



FLOYD COUNTY BOARD OF EDUCATION
Anna Whitaker Shepherd, Superintendent
442 KY RT 550
Eastern, KY 41622
Telephone (606) 886-2354 Fax (606) 886-4550
www.floyd.kyschools.us

Linda C. Gearheart, Board Chair - District 1
William Newsome, Jr., Vice-Chair - District 3
Dr. Chandra Varia, Member - District 2
Keith Smallwood, Member - District 4
Steve Slone, Member - District 5

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.

Fiscal/Budgetary Impact: There are no physical/budgetary impacts on the district.

History/Background: 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

Dale Pack
Director

Anna W. Shepherd
Superintendent

Date: 1/11/22



Floyd County Schools

Nutritional & Physical Activity Report 2021-2022

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 2020-2021 School Year)	
Number of Participating Schools	12
Total Lunches Served	677,310
Total Breakfast Served	720,735
Cost of Food	\$1,566,844.28
Federal Reimbursement	\$4,663,669.50
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
AES	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	Brain breaks and GoNoodle are offered during instruction. Free play/activity time is built into the schedule as well	Kyle Shepherd, Seth Crisp, Kristin Garrett, Erica Reid, Derek Newsome
BLES	K-8 PE class once a week	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
DACE	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
MVES	Students grades k-5 receive 80 minutes physical education per week.	Students participate in GoNoodle, Youtube, Just Dance, Whole Brain activities, Larry Bell, Playground/Outdoor Play	15 minutes daily	Dance Team, Volleyball, Cheer, Football, Girls and Boys Basketball	Go Noodle during classroom instruction for brain break, PE, Playground/Outdoor Play	Mrs. Shepherd, Mr. O'Quinn, Valerie Warrix, Debi Brewer, Anna Ousley, Hannah Moore, Sharon Collins, Meaghan Blackburn, Bridgette Vanover, Brittany Hammonds

PES	50 minutes of physical education each week.	GoNoodle, Whole Brain Activities, Brain Breaks, stretch/masks breaks, etc.	20 minutes, daily	Girls and Boys Basketball, Football, Cheerleading, Dance, Volleyball, Archery	PE Classes through Google Classroom, whole brain learning activities, brain breaks, etc.	Melissa Turner, Monica Compton, Adam Johnson, Taylor Hughes, Jimmy Bailey
SES	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,
SFES	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
AMS	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.	Charles Rowe, Matt Moon, Mark Martin, Jennifer West, Norm Marcum, and Beth Woods. Student: Paisley Akers. Community Member: Les Stapleton
FCES	1 year of Health/PE. Physical Education, Fitness Conditioning, and Advanced PE.	JROTC, Band, Drama, Weight Lifting, Mask Breaks, All PE courses	N/A	Volleyball, Football, Basketball, Cheerleading, Dance, Baseball, Softball, Golf, JROTC, Marching Band	PE courses	Shawn HagerJR, Hammond Scott Johnson, Justin Triplett Alan Joe Moore, Jamie Martin
PHS	1 year of Integrated Health/Physical Education. Physical Education equivalent to 1 semester 50 minutes a day.	Fitness Conditioning, Advanced PE, 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,	PE courses	Brandon Brewer, Ricky Thacker, Brandon Kidd, Casey Huff, Missy Compton, Isaiah Collins, Chloe Collins

				Softball, Track & Field		
RLC	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, Greg Moore
BLHS	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, and advanced P.E.	N/A	Football, Volleyball, Track/Field, Cross Country, Archery, Girls & Boys Basketball, Cheerleading, Softball, Baseball, Golf, and Dance	No	Jody Roberts Brent Hamilton Susan Stephens James Derossett

USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992.

Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.