



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 SAT scores and the physical well-being of students.



Intense physical activity programs have positive effects on academic achievement, including increased concentration; improved mathematics, reading, and writing test scores; and reduced disruptive behavior.

-- Curricular Physical Activity and Academic Performance, *Pediatric Exercise Science*

“Promoting healthy and safe behaviors among students is an important part of the fundamental mission of schools.”

School Health Index-Centers for Disease Control (CDC)

School Physical Activity Environment Assessment			
Program/activity	Elem	Middle	High
Provide daily recess	100%	NA	NA
Provide at least 150 minutes of physical education per week	85%	NA	NA
Provide at least 225 minutes of physical education	NA	NA	NA
Provide classroom physical activity integrated into school day	10%	NA	NA
Provide intramural physical activity opportunities	Yes	Yes	Yes

A USDA study showed students who eat school meals are more likely to consume milk, meats, grain mixtures and vegetables compared to students who did not, including students who brought meals from home. Also, students who eat school meals have higher intakes of some vitamins and minerals, including calcium and Vitamin A -- nutrients that tend to be “problem nutrients” for kids.

Cost-wise, schools work very hard to make sure that school meals are a good value. Take a look at the number of items typically offered to students at lunch -- an entrée, two servings of fruits and vegetables, a bread or grain item and 8 ounces of milk. It takes a real balancing act to beat that value with a bag lunch.

--National Dairy Council



Todd County School District

Nutrition & Physical Activity Report Card

2018-2019



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

Teaching Caring Serving

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 United States Department of Agriculture nutrition guidelines. These guidelines promote meal quality while commodity donations help the farmer and help schools keep down meal prices.

Our lunch meals are planned on a three-week menu cycle. Federal regulations require that we offer minimum and maximum portion sizes of meat, fruit, vegetable, grains/breads, and fluid milk during every lunch meal service. The portion sizes are designed to meet the needs of growing children and, as a rule, we increase the sizes as the children grow older. We make a concerted effort to offer whole grains everyday and we offer fresh fruits and vegetables every day. 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 1% skim and fat free milk, as well as 100% fruit juice.

Federal Reimbursement /State18-19	\$1,077,333
# Schools Participating	5
Total Lunches Served	267,990
Average Daily Participation	85%
Cost of Food/Expenses Used	\$
# Students Approved for Free Meals	NA
# Students Approved for Reduced-price Meals	NA
# Students approved for Paid Meals	NA
Lunch Prices :	Adult: \$3.50 Reduced-price Paid

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.

# Schools Participating	5
Total Breakfasts Served	145,387
Average Daily Participation	46%
Breakfast Prices	Adult Price \$2.00 Student Reduced-price Student Paid



After-School Snack Program/Summer Program:

Todd County provides after school program at:

Todd County Schools has 4 schools that participate in the CEO program.



“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

Food and beverage items that are sold as extras on the cafeteria lines or through vending machines or school stores all meet the minimum nutritional standards required by the Kentucky Board of Education. These standards are designed to limit access to items with little or no nutrient density. No sales from non-food service machines will take place until 30 minutes after the lunch period ends.

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