

# **NUTRITION AND PHYSICAL ACTIVITY REPORT**

## **WELLNESS RECOMMENDATIONS**

### **2019-2020 SCHOOL YEAR**

**BACKGROUND:** To continue to improve Boone County Public Schools 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 Jan. 31 of each year, the local board of education shall hold an advertised public forum to present a plan to improve school nutrition and school 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 2006, FCPS Board of Education approved a Student Wellness Policy and Plan.

### **Review of 2019-2020 Proposal:**

#### **Events in the Cafeterias**

We would like to see an event in each cafeteria twice a year to promote nutrition education and increase participation in our meal programs.

*Over the course of the year, each school will be hosting an event to either sample new menu products, support an event in their school, or celebrate a national food holiday. This year during National School Lunch Week, we hosted a friendly competition between grades at each school to see who could increase their participation numbers over the whole week.*

#### **Increase Breakfast Participation by 5%**

Across the district, Boone County cafeterias are going to try to increase breakfast participation by 5% by the end of the year.

*At the beginning of the 2018-2019 school year, our breakfast participation was at 14% from a district wide average. By the end of the 2018-2019 school year, our breakfast participation was at 19.4% which is a 5.4% increase!*

## **Seasonal Menu Varieties**

Boone County cafeterias will implement seasonal menu changes to accommodate changing food trends with the seasons of the year.

*Our menus are planned to change at the beginning of the school year, over Christmas break, and new menu items introduced towards the end of the year to make sure when students come back in the fall they agree with the changes we have made. Food service has also started a two week menu cycle at the elementary level to provide many choices at breakfast and more variety each week.*

## **Review and Revise District Wellness Policy**

The district will create a committee to review the district wellness policy. The committee will review the Wellness Policy once changes in Federal Guidelines have been made and make updates to reflect compliance with those guidelines.

*Boone County schools are continually working on staff collaboration between schools and the board office to strengthen the district wellness policy and the committees established in each of our 25 schools.*

## **Update District Website**

Continue updates being posted on the District Website to provide more information to teachers, parents, students and staff in a user friendly format.

*Boone County has been able to provide up to date and accurate interactive menus, nutrition facts, carbohydrate counts, and pictures of each menu item on their nutrislice program available through internet access and a phone app is available for download.*

## **2020-2021 PROPOSAL**

### **Food Service Website**

Create a central location to find and answer all Boone County Food Service needs.

### **Increase Lunch Participation by 5%**

See an increase in lunch participation by 5% by the end of the 2019-2020 school year.

## **Nutrition Education Collaboration Within Schools**

Continue to work on providing more health and physical activity education to all students and staff members across the district. Look for opportunities to utilize resources and technology available to all members in our community.

## **Nutrition and Physical Activity Education Opportunities**

Continue to work on providing more health and physical activity education to all students and staff members across the district. Look for opportunities to utilize resources and technology available to all members in our community.

Work with staff in schools to grow and strengthen the wellness committees that have been created. Include the school level wellness policy in the annual updates needed at each school.

Create opportunities for more parent involvement in school wellness initiatives throughout the school year.

## **Promotion of Wellness by Staff in Schools and District Wide**

The District may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.