



**FLOYD COUNTY BOARD OF EDUCATION**  
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**Dr. Chandra Varia, Member - District 2**  
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**Sherry Robinson, Member - District 5**

**Information Agenda Item:** Nutrition and Physical Activity Report

**Applicable Statute or Regulation:** KRS 158.856 Annual assessment of school nutrition and physical activity.

**Fiscal/Budgetary Impact:** There are no physical/budgetary impacts on the district.

**History/Background:** Floyd County Schools are required to complete an annual assessment and evaluation of school nutrition and physical activity in the district. The assessment and evaluation should include the following:

- An evaluation of compliance with the National School Lunch Program and the National School Breakfast Program
- Evaluation of foods sold through commercial vendors
- A review of access to foods and beverages sold outside the NSLP and NSBP
- A review of the physical activity in the district.

**Recommended Action:** Approve as recommended.

**Contact Person:** Dale Pack, Director – School Nutrition

**Date:** December 6<sup>th</sup>, 2016

**DIRECTOR**

**SUPERINTENDENT**



## *Floyd County Schools*

### *Nutritional & Physical Activity Report 2016-2017*

**The Floyd County 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 (NSLP) was conceived 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 USDA nutritional guidelines. These guidelines promote meal quality while commodity donations help the farmer and help schools keep down meal prices. Our menu offers students milk, fruit and vegetables, proteins/meats, and breads/grains, and also meet strict limits on saturated fat and portion size.

**The Healthy, Hunger-Free Kids Act mandates that school lunches meet additional standards requiring:**

- Age-appropriate calorie limits
- Larger servings of fruits and vegetables
- More variety of vegetables
- 1% or fat-free milk
- More whole grains
- Less sodium



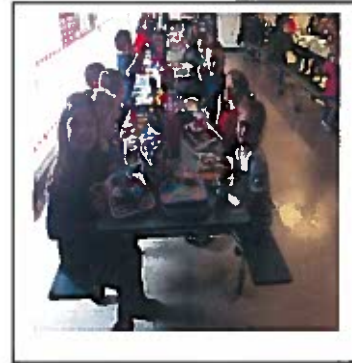
#### **School Breakfast**

The School Breakfast Program (SBP) was established in 1966. School districts receive federal reimbursement for each school breakfast served that meets the U.S. Department of Agriculture’s nutritional guidelines. Studies show that children who participate in the School Breakfast Program have significantly higher standardized test scores and show improvements in math, reading, and vocabulary scores. Healthy eating correlates with less trips to the school nurse and less absenteeism. In the 2015-2016 school year, the Floyd County Schools served 775,325 breakfast meals. The average daily participation rate was 85.7%.

## Nutrient Analysis

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

Lunch Pattern			
Meal Pattern	K-5th	6th-8th	9th-12th
Fruits (cups)	2.5 cups	2.5 cups	5 cups
Vegetables (cups)	3.25 cups	3.25 cups	5 cups
Dark green	1/2 cup	1/2 cup	1/2 cup
Red/orange	3/4 cup	3/4 cup	1.25 cups
Beans/peas	1/2 cup	1/2 cup	1/2 cup
Starchy	1/2 cup	1/2 cup	1/2 cup
Other	1/2 cup	1/2 cup	3/4 cup
Add'l vegetables	1 cup	1 cup	1.5 cups
Grains (oz. eq.)	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meats Alt.	8-10 (1)	9-10 (1)	10-12 (2)
Fluid Milk (cups)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for 5 day week			
Min-Max Calories	550-650	600-700	750-850
Saturated Fats (% of total calories)	<10	<10	<10
Sodium (mg)	<640	<710	<740
Trans Fat	0 grams per serving		



## Ala Carte Food and Beverages

Food and beverages that are sold as ala carte items during meal service meet the requirements of the National School Lunch and Breakfast Programs as well as Federal Statutory Requirements. Items sold through vending machines or school stores will meet the nutritional standards required by the Federal Statutory Requirements and KRS 158.854.

## Financial Summary

<b>Number of Participating Schools</b>	<b>15 Schools with 14 Kitchens</b>
<b>Total Lunches Served</b>	<b>898,134</b>
<b>Average Daily Lunch Participation</b>	<b>90.25%</b>
<b>Total Breakfast Served</b>	<b>775,325</b>
<b>Average Daily Breakfast Participation</b>	<b>77.91%</b>
<b>Cost of Food</b>	<b>\$2,318,384</b>
<b>Federal Reimbursement</b>	<b>\$4,382,896</b>
<b>Lunch Price</b>	<b>Adults \$3.50 Students Eat Free</b>
<b>Breakfast Price</b>	<b>Adults \$2.50 Students Eat Free</b>

*"Protecting children's health and cognitive development may be the best way to build a strong America."*

*Dr. J. Larry Brown, Tufts University School of Nutrition*

## **Physical Activity & Achievement**

Schools play a crucial role in influencing physical activity behaviors. Sound curriculum, policies, and facilities create an environment encouraging students and staff to engage in a variety of physical activity opportunities. Evidence supports a correlation between student achievement and physical well-being of students.

The information listed in the chart attached describes various physical opportunities students are provided in each of the schools in the schools in the district.

## **USDA Nondiscrimination Statement**

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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992.

Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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# Floyd County Schools

## Physical Activity Opportunities and Physical Education Report

School	Physical Education	Physical Activity in Classroom	Daily Recess	Physical Opportunities before & after school	Wellness Committee
Allen Elementary	Once a week -45 minutes (K-8)	Dance, GoNoodle, Brain Break and Stretch Breaks	20 minutes (K-8)	Fitness Club, Basketball, Archery, Cheerleading and Football	No
Betsy Layne Elementary	K-5 weekly, 6-8 3-week rotation includes Dance, PPFC	GoNoodle, Brain Breaks and dance	K-5 20 mins. daily, 6-8 20 mins. 2Xper week	Basketball, Football, Volleyball, Baseball and Cheerleading	No
Duff Elementary	K-5 40 minutes once a week	GoNoodle, Songs and Dance 45 minutes daily	15 minutes	Cheer 3-5, Dance K-2, Basketball 3-5 (both genders), Football 5th only, Volleyball 3-5 grades	No
May Valley Elementary	45 mins. 2 days per week w/total 90 mins.	Just Dance, GoNoodle, Rainy Day Recess, Larry Bell, Youtube, songs/dances 2X per week K-5	10 minutes	Basketball 3-5, Volleyball 4-5, Cheerleading 3-5, Dance P-5	No
McDowell Elementary	20-30 minutes each	GoNoodle	10 minutes	Cheerleading, Basketball (girls and boys) Volleyball 3-5	No
Prestonsburg Elementary	30 minutes per day	GoNoodle, Singing, Dancing, Youtube, Brain Pop	20 minutes - 10 minutes of Brain Breaks	Cheer, Dance, Girls and Boys Basketball, Volleyball, Football, Fit Club & JR. Basketball K-2	No
J.M. Stumbo Elementary	K-8 3 times a week	K-8 GoNoodle, Brain Breaks and in p.m. use Flow Tech.	10 minutes	Cheer, Basketball, Volleyball	No
Osborne Elementary	K-5 2x per week -55 minutes	GoNoodle, Larry Bell and Flocabulary	10 minutes	K-5 Boy& Girls Basketball, 3-5 Football, 3-5 Volleyball, K-5 Cheerleading, 5 Archery	No
Allen Central Middle	3 hrs per day for 100 students, rotating for all students	Daily KAGAN Brain Breaks		Girls and Boys Basketball, Bowling, Archery, Golf, Dance, Cheer, Football, Volleyball, Baseball and Band	Yes
Adams Middle	3 days at 1:05 per session			Dance, Cheer, Basketball, Volleyball, Archery (girls and boys), Football, Wrestling and Baseball	No
Prestonsburg High School	9th grade -45 mins. Daily	History of Visual/Performing arts incorporates dance, weight lifting both genders	N/A	Boys/Girls Soccer, Basketball, Volleyball-Baseball, Wrestling, Cheerleading, Dance, Football, Track/Field and Cross Country	No
Renaissance Learning Center	Sights has daily TR 35 minutes		N/A	20 minutes at the end of the day for basketball, walking, etc	No
South Floyd School	35 minutes middle and high	Zumba and REM every other month for 1 hour	N/A	Middle and High Football, Volleyball, Girls and Boys Basketball, Cheerleading Archery, High only Baseball and Softball	No
Betsy Layne High School	1 yr. of Health & P.E./ 1 semester P.E. 50 mins. at 5 days per week	1 yr. of visual performing arts, one 9 weeks rotation of Art, Music, Drama and Dance	N/A	Football, Volleyball, Track/Field, Cross Country, Archery, Girls & Boys Basketball, Cheerleading, Softball and Baseball	No
Allen Central High School	1 yr. of Health & P.E./ 1 semester P.E. 50 mins. at 5 days per week	Art, Music, Dance	N/A	Basketball, Football, Volleyball, Baseball, Marching Band, Archery, Dance, Zumba, Softball, JROTC, weightlifting, and Cheerleading	No