

ROCKCASTLE COUNTY SCHOOL DISTRICT

2015-2016 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.



Our schools 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 USDA's Smart Snacks nutrition standards required by the Kentucky Board of Education.

"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

Effective SY 2015-2016, all Rockcastle County students receive breakfast and lunch free of charge through the Community Eligibility Provision (CEP).

National School Breakfast Program

All Rockcastle County 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.

In September 2015, Rockcastle County Middle and High School began offering second chance breakfast. Second chance breakfast is offered in convenient locations between first and second period and is effective for serving students who, due to family schedules or transportation issues, are not able to eat in the morning before school begins and is also effective for students who are not hungry first thing in the morning, but do get hungry before lunch.

2014-2015 Breakfast Participation	
# schools participating	5
Total breakfasts served	158,909
Average Daily Participation	946

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 USDA guidelines. School districts receive federal reimbursement for each student lunch served that meets these 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 USDA donated commodities.

2014-2015 Lunch Participation

# schools participating	5
Total lunches served	346,053
Average Daily Participation	2060

Nutrient Analysis

SY 2015-2016 Nutrient Analysis Elementary Lunch Week

Elementary Meal Pattern	Weekly Minimum Standard	Actually Offered	Met Standard
Fruit (cups)	2.5	8	Yes
Vegetables (cups)	3.75	6.375	Yes
Whole Grains (oz)	8 - 9	11.75	Yes
Meat/Meat Alt. (oz)	8 - 10	10.5	Yes
Milk (cups)	5	5	Yes
Calories/day (avg.)	550-650	637	Yes
Saturated Fat (avg.)	< 10%	7.5%	Yes
Trans Fat	0	0	Yes
Sodium (avg.)	<1230 mg	1043 mg	Yes
Whole Grains	All grains must be whole grain- rich.		Yes

SY 2015-2016 Nutrient Analysis Elementary Breakfast Week

Elementary Meal Pattern	Weekly Minimum Standard	Actually Offered	Met Standard
Fruit/Veg. (cups)	5	5	Yes
Grains / Meat (oz)	7 - 10	10	Yes
Milk (cups)	5	5	Yes
Calories/day (avg.)	350-500	435	Yes
Saturated Fat (avg.)	< 10%	4.42%	Yes
Trans Fat	0	0	Yes
Sodium (avg.)	<540 mg	480 mg	Yes
Whole Grains	All grains must be whole grain- rich.		Yes

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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.

- Schools offer 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. RCHS will use the Physical Education Curriculum Assessment Tool (PECAT) to determine scope and sequence to deliver grade level benchmarks.

School Physical Activity Environment Assessment 2015

Program/Activity	Elem.	Middle	High
Provides daily recess	YES	YES	YES
Provides at least 150 minutes of physical education per week	YES	N/A	N/A
Provides at least 225 minutes of physical education	N/A	YES	9th Grade
Provides intramural physical activity opportunities	YES	YES	YES
Offer facilities to families/ community for physical activity opportunities	YES	YES	YES



ACHIEVEMENTS

- All schools became part of the Community Eligibility Provision and all students eat breakfast and lunch free of charge. (August 2015)
- To make breakfast more accessible, RCMS and RCHS implemented second chance breakfast. (September 2015)
- To accommodate students who stay after school for enrichment, academic and athletic activities, RCS implemented the After School Snack Program at MVES, RCMS and RCHS. (January 2016)
- RCHS developed a school wellness committee. (January 2016)
- All school cafeterias received new signage encouraging healthy eating habits, for example, the USDA My Plate "1 Terrific Tray" displays. Signage helps students make wiser food choices and build healthier trays.
- All food service staff received additional training from Somerset Community College culinary program instructor in the areas of safety, healthy recipes and presentation.
- In December 2015, the school nutrition program was audited by the Kentucky Department of Education and found to be in compliance with the National School Breakfast and Lunch program guidelines.
- Participation for the 2015-2016 SY has increased:

	Breakfast Fall 2014	Breakfast Fall 2015	Lunch Fall 2014	Lunch Fall 2015
K-5	44%	54%	77%	86%
Middle	23%	81%	71%	79%
High	21%	51%	62%	72%