

Physical Activity Environment Assessment

Schools Play a crucial role in influencing physical activity behaviors. Clark County Public Schools provide facilities and sound curriculum and policies to create an encouraging environment for a variety of physical activity opportunities for students.

Physical Activity Score Card For Elementary Schools	Fully in Place	Partially in Place	Under Development
150 Minutes physical activity per week	63%		37%
Adequate teacher/student ratio	100%		
Sequential physical education curriculum consistent with standards	100%		
Health-related physical fitness	100%		
Students active at least 50% of class time	63%	37%	
Teachers avoid practices that result in student inactivity	63%	37%	
Promote community physical activities	75%	25%	
Instruction for special health care needs	100%		
Credentialed physical education teachers	100%		
Professional development for teachers	100%		
Physical Activity is enjoyable	100%		
Physical education safety practices	100%		
Playgrounds meet safety standards	88%	12%	



Food and Beverages:

Food and Beverage items that are sold as extras on the cafeteria lines meet the minimum nutrition standards required by the Kentucky Board of Education. "The sale or service of food or beverage items to students by students or parent organizations or school personnel through food sales, snack bars, or vending cannot occur until 1/2 hour after the close of the last lunch period. At that time all food and beverages must meet standards set by state law" (702 KAR 6:090). A list of food and beverage items available to students during the school day can be viewed at the School Nutrition Services office or each school cafeteria.

Supplemental Programs:

The summer feeding program operates during the months that school is not in session to provide nutritious meals at no cost to children up to the age of 18 years. USDA and Kentucky Department of Education nutrition standards are used in planning all snacks and meals.

Purpose of Brochure

This brochure is provided in compliance with KRS 158.856 as an overview of the nutrition and physical activity currently available in the Clark County School System.

The Clark County School Nutrition Services Program collaborates with other community organizations in promoting healthy eating habits, awareness of healthy food choices, nutrition education, physical activity and the importance of nutrition in building healthy bodies and minds.

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Clark County
Public Schools

Nutrition and Physical Activity Report Card 2008-2009



The Clark County Public Schools are dedicated to serving nutritious meals and providing multiple physical activity opportunities as a means of helping our students reach proficiency.

National School Lunch

The National School Lunch Program was established in 1946 as a "measure of national security to safeguard the health and well-being of the Nation's children." School districts receive federal reimbursement for each school lunch served that meets the United States Department of Agriculture nutrition guidelines.

Our lunch meals are planned on a 4-week cycle menu and offer multiple choices each day. Federal regulations require that we offer age-appropriate portions of entrees, fruit, vegetables, and milk for lunch. The portions are designed to meet the needs of growing children, while providing a specified number of calories and specified amounts of fat, saturated fat, calcium, iron, and vitamins. We make an effort to offer whole grains, fresh fruit and vegetables daily.

Nutrient Analysis

Averaged over the course of a week, lunch menus offered at our schools provide the following for grades K-5:

Nutrient	Minimum Requirements	Actual
Calories	664 kcal	787 kcal
Iron	3.5 mg	5.0 mg
Calcium	286 mg	510 mg
Vitamin A	1119 IU	1694 IU
Vitamin C	15 mg	23 mg
Protein	10 g	31 g
Total Fat	No more than 30% Fat kcal recommended	27% of kcal
Saturated Fat	No more than 10% Sat. fat kcal recommended	8.0 % of kcal

National School Breakfast

The School Breakfast Program was established in 1966. Studies confirm that students who eat breakfast score higher on tests, miss fewer days, have improved attention spans, behave better, and are more creative. All schools offer hot and cold nutritious choices for breakfast that meet the USDA nutrition guidelines.

Average Daily Participation

# Participating Schools :	12
Average Daily Attendance:	5515
Average Daily Participation:	
Lunch	4242
Breakfast	1755

ADP increase from last year:	<u>2007-2008</u>	<u>2008-2009</u>
Lunch	75.4%	76.9%
Breakfast	25.4%	31.8%

October 2008 data



Nutrition Education and Standard Recommendations:

- School Nutrition Services Director will maintain Level 3 Certification and credentialing criteria by attending SNA sponsored meetings.
- Whole grain food items will continue to be incorporated into the menu.
- The District SNS Director will collaborate with SNS managers to provide teachers with resources on nutrition education.
- HAACP Training will be a part of the yearly training for all food service employees.
- The District SNS Department will support school nutrition programs as part of the learning community.
- Nutrition Education component to be included in the CDIP.
- Increase Breakfast and Lunch Participation in all schools.
- Strive to reach 100% development of physical activity components in all elementary schools.
- District website will include resources for parents, students, and teachers that will emphasize the importance of healthy nutrition and physical activity decisions.
- Surveys were completed to help plan for the 09/10 menus.
- All eligible elementary schools will apply for the USDA Healthier School Challenge.

For Information Contact:
Becky Lowry, MS. RD. LD.
School Nutrition Services Director
1600 West Lexington Ave.
Winchester, KY 40391
859-744-4545
rebecca.lowry@clark.kyschools.us