



FLOYD COUNTY BOARD OF EDUCATION  
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**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

  
\_\_\_\_\_  
Director

  
\_\_\_\_\_  
Superintendent

Date: 1-11-21



## *Floyd County Schools*

### *Nutritional & Physical Activity Report 2020-2021*

**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 2019-2020 School Year)	
Number of Participating Schools	12
Total Lunches Served	888,019
Total Breakfast Served	743,570
Cost of Food	\$2,443,801.17
Federal Reimbursement	\$5,019,397.10
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 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	Physical Opportunities during Non-Traditional School Days	Wellness Committee Members
<b>AES</b>	K-8 PE class 40 minutes weekly	GoNoodle activities in classrooms, Brain Breaks, Stretch Breaks, Counting steps for Math Activities, etc.	20 minutes wellness daily	Football, Girls and Boys Basketball, Cheer, Dance, Softball, Baseball, Volleyball, Archery, Fitness Club		
<b>BLES</b>	K-8 PE class 50 minutes biweekly	Students participate in brain breaks, whole brain teaching, sensory hallways, and Go Noodle.	20 minutes daily wellness	Football, Girls Basketball, Boys Basketball, Softball, Cheer, Dance, Baseball, Archery.	Physical Education is being offered through google classroom for PE.	Mr. Parsons, Mrs. Roberts, Mrs. Haley, Mr. Spencer, Mrs. Humphries, Ms. Morrison
<b>DACE</b>	All K-5 students receive 50 minutes of physical education weekly. All middle school students receive 50 minutes of physical education daily on a 3 week rotation.	Students participate in whole brain activities, brain breaks daily (Go Noodle, outside time, stretch breaks, etc.	10 minutes daily	Football, Girls and Boys Basketball, Cheer, Dance, Softball, Baseball, Volleyball	Physical Education is being offered through a Google Classroom for PE. Mr. Tackett is doing live sessions on Google Meet, providing videos to watch, and activities to complete.	Mrs. Gearheart, Mrs. Harvey, Ms. Blevins, Kevin Tackett, Ceci Prater, Robbie Johnson, Scott Shannon Student: Colin Gearheart Community Member: Traci Rose
<b>MVES</b>	Students grades k-5 receive 80 minutes physical education per week.	Students participate in GoNoode, Youtube, Just Dance, Whole Brain activities,	10 minute, daily	Dance Team, Volleyball, Cheer, Football, Girls and Boys Basketball	Go Noodle during classroom instruction for brain break, PE offered by Ms. Burke	Mrs. Shepherd, Mr. O'Quinn, Valerie Warrix, Debi Brewer, Anna Ousley,



		Larry Bell, Rainy Day Recess			through Google Classroom	Hannah Moore, Sharon Collins, Meaghan Blackburn, Bridgette Vanover, Amie Hall
<b>PES</b>						
<b>SES</b>	All K-8 students currently have a total of 50 minutes of activity time per week.	Students participate in whole brain activities, brain breaks daily (Go Noodle, Larry Bell, Gym time, outside time, stretch breaks, etc.	20 min per day	Football, Girls and Boys Basketball, Cheer, Softball, Baseball, Volleyball, Archery	Brain breaks and GoNoodle are offered during instruction. Free play/activity time is built into the schedule as well.	Donna Robinson, Britney Varney, Adam Johnson, William Watts, Jeremy Johnson,
<b>SFES</b>	K-8 PE class 60 minutes a week.	GoNoodle, Whole Brain Activities, Brain Breaks	15 minutes of daily wellness	Football, Girls and Boys Basketball, Cheer, Dance, Softball, Baseball, Volleyball, Archery	PE, GoNoodle, Brain Breaks	Brook Moore, April Bradford, Byron Hall, Justin Holbrook, Karen Hall, Dylan Boyd
<b>AMS</b>	All students get a week of Physical Education (60 minutes per day). This is offered in a 3 week rotation.	Whole Brain Activities, Brain breaks (gym time, outside time, etc.) 20 minutes, two times a week.	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	PE classes are provided to the students in the same fashion as a "traditional" setting. Coach Martin offers the students physical activities throughout his Google Class times.	Yes. Charles Rowe, Matt Moon, Mark Martin, Jennifer West, Norm Marcum, and Beth Woods. Student: Paisley Akers. Community Member: Les Stapleton
<b>FCHS</b>	1 year of Health/PE. Physical Education, Fitness Conditioning,	JROTC, Band, Drama, Weight Lifting, Mask Breaks, All PE courses	N/A	Volleyball, Football, Basketball, Cheerleading, Dance, Baseball, Softball, Golf,	PE courses	Shawn HagerJR Hammond Scott JohnsonJustin Triplett

	and Advanced PE.			JROTC, Marching Band		Alan Joe Moore Jamie Martin
<b>PHS</b>	1 year of Integrated Health/Physical Education. Physical Education equivalent to 1 semester 50 minutes a day	Fitness Conditioning, Music, Visual/Performing Arts, Band, Choir	N/A	Cross Country, Football, Boys and Girls Golf, Volleyball, Boys and Girls Soccer, Dance, Cheerleading, Wrestling, Boys and Girls Basketball, Archery, Baseball, Softball, Track & Field	PE courses	Lori Bricken, Brandon Brewer, Ricky Thacker, Amy Chalmers, Zelma Watson, Missy Compton, Grant Justice, and Abbey Poe
<b>RLC</b>	1 year of Integrated Health/Physical Education. Physical Education equivalent to 1 semester 50 minutes a day	Brain breaks, Mask breaks	N/A	N/A	PE Courses; Advanced PE	Stacy Shannon, Susan Damron, James Derossett
<b>BLHS</b>	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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