansdowne	0	2 Physical Activity clubs	no	no	no	yes
Liberty	0	after school basketball	no	yes, for band & orchestra	no	yes
Mary Todd	0	Girl's on the Run twice a week	no	no	Fitness training	no
Maxwell	0	0	no	occasionally	no	yes
Meadowthorpe	0	from Post Time-dance team, physical fitness team, basketball	no	only partial P. E. class for band and orchestra	no	yes

Elementary Schools continued.....when schools did not give information a * will be in the space

School name	Days per week intramurals offered	Fitness clubs basis	Coordinated School Health Committee	Students removed from PE or recess	Staff has received training on the use of energizers	Staff has received training on bike safety
Millcreek	0	Girl's on the Run 3times/week	No	occasionally	no	yes
Northern	0	Girls on the Run twice a week	no	removed from PE for Orchestra/Band, no from recess-students walk	no	yes
Picadome	Mileage Club done at recess or during movement breaks	Healthy Hearts, Girls on the Run	no	no	no	yes
Rosa Parks	0	Girl's on the Run, tennis	yes	no	yes- Take 10	yes
Russell Cave	0	0	no	sometimes	yes	yes
Sandersville	0	running, golf	yes	no	no	yes
Southern	0	Girls on the Run, YMCA after school program	no	yes for work or other matters, band & orchestra	no	no
Squires	2	healthy Hearts, Jump Rope Club, after School Program CASTLE, bike club	no	no	yes	yes
Stonewall	0	tennis, girls on the run	yes	no	yes	yes
Tates Creek Elem	0	Walking club during open gym, daily	Not fully implemented	P.E.-no Recess-restricted activities	Yes- Take 10	yes
Veterans park	0	Patriots sports skills Program, Girls on the Run	no	no	yes	yes
William Wells Brown	0	Jumping jaguars (limit 40)	no	yes	Take 10	yes
Yates	0	0	no	Sometimes	no	yes



Physical Activity in the Fayette County Public Schools



Middle Schools.....when schools did not give information a * will be in the space

School name	Days per week intramurals offered	Fitness clubs basis	Coordinated School Health Committee	Students removed from PE or recess	Staff has received training on the use of energizers
Beaumont	3 day/week for 30 weeks	Girl's on the Run, Zumba, Yoga, 4 additional club teams	no	no	yes
Bryan Station Traditional	No	Fitness club twice a week	No	Yes	no
Crawford	0	None	No	No	No
Edith J. Hayes	0	Girl's on the Run, Dance, Cross Country,	no	no	no
Jesse Clark	0	0	no	no	no
Leestown	No gym at the moment	No gym at the moment	No	No PE at this time	no
LTMS	2	Cross country, step team, hip hop dance	Yes	Occasionally	no
Morton	No	Open gym-not on a regular basis	Yes	No	No
Southern	3	running club	yes	no	yes
Tates Creek Middle	not this year-no gym	tennis, step team, dance	no	yes, if failing core class	no
Winburn	Every evening open gym and aerobics	Archery & walking club in spring	No	No	No

High Schools.....when schools did not give information a * will be in the space

School name	Days per week intramurals offered	Fitness clubs basis	Coordinated School Health Committee	Students removed from PE or recess	Staff has received training on the use of energizers
Bryan Station SR	0	0	no	no	no
Dunbar	3 activities, 3 days/week	Swing Dance Club	no	no	no
Henry Clay	1	Crossfit daily	No	No	No
Lafayette	2 days per week	yoga once per month	Wellness Committee	no	no
Tates Creek High	1	sports teams only	no	no	no

Alternative Schools.....when schools did not give information a * will be in the space

School name	Days per week intramurals offered	Fitness clubs basis	Coordinated School Health Committee	Students removed from PE or recess	Staff has received training on the use of energizers
Martin Luther King	0	0	no	yes	no
SCAPA	0	0	no	during middle school if they are failing a	some information
The Lindlee Learning Center	1—bi-weekly	Girl'd fitness	No, but a mind/body	No	No