



Education for Progress (PEP) Federal Grant. It's a three-year grant (\$798,232), and the project director is Bonnie Ciarroccki. This award is for nine HPSE elementary schools: Bates, Cochrane, Eisenhower, Gutermuth, Indian Trail, Kennedy Montessori, Stonestreet, Watterson, and Whitney Young. Three main components to the project include PD, implementing and enhancing current physical activity and nutrition programs, and conducting assessment related to physical activity and nutrition.

PD conducted during the summer and after school focused on the current health status of children and adults. Information included chronic disease issues and strategies to curtail the obesity epidemic. Classroom teachers, PE teachers, instructional assistants, Family Resource Center (FRC) coordinators, HPSE coordinators, and nurses (where applicable) were among the staff who attended. They were taught how to implement the project programs and how to conduct the assessments. All supplies, kits, and pedometers were provided to the schools for implementation. The programs and assessments being implemented are as follows:

- Y5210 Program for second- through fifth-grade classes (5 fruits and vegetables a day, 2 hours or less of screen time a day, 1 hour of physical activity a day, and 0 sugary drinks a day)
- Two 12-week programs in the fall and spring incorporating daily physical activity and nutrition into the classrooms

—One hundred fourteen classrooms are participating in the Y5210 during the 2011-12 school year.

- Funtastic Fitness Pedometer Program for fourth- and fifth-grade classes (Students receive a pedometer and upload their steps onto a Web site where classes participate in such challenges as Route 66 and learn about the cities and states they walk to.)
- Fifty-six fourth- and fifth-grade classes are participating in the pedometer program during the 2011-12 school year.
- Go Healthy Nutrition Program for fourth- and fifth-grade classes that includes the new My Plate, which promotes a healthy balance of fruits, vegetables, and grains
- Fifty-six fourth- and fifth-grade classrooms are participating in the program during the 2011-12 school year.

The assessments include the following:

- Physical Best Testing—All students participate in a walk/run and height and weight measurement to determine Body Mass Index (BMI—ratio of height to weight), and parents receive their child's results, which include the new BMI percentile for children.
- 3-Day Physical Activity Recall (3DPAR)—Fifth-grade students participate in recalling what physical activity they participated in during the past three days as well as the level of intensity.

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2011-12



Jefferson County Public Schools



Nutrition & Physical Activity Report

HPSE Celebrates 20 Years

Health Promotion Schools of Excellence (HPSE) is celebrating its twentieth year of implementation. We are continuing to work on implementing a Coordinated School Health (CSH) process, putting programs and practices in place that promote and maintain healthy lifestyles and striving to improve health knowledge, attitudes, skills, and behaviors and to reduce health risk behaviors for students, staff, and parents. Fifty-one schools are participating in HPSE during the 2011-12 school year. Approximately 150 participants attended our annual HPSE Summer Health Institute. Additional projects and programming this year include the Physical

School Meals Feature New Recipes and More Local Foods

School and Community Nutrition Services (SCNS) has worked with Chef Jim Whaley to revise recipes to reduce sodium and added sugar. Chef Jim has created healthier versions of student favorites, including sloppy joe, taco soup, barbeque chicken, vegetable soup, and spaghetti meat sauce. Fresh vegetables,

featured during Derby Week. SCNS continues to explore ways to incorporate more local products, especially fruits and vegetables, in recipes and menus.



including zucchini and yellow squash, have been incorporated in the spaghetti meat sauce to give it additional flavor and texture.

The department

has also worked with Chef Jim and Sullivan University to create new recipes that feature local ingredients, including beef when it is available and economically feasible. Kentucky burgoo with local beef and vegetables was one of the recipes



For 2011-12, SCNS has contracted with three Kentucky farmers to provide yellow squash, zucchini, green peppers, cherry tomatoes, cucumbers, and apples. Other local fruits and vegetables will be purchased and offered on the menu based on availability and affordability. Other fresh produce used in the program last year included strawberries and asparagus.



School Gardens Continue to GROW



Twenty-seven new school gardens are now growing in the Jefferson County Public School (JCPS) District. Students have planted and harvested a variety of fresh produce, including tomatoes, broccoli, squash, peppers, lettuce, radishes, cabbage, and green onions. Schools have used the produce in a variety of ways, mostly in the classroom to let the students working with the garden taste the foods they have grown. Additional grants to expand schools gardens are being sought through the United States Department of Agriculture/National Institute of Food and Agriculture (USDA/NIFA) People's Garden Grant Program.

Annual Walk on the Waterfront With HPSE



HPSE cross-country meet with Dunn Elementary students



Walk on the Waterfront with military leading the walk and medical director, Dr. Matt Zahn



Young's second-grade class participates in Y5210 physical activity.



Student Nutrition Advisory Councils

Twenty-nine JCPS schools have initiated Student Nutrition Advisory Councils (SNACs). The students who serve on a school's SNAC meet periodically to sample and approve new menu items and provide feedback to SCNS on ways to improve the school meal program in their school. Getting student input in the school meal program is a priority for SCNS.

2011-12 Nutritional Value of School Meals

Elementary		
	Breakfast	Lunch
Calories	482	697
Iron	2.6 mg	8 mg
Calcium	382 mg	775 mg
Vitamin A	1347 IU	2435 IU
Vitamin C	59 mg	32 mg
Protein	16 gm	31 gm
% cal. fat	21%	29%
% cal. sat. fat	6%	8%
Secondary		
	Breakfast	Lunch
Calories	615	819
Iron	3.7 mg	10.6 mg
Calcium	401 mg	975 mg
Vitamin A	1638 IU	1802 IU
Vitamin C	51 mg	31.7 mg
Protein	16.3 gm	34 gm
% cal. fat	21%	30%
% cal. sat. fat	6%	8%

2011-12 Physical Activity Report

Senate Bill 172 KRS.158.856 KRS.160.345	HealthierUS School Challenge Required for Bronze Level Award—USDA	School-Based Decision Making (SBDM) Local Wellness Policy Required by KRS.160.345	Practical Living Program Review Required by Senate Bill 1	2012 Nutrition Physical Activity Report Required by KRS 158.856	Recommendations Required by KRS 158.856
"Requires the district to assess the physical activity environment, including the amount of time and types of PA [physical activity] provided in the elementary school."	"Physical activity is promoted by providing unstructured daily opportunities for physical activity for all full-day students, such as recess."	Requires the local elementary wellness policy to include goals for moderate to vigorous physical activity each day	"All students actively participate in components of a comprehensive school-based physical activity program (e.g. recess, classroom physical activity breaks, physical activity before and after school)."	Offering numerous professional-development (PD) sessions at an elementary conference and throughout the year on wellness policy implementation by increasing physical activity through recess, classroom physical activity, walking, etc.	"Present a plan to improve the physical activity environment in the district." "It is strongly recommended that this plan be integrated into the Comprehensive District Improvement Plan and monitored."
"Moderate to vigorous physical activity may be considered part of the instructional day, not to exceed 30 minutes per day or 150 minutes per week."		"Each school council shall adopt an assessment tool to determine each child's level of physical activity on an annual basis."		Fifty-eight percent of elementary schools reported providing students with the opportunity to be physically active 21 to 30 minutes per day.	Continue to work to strengthen wellness policies by Comprehensive School Improvement Plan (CSIP) inclusion, emphasizing ongoing implementation and assessment. Public dissemination of wellness policies is also encouraged.
	"Reinforcing physical activity messages by neither denying nor requiring physical activity as a means of punishment"		"All students participate daily in PE and or physical activity."	When surveyed, only 25 percent of elementary schools said they do not withhold physical activity from students for academic or disciplinary reasons. We are continuing to educate teachers on the value of physical activity and identifying alternative practices to withholding physical activity.	Each elementary school includes in its local wellness policy that it will not withhold physical activity for discipline reasons.
	"Physical education [PE] is promoted by providing structured physical education classes for all full-day students through the school year."		"A physical education curriculum exists ..." "Students demonstrate the knowledge and skills associated with the national standards for PE." "Students are active for 50 percent of the PE lesson time."	During the 2010-11 and 2011-12 school years, 78 elementary schools had/have a PE teacher two to five days per week.	Continue to strengthen PE programs in existing schools, and strive for PE programs in 100 percent of elementary schools.

HealthierUS School Challenge

In January 2011, 77 JCPS elementary schools received the HealthierUS School Challenge Bronze Award for their effort to improve the schools' nutrition and physical activity environment. For a complete list of recipients, visit www.jcpsky.net.



Field Trip Lunches

The JCPS wellness committee is working to create a resource to encourage schools to forgo a fast food field trip lunch for a healthier field trip sack lunch. SCNS has created menus, and the Practical Living Department has provided information about local parks and popular field trip destinations that offer a space for students to enjoy their field trip sack lunch.

