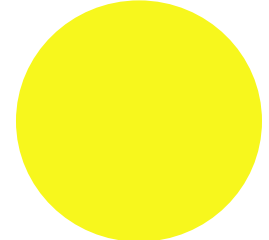
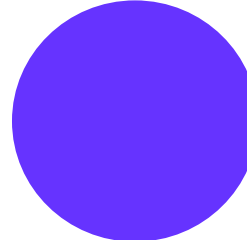
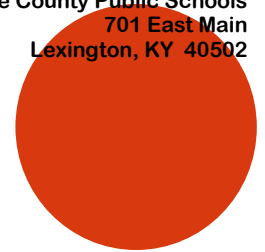
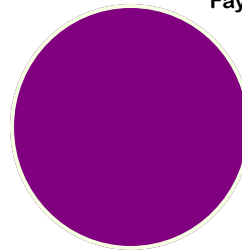
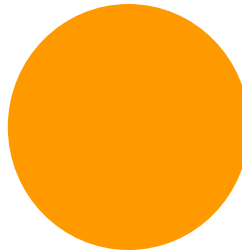
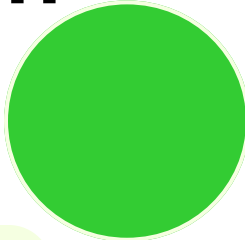


FCPS Wellness Report Card

Nutrition & Physical Activity Fall 2011



Report Features:

- **USDA National School Breakfast/Lunch Program**
- *New* **My Plate**
- **Competitive Food Rule**
- **Connect the Dots**
- **Best Practices**
- **Nutritional Value of School Meals**
- **USDA Fresh Fruit & Vegetable Program**
- **Farm To School**
- **School Garden Coalition**
- **Fuel Up to Play 60**
- **Physical Activity Report**

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USDA National School Breakfast/Lunch:

The District is committed to providing school environments that promote/protect student health, wellbeing, and the ability to learn by supporting healthy eating and physical activity.

Federal reimbursement is provided for each school meal served that meets the USDA nutrition guidelines. All schools offer hot, nutritious choices for breakfast and lunch.

School meals are planned in accordance with the Recommended Daily Allowances (RDAs) for 1/4 breakfast intake & 1/3 lunch intake of entrees, sides, fruits, vegetables, and dairy. Meals are portioned and designed to meet the calorie requirements, fat/saturated fat restrictions, and a variety of nutrients.

Items Offered Daily:

- Whole & multi grains
- Fresh fruits & vegetables
- 1% & skim milk
- Skim flavored milk
- 100% calcium fortified juice
- Multiple entrees
- Free water stations



The Child Nutrition Program utilizes the USDA My Plate to help educate children about healthy eating habits by teaching them what goes on

It's About Kids

their plate at every meal.

Balancing Calories:

- Enjoy your food but eat less.
- Avoid oversized portions.

Foods To Increase:

- Make half of your plate fruits & vegetables.
- Make at least half of your grains whole grains.
- Switch to fat-free or low fat (1%) milk.

Foods to Reduce:

- Reduce sodium in foods.
- Drink water instead of sugary drinks.

Competitive Food Rule:

No sales from fundraisers, school stores and vending machines should take place until 30 minutes after the last lunch period.

Nutritional Value of School Meals 2011-2012

Elementary	Breakfast	Lunch
Calories	460	655
Iron	3.2 mg	3.9 mg
Calcium	395 mg	452 mg
Vitamin A	2310 IU	2377 IU
Vitamin C	65 mg	40 mg
Protein	14.5 g	27.5 mg
% Cal. Fat	16%	28%
% Cal. Sat Fat	7%	9%



The Child Nutrition has implemented a program that color codes the school lunch menu items with the colors on the new MyPlate food guide by placing colored "dots" over each food item on the serving line.

The program called *Connect the Dots* was piloted in 5 elementary schools last school year and has expanded to include all 34 elementary schools this year.

In order to help the students learn what comprises a balanced meal, colorful posters were made explain the food groups, the nutrients they provide and correct portion sizes.

This program will be rolled out in the middle and high schools.

Foods are divided into 5 components:

- Grain
- Vegetable
- Fruit
- Milk
- Meat & Meat Alternate



The Farm to School team in Fayette County has been busy with taste-testing sessions at elementary schools. Locally grown sweet potatoes, lettuce, asparagus, strawberries, and cherry tomatoes were offered to students to try. Each child who takes a taste is given a sticker. Information on how and where the products were grown as well as its nutritional benefits was made available and when possible, the grower came to answer questions. Apples from Bramble Ridge Orchard in Montgomery County and hydroponic lettuce from Daily Harvest in Bourbon County along with other locally grown items are being offered as choices the schools.

FARM TO SCHOOL



FUEL UP TO PLAY 60



Kids at Tates Creek Elementary are primed to “Fuel Up to Play 60” after hearing a pep talk from a former NFL running back and receiving a \$3,000 grant dedicated to nutrition and fitness.



“If you feel good inside, it shows on the outside,” said Artose Pinner, who also played football for the University of Kentucky. He urged students to make the right choices so they’ll always be ready and to take the “Fuel Up” lessons home to their families, too. “It empowers kids and gives them the knowledge to be healthy and get out and play for 60 minutes,” Pinner said.

The National Dairy Council partners with the NFL to provide resources and support, as **Fuel Up to Play 60** advocates real changes to the school environment.

School Gardens

FCPS teachers, parents and community supporters have formed a School Garden Coalition which fosters communication and resource sharing among parents, teachers, students and community partners and district personnel to promote and support school campus gardens for improved student achievement, appreciation and respect for nature, nutrition knowledge, healthy life skills and student engagement.

FCPS Child Nutrition plays an active role in helping our teachers use school gardens as a robust learning tool through taste testing and in partnership with the Farm2School program. FCPS believes that school gardens are living laboratories where interdisciplinary lessons are drawn from real life experiences, encouraging students to become active participants in the learning process. Our School Garden Coalition has five primary goals:

- Improve attitude and increase interest in eating fruits and vegetables and increase fruit and vegetable consumption
- Instill appreciation and respect for nature that lasts into adulthood
- Support and facilitate grant funding opportunities for school gardens
- Support and facilitate physical installation and maintenance of school gardens
- Have a positive impact on student achievement and behavior

Our School Garden Coalition supports and promotes gardens of all varieties including community, vegetable and rain.





Two crucial activities related to Physical Activity and Health are part of 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.

Recommendations:

• 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.

Physical Activity Report 2011

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

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.

- ⇒ 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 activity and wellness programs. 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

Celebrations from last year in Fayette County:

- ◆ Sixteen schools are participating in the Alliance for a Healthier Generation workshops. They will be developing school committees and working toward healthier buildings for both staff and students. Schools involved are highlighted in blue on the following pages.
- ◆ World Fit was expanded in Fayette County last spring. We are hoping to include all schools next year.
- ◆ Schools are reaching out to community groups and including those groups as fitness opportunities for their classes.

Status of School Wellness and Physical Activity Programs –Elementary

School name	Days per week intramurals offered	Active Fitness clubs	Active Sports teams	Coordinated School Health Committee; # of meeting per year, where are minutes, committee members	Students removed from PE or recess	Staff regularly uses energizers; specific program	Minutes per week students are in Physical education	Minutes per week students have recess
Booker T. Washington Academy	none	Girl's on the Run	none	no	no	no	Primary-40 minutes/week, Intermediate- 50 minutes/week	100 minutes/week
Breckinridge	none	Club Fit for kids	none	no	no	no	110 minutes/week	100 minutes/week
Cardinal Valley	none	Zumba Club	none	no	no	yes, built in fitness days	55 minute/4 days	
Cassidy	none	none	none	no	no	no	60 minutes/week	15-20 minutes/day
Clays Mill	none	cheerleading, kickball	none	no	no	yes, Take 10, Energizers, Promoting Physical Activity & Health in the Classroom	50 minutes/week	75-100 minutes/week
Deep Springs	none	after school program, Girl's on the Run	none	no	yes, not completing classwork or meeting classroom expectations	no	55 minutes/week	25 minutes/daily
Dixie	none	Dixie Fitness Club		no, but has FTA Health and Lifestyles Committee, meets 2 times a semester, members include PTA officers, PE teachers, FRC coordinator and parents	no	All students participate in a 3-5 minute exercise each morning called "Get Moving Dixie". Planned PD in January 2012 on movement activities in the classroom.	55 minutes/week	100 minutes/week

School name	Days per week intramurals offered	Active Fitness clubs	Active Sports teams	Coordinated School Health Committee; # of meeting per year, where are minutes, committee members	Students removed from PE or recess	Staff regularly uses energizers; specific program	Minutes per week students are in Physical education	Minutes per week students have recess
Garden Springs	1 day a week	Girl's on the Run, Jump Rope for Heart, Hoops for Heart	none	no	no	no	50 minutes/week	75 minutes/week
Glendover	none	after school Prime-time, basketball league, jump rope for heart; jazzercise	basketball league, jump rope team	in the process of establishing a committee	no	Take 10	55 minutes/every 7 days	30 minutes/day
Harrison	none	fitness club	none	yes, meets a few times a year, principal has minutes	no	yes, Jumping Jaguars and Take 10 Challenge	60 minutes/week	100 minutes/week
James Lane Allen	none	none	none	yes, meets yearly	yes, removed from all special area classes for band and orchestra; they walk as punishment during recess	no	60 minutes/week	100 minutes/week
Julius Marks	none	Fitness club A & B, Dance Club, Girl's on the Run, Zumba	none	yes, meets 5 times/year, minutes in PE office, PE teacher, counselor, FRC coordinator, nurse, cafeteria manager, 2 parents	no	use Paul Pierce Classroom workouts	50 minutes/week	30 minutes/day

School name	Days per week intramurals offered	Active Fitness clubs	Active Sports teams	Coordinated School Health Committee; # of meeting per year, where are minutes, committee members	Students removed from PE or recess	Staff regularly uses energizers; specific program	Minutes per week students are in Physical education	Minutes per week students have recess
Lansdowne	none	Girl's on the Run, Archery, UK Nursing, NOW (nutrition & fitness)	plan on starting volleyball	yes, new committee that is just forming, will meet bi-monthly, members include parent, PE teacher, problem solving teacher, kindergarten teacher, after school coordinator	no	Plans to begin implementing in January	60 minutes/week	20-30 minutes/week
Liberty	none	Girl's on the Run, Teacher's Smart Body Fitness	Girl's on the Run, ESP Basketball	no	for testing or classroom teacher needs, band and orchestra	some	50 minutes/6 days	15 minutes/daily
Mary Todd	none	Girl's on the Run, Team sports, Running Club, Cheer-leading, Step Team, Bowling	none	no	yes, if behavior determines the need	yes, not a specific program	100 minutes/week for 4th & 5th grade, 50 minutes/week for K-3rd	
Maxwell	basketball and tennis later in the year	none	ESP Basketball	AD-HOC Wellness Committee, meets when needed, minutes in SBDM data locations, members include principal, 3 parents, counselor, teacher reps	no	TPRS movement activities throughout the day	60 minutes/week	125 minutes/week
Meadowthorpe	none	none	none	no, has a wellness policy	Yes, for band and orchestra	no	55 minutes/week, except band and orchestra students who get 20-25 minutes	100 minutes/ week if they can go outside, less if weather is bad.

School name	Days per week intramurals offered	Active Fitness clubs	Active Sports teams	Coordinated School Health Committee; # of meeting per year, where are minutes, committee members	Students removed from PE or recess	Staff regularly uses energizers; specific program	Minutes per week students are in Physical education	Minutes per week students have recess
Millcreek	none	Girl's on the Run, Boys Squad	Girl's Basketball, cheer-leading	yes, meets monthly, members include parent, Wellness teacher, 5 intermediate students	not from PE, but they walk at recess	no	45 minutes/week	100-150 weeks/week
Northern	none	Girl's on the Run, fitness group	none	yes, meets monthly, contact chair for minutes	Yes, for band and orchestra	no	55 minutes/week	20 minutes/week
Picadome	none	GEMS-girls' running club; Healthy Heart Club	none	no, but has a Health & Safety Committee	no, but they can limit recess to walking or jogging because of behavior or academics	yes, teacher option	55 minutes/week	20-30 minutes/daily
Rosa Parks	none	tennis, girl's on the run	tennis, girl's on the run	yes, meets monthly, minutes in the front office, members include 2 parents, health/PE teacher, nurse, intermediate teacher, primary teacher	no	yes, Take 10 & Promoting Physical Activity Cards	46 minutes/week	100 minutes/week
Russell Cave	none	Girl's on the Run	none	no	no	yes, but not consistently used by all staff	55 minutes/week	
Sandersville	none	golf club, tennis club, Sharks on the Run	none	none	not taken away as punishment	no	45 minutes/week	15 minutes/daily

School name	Days per week intramurals offered	Active Fitness clubs	Active Sports teams	Coordinated School Health Committee; # of meeting per year, where are minutes, committee members	Students removed from PE or recess	Staff regularly uses energizers; specific program	Minutes per week students are in Physical education	Minutes per week students have recess
Southern								
Squires	2	Jump Rope club, Bike club, Healthy Hearts		no	no	no	60 minutes/week	20 minutes/week
Stonewall	none	tennis, girl's on the run	none	none	no	yes, movement breaks	55 minutes/6 days	20 minutes/week
Tates Creek Elem	none	Walking Club, BFF (beautiful, Fit, Fabulous= girls on the run basically	none	yes, meets monthly, minutes on SBDM site, members include academic dean, 1 PE teacher, 4 other teachers	recess is walking because of misbehavior, removed from PE for testing	10 minute daily activity break	50 minutes/week	75 minutes/week
Veterans Park	none	Girl's on the Run, Patriots Place Fitness Class	none	no	no	yes, Exercise 5	60 minutes/6 days	100 minutes/week
Wellington	1 day/week in the spring	Yoga Club, Girls on the Run, in January-Fitness Club, Jump Rope Club	none	in progress, will meet monthly, minutes will be on website, members will include 3 teachers, 1 PE teacher	no	yes, no specific program	55 minutes/week	100 minutes/week

School name	Days per week intramurals offered	Active Fitness clubs	Active Sports teams	Coordinated School Health Committee; # of meeting per year, where are minutes, committee members	Students removed from PE or recess	Staff regularly uses energizers; specific program	Minutes per week students are in Physical education	Minutes per week students have recess
William Wells Brown	none	Jumpin' Jaguars, Girl's on the Run	none	no	no	as part of the Jumpin' Jaguars, teacher compete in 2-3 week challenges	50 minutes/week	75 minutes/week
Yates	none	none	none	no	students removed at various times for band & orchestra, recess is removed by the teacher	no	60 minutes/week	125 minutes/week

Status of School Wellness and Physical Activity Programs –Middle

School name	Days per week intramurals offered	Active Fitness clubs	Active Sports teams	Coordinated School Health Committee; # of meetings per year, where are minutes, committee members	Students removed from PE	Staff regularly uses energizers; specific program	# of times per year students are scheduled into Physical education
Beaumont	3 days a week for about 30 weeks	Zumba, Fitness Club, yoga club, World Fit	volleyball, football, girl's/boy's basketball, cheerleading, step team, lacrosse, girl's/boy's track & field, boy's/ girl's cross country, 2 indoor soccer teams (co-ed), 2 archery teams (co-ed), dance team	yes, new committee, meets monthly- members include principal, 4PE/ Health teachers, school nurse, cafeteria manager, YSC director, parent, student	only when injured and then put in later in the year, students with 2 year-long electives do not have PE after 6th grade	most do	most students are schedule for 2 nine weeks, if they have 1 year-long elective they are schedule 1 time
Bryan Station Traditional	2-3 days/week	5K Club	%K Club, Football, volleyball, girls/ boys basketball, girls/boys track	no	no	no	1 nine-weeks per year
Crawford	5day per week	none	Football, volleyball, girls/boys basketball, girls/ boys track	no	no		usually one time, unless there is space available in a class
Edith J. Hayes	none	Girl's on the Run	volleyball, football, girl's/boy's basketball, cheerleading, lacrosse, girl's/boy's track & field, boy's/ girl's cross country, soccer team, dance team, wrestling	yes, meet bi-monthly, minutes with committee chair, members include health teacher, PE teacher, Life Skills teacher, principal, business manager, 4 parents, cafeteria manager, secretary, para-professional	yes, occasionally for speech	no	students have PE one time a year except students with two year-long electives who will not have PE

School name	Days per week intramurals offered	Active Fitness clubs	Active Sports teams	Coordinated School Health Committee; # of meetings per year, where are minutes, committee members	Students removed from PE	Staff regularly uses energizers; specific program	# of times per year students are scheduled into Physical education
Jesse Clark	none	Girl's on the Run, soccer, break dancers	volleyball, football, girl's/boy's basketball, cheerleading, girl's/boy's track & field, dance team	no	yes, speech therapy, Big Brothers/Big sisters, Therapy, Make up test or map testing	no	1 nine-weeks, occasionally longer
Leestown	2 days/week during spring semester	fitness club	volleyball, football, girl's/boy's basketball, cheerleading, girl's/boy's track & field, wrestling, soccer, basketball club	no	rarely	no	1 nine-weeks
LTMS	2 or 3	none	volleyball, football, girl's/boy's basketball, cheerleading, girl's/boy's track & field, cross country, step, hip/hop, flag, rifle, dance	yes, meets every few months	only on parent request	some use, students go outside with Academic Leadership class to walk	one 12-Class per year
Morton	none	World Fit & Wellness Wednesday occur during the school day	volleyball, football, girl's/boy's basketball, cheerleading, girl's/boy's track & field, dance	Working on starting a committee	no	no	not all students receive PE- PE is an 18 week class

School name	Days per week intramurals offered	Active Fitness clubs	Active Sports teams	Coordinated School Health Committee; # of meetings per year, where are minutes, committee members	Students removed from PE	Staff regularly uses energizers; specific program	# of times per year students are scheduled into Physical education
SCAPA	non	4th & 5th grade Girls on the Run	participate at their home schools	no	no	dance instructors do	4th & 5th grade-84 minutes of PE/Creative Movement per week & 75 minutes of recess, MS has one nine-week PE class
Southern	2 or 3	running club	volleyball, football, girl's/boy's basketball, cheerleading, girl's/boy's track & field	yes, every other month, minutes in Healthier Generation binder, 2 PE/Health teachers, nurse, principal, cafeteria rep, parent, teacher, Health Dept., community member	only for SAFE, rarely	no, but all students walk for 20 minutes on Thursday and Friday	2 times a year except students with year-long elective classes
Tates Creek Middle	none, no gym	skateboarding	volleyball, football, girl's/boy's basketball, cheerleading, step team, lacrosse, girl's/boy's track & field	yes, new committee, meets monthly- members include principal, 2 PE/Health teachers, 2 non-PL teachers, parent school nurse, cafeteria manager	no	no	students have PE every other day for 40 minutes all year
Winburn	no intramurals, but Parks and Rec every night	Walking Club	volleyball, football, girl's/boy's basketball, cheerleading, step team, lacrosse, girl's/boy's track & field, archery, dance	no t yet, maybe this year	no	no	1 time per year

Status of School Wellness and Physical Activity Programs –High

School name	Days per week intramurals offered	Active Fitness clubs	Active Sports teams	Coordinated School Health Committee; # of meetings per year, where are minutes, committee members	Students removed from PE or recess	Staff regularly uses energizers; specific program	# of advanced or extra physical education classes offered
Bryan Station SR	0	Walking Club	volleyball, football, girl's/boy's basketball, cheer-leading, girl's/boy's track & field, wrestling, girl's/boy's soccer, golf, softball, baseball, swim/diving, lacrosse	in progress of beginning a committee	pulled out to work on core subjects	yes, brain teasers	3 Hip hop classes, 2 Aerobic classes, 4 sports officiating classes, 2 fitness for Life Classes
Dunbar	twice/week	table tennis, fishing, outdoors club, swing dance	volleyball, football, girl's/boy's basketball, cheer-leading, girl's/boy's track & field, wrestling, girl's/boy's soccer, golf, softball, baseball, girls/boys swim/diving, lacrosse; girls/boys cross country, girl's/boys tennis, dance, archery	no	no	yes, but not a specific program	Fitness class, PE 1 & 2
Henry Clay	1 day every other week	none	volleyball, football, girl's/boy's basketball, cheer-leading, girl's/boy's track & field, wrestling, girl's/boy's soccer, girls/boys golf, softball, baseball, girls/boys swim/diving, lacrosse; girls/boys cross country, girl's/boys tennis, dance, archery, girl's/boys bowling, ice hockey, archery	no	no	no	PE2, PE3 PE4 & Fitness for Life

Status of School Wellness and Physical Activity Programs –High

School name	Days per week intramurals offered	Active Fitness clubs	Active Sports teams	Coordinated School Health Committee; # of meetings per year, where are minutes, committee members	Students removed from PE or recess	Staff regularly uses energizers; specific program	# of advanced or extra physical education classes offered
Lafayette	1-5 days/week	Zumba, Yoga, Pilates, Controlling Stress	volleyball, football, girl's/boy's basketball, cheer-leading, girl's/boy's track & field, wrestling, girl's/boy's soccer, girls/boys golf, softball, baseball, lacrosse; girls/boys cross country, girl's/boys tennis, bowling	yes, meets monthly	rarely, only to see a counselor or administrator	no	2 Advanced Fitness for Life Classes and 4 controlling Stress Classes
Tates Creek High	one day per week, ultimate Frisbee, basketball	Zumba, Outdoor Club	volleyball, football, girl's/boy's basketball, cheer-leading, girl's/boy's track & field, wrestling, girl's/boy's soccer, golf, softball, baseball, swim/diving, lacrosse, dance team, step team, tennis, bowling	yes, meets monthly, minutes with chair, members include 4 teachers, 1 counselor, p principal, 1 cafeteria worker, 1 health department, 3students, 2no parents, 1 nurse	only when they do not dress for class	no	Advanced PE 2, 3 & 4, Men & Women's Conditioning
Martin Luther King	none	none	no teams	no	no, those in the class love it and do not want to be removed	no	middle school has daily PE/ high school has one advanced class
The Lindlee Learning Center	every Friday and every other Wednesday during the school day	none	archery, can participate at their home schools	no	no	activity breaks within the classroom	most take PE once a year, but some take it twice, no advanced classes