



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.

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
Director

Anna W. Shepherd
Superintendent

Date: 1/10/23



Floyd County Schools

Nutritional & Physical Activity Report 2022-2023

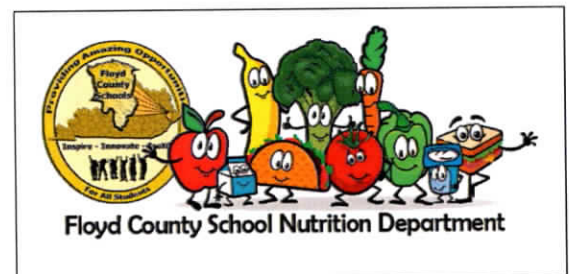
The Floyd County Schools are dedicated to serving nutritious meals and providing multiple physical activity opportunities as a means of helping our students reach proficiency.

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:

Meal Pattern	Lunch 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 2021-2022 School Year)	
Number of Participating Schools	12
Total Breakfast Served	333,473
Total Lunch Served	580,091
Cost of Food	\$1,553,067.79
Federal Reimbursement	\$4,358,012.91
Lunch Price	Adults \$5.00 Students Eat Free
Breakfast Price	Adults \$3.00 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, Ms. Blevins, Kevin Tackett, Alyssa Howard, Ceci Prater, Scott Shannon Student: Colin Gearheart Community Member: Traci Rose
MVES	Students grades K-8 receive 50 minutes physical education per week.	Students participate in whole brain activities, brain breaks daily (Go Noodle, Larry Bell, Gym time, outside time, stretch breaks, etc.)	10-15 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, Tonya Howard, Brooklyn Robinson, Anna Ousley, Hannah Moore, Stacy Brown 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, Jaynie Watts, Kolby Huff, Tina Mosley, Megan Slone
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, Susan Damron, Byron Hall, Karen Hall, Madelyn Engle
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	All students get a week of Physical Education (60 minutes per day). This is offered in a 3 week rotation.	Charles Rowe, Melissa Harvey, Mark Martin, & Jennifer West. Student: Colin Hatfield. Community Member: Les Stapleton
FCHS	1 year of Health/PE. Physical Education, Fitness Conditioning, and Advanced PE.	JROTC, Band, Drama, Weight Lifting, All PE courses	N/A	Volleyball, Football, Basketball, Cheerleading, Dance, Baseball, Softball, Golf, JROTC, Marching Band	PE courses; Advanced PE	Shawn Hager Scott Johnson Justin Triplett Alan Joe Moore Jamie Martin; Ben Moore
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, Missy Compton,

				Softball, Track & Field		
RLC	1 year of Integrated Health/Physical Education. Physical Education equivalent to 1 semester 50 minutes a day	Brain breaks, outside breaks as needed; student lounge usage as needed	N/A	N/A	PE Courses; Advanced PE	Stacy Shannon, Michael Hopson
BLHS	1 yr. of integrated Health & P.E./P.E. equivalent to 1 semester 45 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

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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.

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Nutritional Department Financial Summary

- We currently have budgeted \$2,832,846.30 in salary for approximately 95 employees in the school nutrition department.
- Our federal reimbursement was down this past year by over \$300,000 due to a drop in the number of meals served by over 475,000 meals.
- The cost of food decreased by only about \$13,000 even though we served over 475,000 meals less than the year before. This cost of food increase is a direct result of the rising prices caused by the pandemic.



Nutrition and Physical Activity Report Local Wellness Presentation

Presented by Dale Pack, Chief Nutrition Officer, Floyd County Schools
January 23, 2023



Nutrition Department Review

July 1st, 2022 – August 19th, 2022

- The Floyd County Schools operated under the Summer Food Service Guidelines which allowed us to have more flexibility in providing meals to students which could be picked up or delivered to a child's home. Children received free breakfast and lunch each day.

August 24th, 2022 – June 30th, 2023rd

- The Floyd County Schools switched to the National School Lunch and School Breakfast Program. Children received free breakfast and lunch each day.



Nutritional Department Financial Summary 2021-2022 School Year

- 12 School cafeteria staff have worked to provide meals to the children of Floyd County
- A total of 580,091 reimbursable lunch meals were served
- A total of 333,473 reimbursable breakfast meals were served
- A total of 913,564 meals were provided to children for the year
- Cost of food for the year was \$1,553,067.79
- Federal Reimbursement was \$4,358,012.91
- The remainder of the funding goes to payroll of 95 staff members, consumable materials, indirect costs, and equipment purchasing and repair.
- All students ate free
- The cost of adult meals increased to \$5.00 for lunch and \$3.00 for breakfast to be compliant with federal regulations.



Physical Education Opportunities

- K-5 Physical education classes varied by school
- Physical education classes ran from 40 minutes per week to 80 minutes per week based on each individual school schedule
- 6th-8th grade physical education varied as well based on the individual school schedule
- High School students were offered a minimum of 1 year of Health/Physical Education.



Daily Recess and Physical Activity in the Classrooms

- K-5th students received daily recess that varied in length from 10 minutes to 20 minutes each day based on the individual school schedule
- K-5th students participated in various physical activities in classrooms each day

These activities included Whole Brain activities, Go Noodle, Brain Breaks, Stretch Breaks, Just Dance, as well as other opportunities which varied by school.



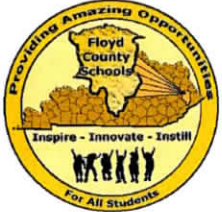
Physical Activity Opportunities Outside of School Hours

- Each of the Floyd County Schools offer a variety of Physical Activity opportunities outside of the normal instructional day. They include but are not limited to the following:
- Football, Girls and Boys Basketball, Cheer, Dance, Softball, Baseball, Volleyball, Archery, Fitness Clubs, Wrestling, Golf, Track & Field, JROTC, Cross Country and Weight Lifting.



Drop in the Number of Meals Served

- The number of meals served dropped for various reasons:
 - Due to federal regulations we were restricted on providing bulk meals to children.
 - We could no longer feed children who were not enrolled in our schools.
 - Students were actually in the buildings for 156 school days last year.
 - Average Daily Attendance rates dropped significantly over the past few years.
 - Enrollment of children attending in person classes in our schools significantly declined. Many students attended Virtual Academy (close to 500 at times) or Home School (335 students) which resulted in fewer meals served on a daily basis.
 - We had to adjust our menus due to product availability issues. Many of the students favorite items were no longer available to purchase.
 - We also had to offer fewer choices due to the lack of staff members due to excessive absences related to the pandemic or other illnesses.



Public Comments and Suggestions

- Public Comments and Suggestions?

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