

Jenkins Independent School District

2017/2018

Findings & Recommendations of the School Nutrition and Physical Activities/Physical Education

Area of Assessment: NUTRITION

Findings:

All students receive all breakfast, lunch and snacks free of charge under the Community Eligibility Provision.

Federal regulations require that we offer minimum portion sizes of meat, fruit and/or vegetable (which include minimum subgroups of red/orange, green leafy and legumes), grains/breads (over 51% whole grain) and fluid milk during every lunch meal service. The portion sizes are designed to meet the needs of growing children and, as a rule, we increase the sizes as the children grow older. We offer fruits and vegetables every day. The menu cycle provides for variety and allows us to make the most efficient use of donated commodities. We offer 1% and skim milk in a variety of flavors, as well as 100% fruit and vegetable juices.

The school food service consistently follow practices that ensure healthier foods are purchased and prepared for service. Meats are roasted, baked or broil rather than frying. Vegetables are prepared by steaming or baking. Nonstick sprays are used rather than grease or oil.

- Averaged over the course of a week, lunch menus offered in our schools provide the following:

Elementary K-5 Average Calories 620

Avg % of Sat. Fat 8%

Sodium Avg 1180 mg

Middle High 6-8 Average Calories 654

Avg % of Sat. Fat 8.06%

High School 9-12 Average Calories 754

Avg % of Sat. Fat 9.41%

All food and nutrition services staff meet or exceed the annual continuing education/training hours required by USDA's Professional Standards requirements

Adequate time to eat school meals with students having at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch

Cafeterias are clean, safe and pleasant.

Family/student events include Grandparents Luncheon and Thanksgiving Lunch

Activities are celebrated throughout the year to bring awareness of the importance of eating a nutritious breakfast and lunch. National School Lunch week is celebrated in October and National School Breakfast week is celebrated in March.

Health education along with student taste testing is provided to encourage and promote good eating habits.

The Jenkins Independent School District does not contract with retail establishments to provide entrée items, such as pizza and sub sandwiches to our schools.

A list of all food and beverage items available to students during the day will be provided upon request.

Food and beverage items sold as extras on the cafeteria lines meet the Smart Snacks requirements as defined by USDA. These standards are designed to limit access to items with little or no nutrient density. No sales from vending machines or school stores take place until 30 minutes after the last lunch period ends.

The Burdine Elementary Campus participates in the Fresh Fruit & Vegetable Grant. The purpose of this grant is to provide fresh fruit or vegetables to elementary students 3-5 times per week.

#### Recommendations:

Encourage students to engage in active participation in school menu choices that are healthy and nutritious.

More Fresh Fruit and vegetable offerings in other venues.

Increase Breakfast participation

Area of Assessment: Physical Activity/Physical Education

Findings:

The data presented below is a summary from the assessment of our physical activity environment

Elementary:	Recess: 10 minutes daily Physical Education (2-5 grades): 45 minutes once per week
Middle School:	Recess: 9 minutes daily Physical Education: 48 minutes daily
High School:	Recess: 9 minutes daily Physical Education: 48 minutes daily Advanced PE (9-10 grades): 60 minutes daily

All teachers of physical education use an age-appropriate, sequential physical education curriculum that is consistent with national or state standards for physical education.

Our playgrounds are modern, safe and available to the public at large on a year-round basis. An exercise center is open daily at the Jenkins Middle High Campus.

All teachers of health education participate at least once a year in professional development in health education.

All physical education classes are taught by licensed teachers who are certified or endorsed to teach physical education.

Recommendations:

Increase teacher awareness of opportunities to provide physical activity in the classroom, PE class or on the playgrounds during recess.

Encourage more students to become involved in after school events that involve physical activity