

**NUTRITION & PHYSICAL ACTIVITY REPORT**  
**WELLNESS RECOMMENDATIONS**  
**January 2012**

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 2011, the nutrition and physical activity environments were assessed. The FCPS Wellness Check-Up Report was presented at the November 2011 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 12/5/11.

**Wellness Report Card**

- It is recommended that this report include more detailed nutrition practices in individual schools listing items such as food as reward, healthy celebrations, fundraisers, farm to school, schools gardens etc.
- It is recommended that the Program Review (part of Kentucky State Assessment) be used to show individual school information including details regarding physical activity, activity breaks, minutes allocated for physical education classes and recess, fitness clubs, etc.

### **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 the Coordinated School Health Advisory Council advise the Fayette County Public Schools Board of Education in relation to policy development.
- It is recommended that by using available community resources the Coordinated School Health Advisory Council plan Professional Development activities related to school health, physical activity, nutrition, obesity, classroom energizers and/or movement breaks, etc.
- It is recommended that the Coordinated School Health Advisory Council continue to work with schools through the Alliance for a Healthier Generation.

### **National School Breakfast and Lunch Programs**

The following items are being offered daily: whole grain & multi grain bread items, fresh fruits & vegetables, 1% white milk, variety of flavored/white skim milk, 100% fruit juice. Ala carte/Vending items continue to meet the KDE vending guidelines:  $\leq 30\%$  fat calories,  $\leq 10$  saturated fat,  $\leq 32\%$  sugar by weight, portion controlled.

- It is recommended that the Child Nutrition Program continue to assess sodium content of items and reduce when possible.

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 (32 out of 55 feeding sites = 58%): Arlington, Athens-Chilesburg, Booker T Washington Academy Primary, Booker T Washington Academy Intermediate, Breckinridge, Bryan Station MS, Bryan Station HS, Cassidy, Clays Mill, Crawford, Deep Springs, Dixie, Harrison, James Lane Allen, Leestown, Liberty, Martin L King, Maxwell, Millcreek, Opportunity College, Rosa Parks, Russell Cave, Sandersville, SCAPA, Southern Elem, Tates Creek MS, The Learning Center, Veterans Park, Wellington, William Wells Brown, Winburn, Yates.

- It is recommended that fryers continue to be removed and replaced with new equipment and renovations as funding becomes available.

Child Nutrition has implemented a program “Connect the Dots” that color codes the school lunch menu items with the colors of the new MyPlate food guide. This program helps to educate children about healthy eating habits. This program is currently implemented in all of the elementary schools.

- It is recommended that the Child Nutrition Program expand Connect the Dots education program into the middle and high schools.

### **Alliance for a Healthier Generation**

The American Heart Association and the William J. Clinton Foundation partnered in May 2005 to create the Alliance for a Healthier Generation. The goal of the Alliance is to reduce the nationwide prevalence of childhood obesity by 2015, and to inspire young people in the U.S. to develop lifelong healthy habits. The Alliance works to positively affect the places that can make a difference to a child’s health: homes, schools, doctor’s office and communities.

The following schools are participating in the Alliance for a Healthier Generation:

- ✓ Elementary: Arlington, Cassidy, Glendover, James Lane Allen, Julius Marks, Lansdowne, Mary Todd, Millcreek, Northern, Southern, Stonewall, Tates Creek, Veterans Park.
- ✓ Middle: Beaumont, Edythe J Hayes, Southern, Tates Creek.
- ✓ High/Other: Lafayette, Tates Creek, The Learning Center
- It is recommended that current schools participating in this program continue to strengthen their wellness efforts.
- It is recommended that all Fayette County Public Schools participate in this program beginning in the Fall of 2012.

### **Physical Activity**

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 that schools provide “Energizers” (an activity involving movement) or prescribed movement activities 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. Schools are encouraged to reward students with extra physical activity as a motivational tool.
- It is recommended that students participate in physical activity with a physical education teacher at least once time each week.

- It is recommended that schools develop a plan for students during recess time when they must remain inside because of the weather or other reasons that involves moderate physical movement. Examples include but are not limited to yoga, fit deck cards, kick boxing, Wii classroom activities (My Fitness Coach), dance, etc.
- It is recommended that schools begin or continue programs that offer physical activity before and after school. It is suggested that active collaboration with community agencies, universities and other individuals occur to assist schools with the development of clubs and non-traditional “sports” that will allow students the opportunity for more physical activity.
- It is recommended that schools collaborate with their PTSAs to involve students, families and other community activities such as Second Sunday, fitness runs, etc.
- It is recommended that the schools complete a standardized school inventory such as School Health Index in order to self-monitor their school’s physical activity and wellness programs.

### **Other**

- It is suggested that the following areas be studied and addressed more in the Wellness Policy: Food as Reward, Healthier Celebrations, and Healthier Fundraising.
- It is recommended that a supplemental position be utilized to work with the Practical Living Specialist and Child Nutrition Director on district needs related to physical activity, nutrition and wellness.
- It is recommended that the Practical Living Specialist and Wellness Coordinator work with Fayette County Public Schools physical education and health teachers to develop a comprehensive health and physical education curriculum that is aligned with both state and national standards.

Submitted by:

Michelle Coker MA, RD, LD  
Director Child Nutrition Program

Betty White  
Health/PE Content Specialist