



## Bullitt County Public Schools

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1040 Highway 44 East  
Shepherdsville, Kentucky 40165

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[www.bullittschools.org](http://www.bullittschools.org)

### Physical Activity Assessment 2011-2012

KRS 158.856 requires that each school district complete a Physical Activity Assessment of all elementary schools for the 2011-2012 school year. In order to complete this requirement, each principal was to evaluate their school's physical activity program using Module 3 of the School Health Index from the Centers for Disease Control and Prevention. This information was reviewed by the district health coordinator and the district food service director to determine the areas of strength and areas of focus for the Bullitt County School District.

After evaluation of the individual school surveys, the following areas were identified as fully implemented:

- Adequate teacher/student ratio
- Sequential physical education curriculum consistent with standards
- Playground meets safety standards
- Physical education is viewed as enjoyable by the students
- Health-related physical fitness
- Staff promotes community physical activity on regular basis
- Adaptation of instruction for students with special health care needs to ensure that all students are physically active
- Credentialed PE teachers provide instruction to students

The following areas were identified as areas of future district focus and generally rated as under developed by school principals:

- Teachers attempt to avoid practices that result in student inactivity (58%)
- Students active at least 50% of class time (66%)

The remaining component addressed in Module 3 of the School Health Index is partially implemented and will continue to be monitored for full implementation:

- Professional development for PE teachers is ongoing (83%)
- Provision of 150 minutes of physical education per week (83%)
- Physical education safety practices (92%)

The above information will be presented to the local community and the local board of education to seek ways to improve physical activities in the district.



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### **Nutrition Program Assessment 2011-2012**

**KRS 158.856 requires that school food service directors submit an assessment of the district's nutritional program for the 2011-12 school year. In order to complete this requirement, each principal was to evaluate their school's nutrition services using Module 4 of the School Health Index from the Centers for Disease Control and Prevention. The information was reviewed by the district health coordinator and the district food service director to determine the areas of strength and areas of focus for the Bullitt County School District.**

**After evaluation of individual school surveys, the following area was identified as fully implemented:**

- **Breakfast and lunch programs**
- **Low-fat and skim milk available**
- **Degree and certification of food service manager**
- **Professional development for food service manager**
- **Clean, safe, pleasant cafeteria**

**The following areas were identified as areas of future district focus and generally rated as under developed by school principals:**

- **Sites outside cafeteria offer appealing, low-fat items (50%)**
- **Collaboration between food service staff and teachers (67%)**

**The remaining components addressed in Module 4 of the School Health Index are partially implemented and will continue to be monitored for full implementation:**

- **Variety of foods in school meals (95% implemented)**
- **A la carte offerings include appealing, low-fat items (80% implemented)**
- **Promote healthy food and beverage choices (95% implemented)**
- **Preparedness for food emergencies (90% implemented)**
- **Food purchasing and preparation practices to reduce fat content (90% implemented)**
- **Meals include appealing, low-fat items (85% implemented)**
- **Adequate time to eat school meals (95% implemented)**

**The above information will be used to develop the District Nutrition Plan to be presented to the local community and the local board of education to improve nutritional services in the district.**

The Bullitt County Board of Education is committed to providing a school environment that enhances learning and assists students in developing lifelong wellness practices.

### Recommendations for Improvement

1. Engage students, parents, teachers, administrators, food service professionals, health professionals, and other interested community members in implementing, monitoring and reviewing the district-wide nutrition and physical education opportunities, plans and initiatives.
2. Provide all students opportunities, support and encouragement to be physically active on a regular basis as provided in school policy.
3. Connect patterns of meaningful physical activity to students' lives outside of physical education.
4. Seek professional development that will meet the needs of physical education teachers.
5. Provide a safe, comfortable and pleasing school environment and provide ample time and space for eating meals.
6. Provide foods and beverages sold individually outside the reimbursable school meal programs during the school day, that meet the nutrition guidelines established in KRS 158.854 and 702 KAR 6:090.
7. Provide Child Nutrition programs to all students that comply with federal, state and local requirements.
8. Encourage communication among food service staff and school staff and administration to promote positive and informative sharing of information.