



FLOYD COUNTY BOARD OF EDUCATION  
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**Date:** January 7, 2020

**Consent Agenda Item (Action Item):** Nutrition and Physical Activity Report

**Applicable State or Regulations:** KRS 158.856 Annual assessment of school nutrition and physical activity.

**Budget/Financial Issues:** There are no physical/budgetary impacts on the district.

**Background and Rationale:** 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(s):** Dale Pack, School Nutrition Director

\_\_\_\_\_  
**Principal**

*Dale Pack*  
\_\_\_\_\_  
**Director**

*Danny Adkins*  
\_\_\_\_\_  
**Superintendent**



## *Floyd County Schools*

### *Nutritional & Physical Activity Report 2019-2020*

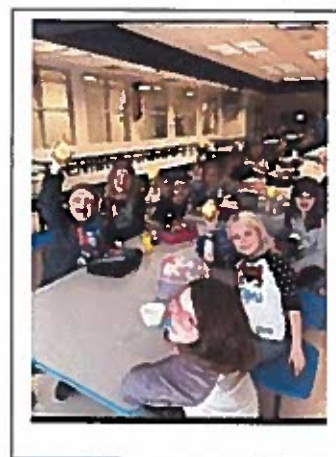
**The Floyd County Schools are dedicated to serving nutritious meals and providing multiple physical activity opportunities as a means of helping our students reach proficiency.**

#### **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 2017-2018 school year, the Floyd County Schools served 641,560 breakfast meals. The average daily participation rate was 64%.

## 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 18-19 School Year)

<b>Number of Participating Schools</b>	<b>12</b>
<b>Total Lunches Served</b>	<b>795,131</b>
<b>Average Daily Lunch Participation</b>	<b>80%</b>
<b>Total Breakfast Served</b>	<b>620,850</b>
<b>Average Daily Breakfast Participation</b>	<b>62%</b>
<b>Cost of Food</b>	<b>\$1,747,077.63</b>
<b>Federal Reimbursement</b>	<b>\$4,033,183.06</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 above describes various physical opportunities for students in the district.

SCHOOL	Physical Education	Physical Activity in the Classroom	Daily Recess	Physical Opportunities Before and After School	Wellness Committee
Allen Elementary	K-8 PE class 40 min weekly	Go Noodle activities in classrooms, Brain Breaks, Stretch Breaks, Counting steps for Math activities etc.	20 min wellness daily k-8	Boys & Girls Basketball, Football, Cheerleading k-8, Dance Team, Volleyball, Fitness club, Archery	No
Betsy Layne Elementary	K-8 PE class 50 min days on 2 week rotation.	Brain Breaks, Whole brain Teaching, Larry Bell, Sensory Hallway, Music, Go Noodle.	20 min wellness daily k-8	Boys Basketball, Girls Basketball, Football, Volleyball, Cheerleading, Dance, Archery, Baseball, Softball	No
Duff-Allen Central Elementary	Middle 55 min. day for 2 1/2 weeks every 9 weeks. Elementary 55 minutes every 4 days.	Go-Noodle, Brain Breaks, Power Teaching,	10 Min daily (K-5)	Dance(K-5), K-5 Cheer, 6-8 Cheer, K-5 boys and girls basketball, 6-8 boys and girls basketball, 2-8 Football, 2-8 Volleyball, Archery, 5-8 Baseball, 5-8 Softball	No
May Valley Elementary	40 minutes 2 days per wk for a total of 80 minutes per week	Go Noodle, Just Dance, Whole Brain Teaching, Youtube songs and dances, Larry Bell, Rainy Day Recess	10 minutes 5 days	Boys/Girls Basketball 2-5, Dance Team P-5, Volleyball 2-5, Football 3-5, Cheerleading 3-5, Archery	No
Prestonsburg Elementary	K-5 PE class 40 minutes weekly	Go Noodle, Just Dance, Whole Brain Teaching, Youtube songs and dances, Larry Bell, Rainy Day Recess	20 Minutes Wellness Daily, 5 days a week	Boys & Girls Basketball, Football, Oheerleading, Dance Team, Volleyball, Archery	No
Stumbo Elementary	K-8 3 times a week/45 min classes	K-8 Go-Noodle, Brain Breaks, Kagan strategies, YouTube	10 minutes/5	K-5 Oheer, 6-8 Cheer, K-5 boys and girls basketball, 6-8 boys	No



		activity videos, Larry Bell, Power teaching, and Flowcabulary.	days per week	and girls basketball, 2-8 Football, K-5 and 6-8 Volleyball, Archery, 5-8 Baseball	
South Floyd Elementary	K-8 40 minutes one day a week.	Go Noodle, Whole Brain Teaching, Brain Breaks,	10 minutes a day (k-5)	Boys/Girls Basketball, Football, Volleyball, Archery, Baseball, Softball, Cheerleading	
Adams Middle	All students get 60 minutes of PE every 3 days	No	30 minutes once per week	Dance, Cheer, Basketball (girls and boys), Volleyball, Archery (girls and boys), Football, Wrestling, Soccer (girls and boys), Softball, and Baseball	Yes, Charles Rowe, Mark Martin, and Matt Moon
Floyd Central	Health & PE (50 minutes daily) and JROTC-physical training	Visual and Performing Arts of art, music, drama, dance, weight lifting, and PE	N/A	Boys/Girls Basketball, Football, Volleyball, Archery, Baseball, Softball, Cheerleading, Dance Team, Baton, JROTC, Marching Band, Bass Fishing, and Golf	No
Prestonsburg High School	9th grade-50 minutes daily	Visual and Performing Arts of art, music, drama, dance, weight lifting, and PE	NA	Dance, Cheer, Basketball (girls and boys), Volleyball, Archery (girls and boys), Football, Wrestling, Soccer (girls and boys), Softball, and Baseball, cross country/Track and field	No
Renaissance Learning Center	Physical Education classes for all students				
Betsy Layne High School	1 yr. of integrated Health & P.E./P.E. equivalent to 1 semester 50 mins. a day	Visual/Performing Arts of art, music, drama, dance, weight lifting, and advanced P.E.	N/A	Football, Volleyball, Track/Field, Cross Country, Archery, Girls & Boys Basketball, Cheerleading, Softball, Baseball, Golf, and Dance	No

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Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;

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

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