

NUTRITION & PHYSICAL ACTIVITY REPORT
WELLNESS RECOMMENDATIONS
January 2011

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 2010, the nutrition and physical activity environments were assessed. The FCPS Wellness Check-Up Report was presented at the November 2010 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 11/30/10.

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 continues to meet 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 overall wellness status 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 plan Professional Development activities related to:
 - √ Coordinated School Health Committees
 - √ Energizers and classroom fitness activities
 - √ Tools used to evaluate school health and physical activity programs including but not limited to School Health Index, PECAT, HECAT
- 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. This will also help schools meet requirements for the Program Review.
- It is recommended each school in Fayette County be encouraged to have representative on the District Coordinated School Health Advisory Council.
- It is recommended that a supplemental position of a Wellness Coordinator be hired to work with the Practical Living Specialist and Child Nutrition Director.

National School Breakfast and Lunch Programs

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 (26 out 55 feeding sites): Arlington, Athens-Chilesburg, Booker T Washington Academy (2), Breckinridge, Bryan Station MS, Bryan Station HS, Cassidy, Deep Springs, Dixie, Family Care Center, James Lane Allen, Leestown, Liberty, Martin L King, Maxwell, Millcreek, Opportunity College, Rosa Parks, Russell Cave, Sandersville, Southern Elem, Tates Creek MS, The Learning Center, Veterans Park, William Wells Brown.
- Nutrient Information regarding menu and ala carte items are available on the FCPS website. Menus posted on the website contain nutritional reference to carbohydrates, whole grain, whole wheat and pork products.
- It is recommended that the Child Nutrition Program continue to assess sodium content of items and reduce when possible.

USDA HealthierUS School Challenge

Currently all district elementary sites follow the Gold criteria menu 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 2010 for their steps taken to improve their wellness environments:

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

Bronze: Ashland

- It is recommended to reapply for those elementary school sites that have previously been recognized as Gold or Bronze Status.
- It is recommended to apply for Middle and High School nutrition/physical activity program recognition.

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 school inventory such as School Health Index, PECAT, HECAT in order to self-monitor their school’s physical activity and wellness programs.

Submitted by:

Michelle Coker MA, RD, LD
Director Child Nutrition Program

Betty White
Health/PE Content Specialist