

# Jefferson County Public Schools Annual Nutrition and Physical Activity Report 2019

## School Wellness

The Jefferson County Public Schools (JCPS) Whole School, Whole Community, Whole Child (WSCC) Committee functions as the District's Wellness Committee. The WSCC model serves as a framework for greater alignment, integration and collaboration between health and education and to improve each child's cognitive, physical, social, and emotional development. The WSCC committee consists of both district members, community partners, parents, and students and is responsible for the implementation and periodic review and update of the District Wellness Policy.

For more information or if you would like to be a member of our committee, please call (502)485-3387



## Healthy Schools Program(HSP)Assessment Snapshot

The Healthy Schools Program is an evidenced-based approach that empowers schools and districts to adopt policies and practices around wellness that result in healthier, happier students. The assessment tool is intended to highlight strengths in school wellness environments and give recommendations for areas of improvement.

- 98% of the schools (K-12) asked to complete the assessment, completed it fully.
- JCPS met or exceeded national HSP school percentages on items that were fully met in areas of Nutrition Services and Smart Snacks.
- Other areas addressed in the assessment were Policy and Environment, Health & PE, Physical Activity, and Employee Wellness.

## Healthy School Program Assessment

### Nutrition Services Items

- 85% of the schools reported that nutrition services collaborates with teachers to reinforce nutrition education.
- 94% of the schools responded that school meals include a variety of offerings.
- 67% of the schools are implementing strategies to maximize participation in breakfast.

### Physical Activity

- JCPS has hired Robin "MeMe" Ratliff as the Instructional Lead Health & Physical Education to support work of the District.
- Nearly half of the schools reported that students are provided opportunities to participate in physical activity breaks in classrooms, outside of PE, recess, and class transition periods.

### Health & Physical Education

- 87% of the schools reported keeping students moderately to vigorously active for at least 50% of the time during PE class sessions.
- All Physical Education(PE) classes are taught by licensed teachers, of those 67% are certified /endorsed to teach PE.

### Staff Wellness

- 99% of the schools report health assessments are offered, and all staff members find them accessible and free or low-cost.
- 67% of the schools reported stress management programs are offered, and staff members find them accessible.

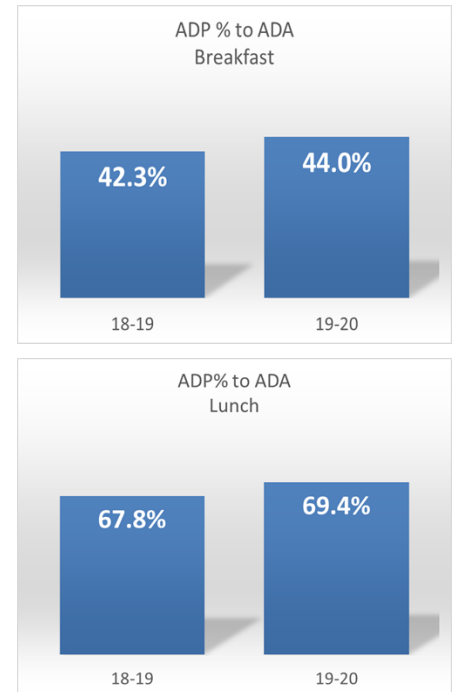
# SCHOOL & COMMUNITY NUTRITION SERVICES

## Nutrition Analysis Summary for Menus

### SY 2019-2020

	JCPS Breakfast	USDA	JCPS Lunch	USDA
<b>Elementary</b>				
Calories	370	350-500	579	550-650
% Sat Fat	6.5%	<10%	7.9%	<10%
Sodium	394mg	≤540mg	971mg	≤1230mg
<b>Middle</b>				
Calories	483	400-550	642	600-700
% Sat Fat	5.9%	<10%	8.1%	<10%
Sodium	451mg	≤600mg	992mg	≤1360mg
<b>High</b>				
Calories	483	450-600	807	750-850
% Sat Fat	5.9%	<10%	7.5%	<10%
Sodium	451mg	≤640mg	1203mg	≤1420mg

## Meal Participation (through Sept.)



## Actions Taken Since the Last Report

The District WSCC Committee meets quarterly, while the executive committee meets on a monthly basis. Following are Action Steps that have been taken:

- A process has been developed for the Health Promotion Schools of Excellence team to begin providing elementary school support visits that will supply resources to assist with implementation of school and district wellness policies.
- Additional [resources](#) for *Smart Snack* food & beverages to use during classroom parties and school-wide celebrations were created and shared with all administrators, schools and PTA's.
- SCNS and Health Services began using an Allergen Management software program to enhance safety for all students. This technology has allowed for more efficient and timely processing of student health plan forms and has improved communication regarding the special dietary needs of our students.
- Additional nursing positions were created by schools.
- A rubric has been developed to help allocate resources based on school risk for nursing services.
- An instrument was developed to help APRNs ensure student health data is collected and reported.
- The WSCC Committee reviewed the *District Wellness Policy* and recommended adoption of the Kentucky School Board Association's Model Policy.



**The WSCC Committee will share additional information at the board meeting on November 12th and will conduct a public forum in Stewart Auditorium on January 23rd at 4:00 P.M.**

This report was compiled by the following members of the WSCC Executive Committee:  
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