

Thomasville City Schools

Physical Activity and Nutrition Wellness Assessment

Highlights

May 16, 2017

Thomasville City Schools recognizes the importance of excellent health and wellness and how they correlate with increasing student achievement. Thomasville City Schools has implemented a coordinated approach to school health, which involves the teachers, administrators, nurse, staff, students, and community stakeholders.

The wellness committee met on May 16th to review Thomasville City Schools' Wellness procedures on physical activity and nutrition. Several changes were made to the vending and nutritional requirement of the document to meet the current USDA Smart Snacks in Schools standards as well as School Lunch and Breakfast nutritional standards.

After reviewing the wellness procedure the committee assessed Thomasville City Schools' state of health based on data collected by the school nurse, child nutrition director, physical fitness data and input by wellness committee members. The assessment is as follows:

Statistics

- Ms. Candy Thompson, school nurse reported that health data related to school nurse visits for sick children has shown remains the same at Thomasville High School and Middle School. The percentage of visits for sick children at Thomasville Elementary increased due to the flu virus.
- KidCheck Plus has helped to monitor the students' body mass index (BMI) from year to year. The data shows a decrease in the number of overweight and obese students according to their BMI.
- Since the last physical activity and nutrition wellness assessment there has been an increase in diabetic students in the school system. These students have to check their blood sugar daily and count the amount of carbohydrates they consume each day. The school nurses assist the student in this task with the aid of menu analysis provided by the school food service operation.

Ms. Thompson also noted that Thomasville City Schools participates in the KidCheck Plus health. The total number of students participating in the program

has decreased at the high school and middle school. A combine total number of 136 students screened at the high school and middle school. Ms. Thompson stated that in the past the forms were sent home at the beginning of the school year, but this year they were not ready. Co-Op and Dual enrollment is part of the reason the High School students do not participate.

- Nutrition
- Thomasville City Schools has been awarded the Fresh Fruits and Vegetables grant for the last six years. This grant was awarded to students in elementary grades as a way to introduce, improve, and promote the appropriate daily consumption of fresh fruits and vegetables. This grant has also given the school system the opportunity to introduce fruits and vegetables that are unknown to many students. This grant equipped the teachers with what was needed to model good nutrition, empowering our students with the ability to make better food choices.
- An analysis of the school system's lunch date shows a significant decrease in the school lunch program at Thomasville Elementary and High School. Since the implementation of the Hunger-Free Kids Act of 2010 participation at the Thomasville Elementary school has dropped from 78.83% in Oct 2011 to 72.16% October 2016. Thomasville High School participation dropped from 70.36% in October 2011 to 59.40%. (Note that the high school meal participation decline is also a result have the increased number of students participating in the Coop program as well as dual enrollment.
- Thomasville Middle School participation data shows that there has been an increase in lunch participation. October 2011 lunch participation was 68.58%. October 31, 2016 participation was 79.12%. The increase participation number began increasing after personnel changes were made.
- Breakfast meal participation has increased at both the elementary and middle school. As of October 31, 2016 33.37% of elementary school students participated in the breakfast program. (October 2011 20.89%) Thomasville middle school breakfast participation for the same time period 30.55%. (October 2011 16.79%. Almost doubled.) Thomasville high school breakfast participation has drop from 17.25% in 2011 to 13.96% on 2016.
- Student committee participant note that the lunch lines at the high school are too long. Students rather not eat than wait in long lines. Portion size too small. "If meal looks good student may eat. They also commented made on the friendliness of the staff. Customer service needs improvement. It was noted that Ms. Malone is doing a wonderful job trying to increase meal participation.

- The goal of the child nutrition program is recertified Thomasville Elementary as Healthier US Challenge School and increase meal participation system wide.
- There is a continuous campaign to improve customer service and food safety practices.
- The students and Ms. Buford suggested requested that daily school menu offerings be announce at the beginning of the school day as well as the end of the day. The child nutrition director stated that she would try to have that in place for the next school year.

Physical Fitness

- Thomasville Elementary School
 - Eighty five percent of students participate and enjoy the Physical fitness test at TES. Coach Anderson reports that the students love P.E. They are given a choice of what they want to play. The main objective is to get the students to get up and move. Two of the student committee members commented that they like the dancing unit that they do at the elementary school. They also commented that that some students just don't try to participate in the dancing unit or the physical fitness test. They believe that is due to lack of skill or not wanting peers to make fun of them.
 - Ms. Buford told the students to encourage each other. "Be the one person to make a difference at your school."
- Thomasville Middle School
 - One Hundred percent of student participation. Coach Lane and Coach Banks set up multiple physical fitness stations so that everyone has a chance to play what they like. A walking station is also part of the options for students to select.
 - Coach Lane reports that about 85% enjoy or seem to give 100% to physical activity.
 - Total of 38% of the student body scored healthy or high fitness on the recent fitness test.
 - Coach Lane also reports that a majority of Thomasville Middle School students who don't want to participate are the students who are not athletic or may be a little over weight and have medical excuses. It is Coach Lane opinion that some of the students are lazy and don't want to participate in physical education.

- Thomasville High School
 - Coach Wright reports that last three years Thomasville High School has not required the students to dress out. More students are participating in PE and there is less drama in the locker rooms. He further reports that 70-75% of the students are physically fit.
 - No barriers unless a student is lazy and doesn't want to participate.
 - Student committee member commented that she wished they would change up the sports more often. Stated that they often play the same sport for 1 ½ hour period for 6 weeks before changing to something else.

Implementation

Physical Activity and Nutrition is being enforced in the following ways:

- Following the guidelines of the USDA MyPlate (Healthy Hunger Act of 2010).
- Creating of menus based upon an analysis of calories, sodium, and fat.
- On-going monitoring of Smart Snacks in School.
- Posting of analysis on the TCS website and is available upon request.
- KidCheck Plus Screening.
- Physical fitness screening.

Next Steps/Areas of Improvement

- Advertisement of the wellness policy in the community.
- Student sampling to expand the food choices within the USDA guidelines.
- Invite more parents and community stakeholders to become partners with Physical Activity and Nutritional Wellness initiative.
- Continue with the Fresh Fruit and Vegetable program.
- Improve the marketing of school breakfast and lunch program.
- Recertification and expansion of US Healthier School Challenge throughout the TCS district.
- Provide After Dinner Program in conjunction with an after school enrichment program