



FLOYD COUNTY BOARD OF EDUCATION
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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 7th, 2017

DIRECTOR

SUPERINTENDENT



Floyd County Schools

Nutritional & Physical Activity Report 2017-2018

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 2016-2017 school year, the Floyd County Schools served 767,609 breakfast meals. The average daily participation rate was 75%.

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 (Based on 16-17 School Year)

Number of Participating Schools	15 Schools with 14 Kitchens
Total Lunches Served	889,854
Average Daily Lunch Participation	88%
Total Breakfast Served	767,609
Average Daily Breakfast Participation	75%
Cost of Food	\$1,987,077.71
Federal Reimbursement	\$4,460,206.96
Lunch Price	Adults \$3.50 Students Eat Free
Breakfast Price	Adults \$2.50 Students Eat Free

"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.

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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.

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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/Allen Central Elementary	K-5 40 minutes once a week; grades 6-8th-3 hrs per day for 100 students rotating all	GoNoodle, Songs and Dance 45 minutes daily; 6-8 grades- daily KAGAN Brain Breaks	15 minutes- gK-5grades	Cheer 3-5, Dance K-2, Basketball 3-5 (both genders), Football 5th only, Volleyball 3-5 grades, girls and boys basketball, bowling, archery, Golf, Dance, Cheer, Football, Volleyball, Baseball and Band; Girls and Boys Basketball	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 2-5, Volleyball 4-5, Cheerleading 3-5, Dance P-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
South Floyd Elementary	Once a week, 40 minutes (K-8)	GoNoodle, Brain Breaks, Dance, Rainy Day Recess	15 minutes	Cheer, Basketball, Volleyball, Football	No
Adams Middle	3 days at 1:05 per session			Dance, Cheer, Basketball, Volleyball, Archery (girls and boys), Football, Wrestling and Baseball	No
Floyd Central High School	Health, 50 min. 9-12 grades daily, JROTC-Physical Training	Visual/Performing Arts of art, music, drama and dance, weight lifting	N/A	Boys/Girls- Basketball, Girls-Volleyball-Baseball, Cheerleading, Football, Golf, Softball, Archery, Marching Band and JROTC	
Prestonsburg High School	9th grade -50 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
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