



Physical Activity and 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 opportunities. Evidence supports a correlation between readiness to learn and the physical well-being of students through proper nutrition.

Based on the 2019-2020 Healthier Generation Healthy Schools Program Assessment, Livingston County Schools meets 90% of the best practices recommended, compared to 67% nationwide. These best practices include the use of physical education curriculum, activity level of physical education classes, health education course availability, and time scheduled for physical education.

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

-Dr. J. Larry Brown, Tufts University
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Nutrition & Health Report Card 2019-2020

In Livingston County Schools, our mission is to Live RED--Reaching Excellence Daily. Vision: In Livingston County Schools, our vision is to provide a culture of rigorous, engaging, and differentiated learning for every student, every day. Our district is dedicated to serving nutritious meals and providing multiple physical activity opportunities as a means of helping our students reach excellence daily.



School Breakfast Program

The School Breakfast Program (SBP) was established in 1966. School districts receive federal reimbursement for each school breakfast served that meets the USDA nutrition guidelines. Studies show that children who participate in this program have significantly higher standardized achievement test scores than those who do not participate. Children with access to school breakfast also have a significantly reduced number of absences and tardiness rates.

Data based on 2018-2019 School Year

of Participating Schools: 4
Federal Reimbursement: \$246,397.51
Total Breakfast Served: 124,360
Average Daily Participation: 732 / 62%

Goals for 2019-2020

- increase breakfast participation at all schools by 5%.
- initiate discussions on Second Chance Breakfasts and alternative serving locations at LCHS. Implementation for 20-21 school year.
- use student input to drive menu decisions.
- diversify menus to engage students.

Considerations for 2020-2021:

- Fresh Fruits and Vegetables grant for NLES, SLES, and LCMS
- Second Chance Breakfast at LCHS
- review opportunities for physical activity embedded within classroom curriculum.

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 nutrition guidelines. These guidelines promote meal quality, while also using commodities donated from the USDA helps farmers as well as, keep costs down for schools.

Federal regulations require that we offer minimum portion sizes daily and weekly of meat/meat alternative, grains, fruit, vegetable (of certain sub-groups), and milk. The portion sizes are designed to meet the needs of growing children and sizes increase as children get older. Students serve themselves and make their own choices each meal service. The menu cycle provides variety and allows us to make the most efficient use of commodities. All juice offered is 100% juice and milk is 1% or Fat Free Flavored. We use whole grain products and have a sodium restriction each week

Data based on 2018-2019 School Year

of Participating Schools: 4
Federal Reimbursement: \$521,435.16
Total Lunches Served: 163,601
Average Daily Participation: 962 / 80%

Goals for 2019-2020

- increase lunch participation at all schools by 3%.
- implement new POS functionality to increase line efficiency.
- work on overall cafeteria esthetic.
- use student input to drive menu decisions.
- reduce food based rewards, as recommended by Healthier Generations assessment.



Community Eligibility Provision

The Community Eligibility Program (CEP) continues to be implemented in all four schools for the 2019-2020 school year. This provision is from the Healthy, Hunger- Free Kids Act of 2010 that allows schools and local educational agencies with high poverty rates to provide breakfast and lunch to all students at no charge. CEP eliminates the burden of collecting household applications to determine eligibility for school meals, relying instead on information from other means- tested programs such as the Supplemental Nutrition Assistance Program and Temporary Assistance for Needy Families.

If you have any questions, please call the Livingston County Board of Education at (270) 928-2111.