

TRIGG COUNTY PUBLIC SCHOOLS

Nutrition & Physical Activity Report Card School Year 2017-2018



Empowering the next generation....to be healthier and more physically fit!



Nutrition and Physical Education

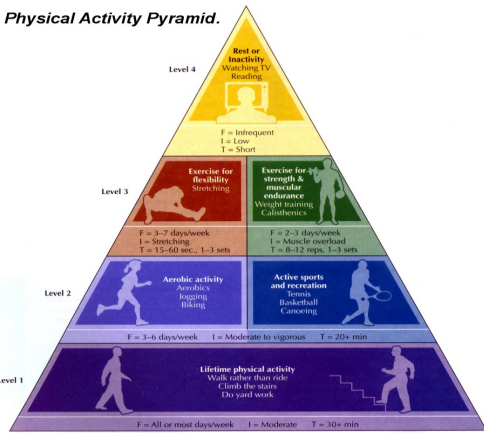
Trigg County Public Schools is committed to providing school environments that promote and protect student health, well-being, and the ability to learn by supporting healthy eating and physical activity. We will continue to provide and promote nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will work to establish linkages between health education, school meal programs, and related community services.



The Food Service Director will be utilized to provide nutrition education training for students and staff which promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation, and health-enhancing nutritional practices, as well as emphasizes caloric balance between food intake and physical activity/exercise.

Physical Activity

Physical activity should be an integral part of classroom activity in elementary and intermediate grades. All students in middle and high school should have the opportunity and be encouraged to participate in physical activities, within and outside the school day.



Trigg County Primary School and Trigg County Intermediate School participate in the Presidential Physical Fitness Challenge, 100 minutes of recess per week, “Take 10” activities and P.E on a rotational basis for all students.

Trigg County Middle School offers P.E. on a rotational basis for all students and encourages teachers to integrate movement into their daily classroom activities. Furthermore, clubs that focus on physical activity occur after school.

Trigg County High School requires a credit of Health and P.E.; and Advanced P.E. is offered as an elective. Additionally, an increase in the number of Project Based Learning (PBL) opportunities in nutrition, physical fitness, and substance abuse have been offered to students.

Healthy Schools Program

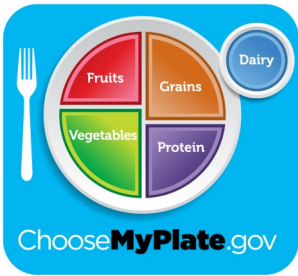
The Healthy Schools Program National Recognition Award is an honor given nationally to showcase and acknowledge schools that have implemented changes in order to create healthier school environments. The Coordinated Health Team annually reviews the inventory online and updates our School Action Plans utilizing the Healthy Schools’ online tools. All schools are seeking Bronze status in each category; TCIS was awarded Bronze status for the 2017-2018 school year.

Healthy Schools Program Assessment				
Healthy School Inventory	TCPS	TCIS	TCMS	TCHS
Policy/Environment	Gold	Bronze	Bronze	Silver
Health Education	Bronze	Bronze	*	Bronze
Physical Activity Programs	Bronze	Bronze	*	Bronze
Nutrition Services	Silver	Silver	Silver	Silver
Health for Staff	Gold	Bronze	Bronze	Bronze
Family Community Involvement	Silver	Bronze	Gold	Gold

Competitive Foods

No school may sell competitive foods or beverages, whether from vending machines, school stores or canteens, classrooms, teacher or parent groups from midnight before until thirty (30) minutes after the last lunch period of the school day. From thirty (30) minutes after the last lunch period closes until thirty (30) minutes after the school day, food and beverages sold must conform to the following guidelines:

- ◆ A school day approved beverage;
- ◆ Fruit; non-fried vegetables;
- ◆ Low-fat yogurt;
- ◆ Nuts and seeds;
- ◆ Dried fruit with no sugar added; or
- ◆ Other food items that contain no more than:
 - Thirty (30%) calories from fat;
 - Ten (10%) calories from saturated fat; and
 - Fourteen (14) grams of sugar per serving



Beverage Sizes

In elementary schools, no more than eight (8) ounces

In middle schools, no more than twelve (12) ounces

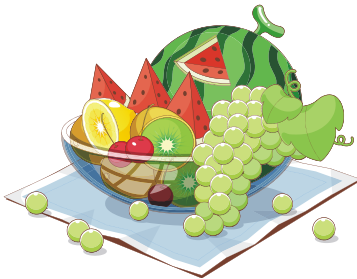
In high schools, no more than twenty (20) ounces

Food/Beverages as Rewards

When possible, rewards given to students should not be food or beverages. If they are used as rewards they must meet the minimum guidelines

Food Sales and Fundraising

Fundraising activities held off the school campus or not during the school day are not subject to regulatory requirements of 702 KAR 006:090.



A list of all food and beverage items available to students from school food service can be downloaded from our web site at [Food for Purchase](#).

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 nutrition guidelines. Studies show that children who participate in the School Breakfast Program have significantly higher standardized achievement test scores than non-participants. Children with access to school breakfast also had significantly reduced absence and tardiness rates.

Federal Reimbursement	\$220,309.85
# Schools Participating	4
Total Breakfasts Served	126,240
Average Daily Participation	756



National School Lunch

Our lunch meals are planned on a four-week menu cycle. Federal regulations require that we offer minimum portion sizes of meat, fruit and/or vegetable, grains/breads and fluid milk during every lunch meal service. The portion sizes are designed to meet the needs of growing children. We offer fresh fruits and vegetables every day. Students are allowed to choose themselves all the fresh fruits and vegetables they will eat. The menu cycle provides for variety and allows us to make the most efficient use of the donated commodities, especially seasonal fresh fruits. We offer bottled water, skim milk, and flavored milk as well as 100% fruit juices.

Federal Reimbursement	\$617,599.21
# Schools Participating	4
Total Lunches Served	230,587
Average Daily Participation	1381
# Students Approved for Free Meals	1012
# Students Approved for Reduced-price Meals	93
# Students approved for Paid Meals	844

Nutrient	K-5	6-8	9-12	K-8	9-12
	Breakfast	Breakfast	Breakfast	Lunch	Lunch
Calories	445	440	489	621	802
Saturated Fat	4.74%	7.35%	8.11%	6.94%	6.93%
Trans Fat	0	0	0	0	0
Fruit	5 Cups	5 Cups	5 Cups	2.5	2.5 Cups
Vegetables	0	0	0	5 Cups	5 Cups
Milk	5 Cups	5 Cups	5 Cups	5 Cups	5 Cups