

ROCKCASTLE COUNTY SCHOOL DISTRICT

2014-2015 Nutrition & Physical Activity Report Card

Rockcastle County School District is committed to addressing and encouraging the educational, psychological, and physical growth of all students. The school environment promotes healthy eating and physical activities that support student achievement and encourages lifelong wellness practices.

The following annual report includes facts about the school breakfast and lunch programs as well as the physical activity opportunities in the schools.



"The sale or service of food or beverages to students by students or parent organizations or school personnel through food sales, snack bars, or vending cannot occur until 1/2 hour after the close of the last lunch period. All food and beverages sold during the school day must meet standards set by state law." (702 KAR 6:090). Nutrition data for all foods and beverages sold during the school day are available on the district website at www.rockcastle.kyschools.us

NUTRITION

National School Breakfast Program

All Rockcastle County public schools participate in the School Breakfast Program (SBP) for which federal reimbursement is received for each breakfast served that meets the United States Department of Agriculture (USDA) nutrition guidelines.

2013-2014 Breakfast Participation	
# schools participating	5
Total breakfasts served	157,357
Average Daily Participation	889
Reduced Price	\$.30
Full Price	\$1.00
Adults	\$1.75

National School Lunch Program

The National School Lunch Program (NSLP) continues to work to safeguard the health and well-being of the nation's children by ensuring that school meals follow guidelines set down by the USDA. School districts receive federal reimbursement for each school lunch served that meets the USDA nutrition guidelines.

Our lunches are planned on a four-week menu cycle. Federal regulations require that we offer age-appropriate portions of entrées, fruits, vegetables, whole grains, and milk for lunch. The portions are designed to meet the needs of growing children, while providing a specified number of calories and specified amounts of fat, saturated fat, and sodium. The menu cycle ensures that we offer a variety of food choices and allows us to make the most efficient use of the donated commodities.

We offer one percent and skim milk as well as 100 % fruit juice. According to the USDA guidelines, a variety of vegetables from the four sub groups are offered weekly. Food and beverage items that are sold as extras meet the nutrition standards required by the Kentucky Board of Education.

2013-2014 Lunch Participation

# schools participating	5
Total lunches served	374,632
Average Daily Participation	2,117
# Students Approved Free	1,123
# Students Approved Reduced	161
# Students Approved Paid	1,663
Reduced Price	\$.40
Full Price	Elem. \$1.60 MS/HS \$1.85
Adults	\$2.95

Nutrient Analysis

The new Nutrition Standards in the national school lunch and breakfast programs require the following to be implemented SY 2012-2013:

New Requirement

Offer fruit daily
Offer vegetable subgroups
Offer half of grains as whole
Offer weekly meat ranges
Offer only fat free milk

Weekly calorie range
Saturated fats limit
Zero grams trans fat

How being met in the schools

offered for both breakfast & lunch
offered according to the guidelines
50% whole grains at breakfast & lunch
offered at breakfast & lunch
fat free flavored; low fat unflavored*
Meets the guidelines

working toward this by grade level
met; no change from previous year
offerings meet this



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PHYSICAL ACTIVITY

Physical Activity Environment

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 academic scores and the physical well-being of students.



Physical education teachers and other resources have created activities that classroom teachers can easily implement in order to work toward the goal of daily moderate to vigorous activity in elementary schools. PE classes, recess, and exercising to DVDs in classrooms are just a few examples. When polled yearly, 100% of the elementary schools report that they have implemented daily moderate to vigorous physical activity. For more information log on to www.rockcastle.kyschools.us

- Schools offer walking clubs and community physical activity programs which include after school programs and sports activities.
- Elementary physical education is required for each student but is taught on different schedules at each of the 3 elementary schools. All students receive approximately 110 minutes of physical education per week.
- Physical education is required for each middle school student for 14 consecutive weeks during grades 6 – 8: 225 minutes of physical activity are taught each week for 14 weeks; then health is taught for 14 weeks. This continues for the school year.
- Physical education is a required course for freshmen. They take Health and PE at the same time for one credit. PE II is offered for 90 minutes as an elective once PE I is passed.

School Physical Activity Environment Assessment 2014

Program/Activity	Elem.	Middle	High
Provides daily recess	100%	N/A	N/A
Provides at least 150 minutes of physical education per week	100%	N/A	N/A
Provides at least 225 minutes of physical education	N/A	100%	25%
Provides intramural physical activity opportunities	100%	100%	100%
Offer facilities to families/ community for physical activity opportunities	100%	100%	100%

NEW IMPLEMENTATIONS

Based on last year's recommendations made by the committee as well as the new federal rules/regulations the following changes have been implemented:

- Meal prices were increased by 10 cents at all grades.
- Menus are planned to implement the vegetable subgroups, increase the availability of fresh fruits, and serve 50% whole grains.
- Continued work to get the menus to fit required calorie range by grade level.

Rockcastle County Schools Wellness Policy

The Rockcastle County Board of Education is committed to providing a school environment that enhances learning and assists students in developing lifelong wellness practices.

The Child Nutrition Programs shall comply with federal, state, and local requirements and shall be accessible to all students. Physical activity and nutrition education are monitored and reported to the Board of Education. A wellness committee meets annually to review and take action on items related to a healthy school environment.

All schools model and encourage a healthy food environment by monitoring the availability and nutritional quality of food offered as classroom snacks and in vending machines. For more information, log onto www.rockcastle.kyschools.us