

## Physical Activity Environment Assessment

Schools play a crucial role in influencing lifetime physical activity behaviors. Evidence supports a correlation between test scores and the physical well-being of students. Campbellsville schools provide facilities and sound curriculum/policies to create an encouraging environment for a variety of physical activity opportunities.

Program/activity	Elementary	Middle	High
Provide at least 150 minutes of physical education per week	Yes		
Provide daily recess	Yes		
Provide 225 minutes of physical education per week		Yes	No
Provide classroom physical activity integrated into school day	Yes	Yes	No
Provide intramural physical activity opportunities	Yes	Yes	Yes
Provide extracurricular physical activity opportunities*	Yes	Yes	Yes
Offer facilities to families/community for physical activity opportunities	Yes	Yes	Yes
# of certified physical education teachers	1	1	1

\*Extracurricular activities highlighted on back



## Highlights

Extracurricular physical activity opportunities:

- **Campbellsville Elementary:** Dance Team, Community Youth Soccer, Little League Cheerleading, Baseball, Softball, Basketball, Football, Gymnastics, Track and Field Activities.
- **Campbellsville Middle:** Soccer, Swim Team, Track and Field, Golf, Cross Country, Volleyball, Cheerleading, Football, Basketball, Baseball, Bowling and Dance Team.
- **Campbellsville High:** Girls and Boys Athletic Teams include: Baseball, Basketball, Football, Golf, Soccer, Softball, Swimming, Tennis, Track, Volleyball, Dance Team, Cheerleaders, Cross Country, Bowling and Weightlifting

Additional nutrition information:

- A choice of 1% white and fat free chocolate milk are offered as beverage choices at all schools.
- We do not contract with retail establishments to provide entrée items, such as pizza or sub sandwiches.
- Nutritional data for all food and beverage items available to students as part of the National School Breakfast/Lunch Program is available in the Food Service Director's office.
- USDA provides a searchable nutrient database website at the following address: <http://ndb.nal.usda.gov/>
- Vending machines are available to students at Campbellsville High and Campbellsville Middle School students 30 minutes after the last lunch period.
- Vending machines with water and power-aid option are available to students during the lunch period at Campbellsville High School. And Middle School
- Nutritional data for all food and beverage items available through vending machines, stores or snack sales is available at the school
- All a-la-carte items sold in the cafeteria meet the criteria defined by 702KAR 6:090 and the District Wellness Policy.
- After school snacks are provided to students participating in our extended school programs.

How we are continuously improving:

- Development of Durham Sports Complex
- Built an Outdoor Fitness Center
- Movement activities integrated into the daily curriculum.
- Educational opportunities for the students and staff
- Wellness activities after school
- Healthy, Hunger-Free Kids Act of 2010

For additional information contact:

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# Healthy Bodies Healthy Minds



## Campbellsville Independent School District Nutrition & Physical Activity Report 2017-2018

Every student Learning Every Day-  
"Whatever it Takes"

Campbellsville 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 was established 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 U.S. Department of Agriculture nutrition guidelines. These guidelines promote meal quality while commodity donations help the farmer and help schools keep down meal prices.

School menus are planned in accordance with the recommended daily allowances (RDA) as specified by the National Academy of Sciences and must meet the meal pattern requirements as specified by the U.S. Department of Agriculture. We are committed to providing a nutritious, appetizing and economical meal for each student every day.

Menus are emailed to each classroom, published in the Central Kentucky News-Journal, broadcast by local radio stations and available on the district’s website.

### National School Breakfast and Lunch Meal Pattern Requirements

	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12	Grades K-5	Grades 6-8	Grades 9-12
<b>Meal Pattern</b>	<b>Amount of Food Per Week (Minimum Per Day)</b>					
Fruits (cups)	5 (1)	5 (1)	5 (1)	2½ (½)	2½ (½)	5 (1)
Vegetables (cups)	0	0	0	3¼ (¾)	3¼ (¾)	5 (1)
Dark Green	0	0	0	½	½	½
Red/Orange	0	0	0	¾	¾	1¼
Beans/Peas (Legumes)	0	0	0	½	½	½
Starchy	0	0	0	½	½	½
Other	0	0	0	½	½	¾
Additional Veg to Reach Total	0	0	0	1	1	1 ½
Grains (oz eq)	Minimum 7 (1)	Minimum 8 (1)	Minimum 9 (1)	Minimum 8 (1)	Minimum 8 (1)	Minimum 10 (2)
Meats/Meat Alternates (oz eq)	0	0	0	Minimum 8 (1)	Minimum 9 (1)	Minimum 10 (2)
Fluid Milk (cups)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
<b>Other Specifications: Daily Amount Based on the Average for a 5-Day Week</b>						
Min-max calories (kcal)	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories)	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg)	≤ 540	≤ 600	≤ 640	≤ 1,230	≤ 1,360	≤ 1,420
Trans fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.					

## National School Breakfast

The School Breakfast Program was established in 1966. Studies confirm that students who eat breakfast work faster, behave better, are more creative and make fewer mistakes. They score higher on tests, miss fewer days, improve attention spans and develop better social skills. Classroom attention, attendance and achievement are all improved by breakfast participation. All schools offer hot, nutritious choices for breakfast that meet the U.S. Department of Agriculture’s nutrition guidelines.

1

### EXERCISE



2

### NUTRITION



3

### LEARNING

The mission of the Campbellsville Independent School District is to ensure through cooperative partnerships among parents, schools, and the community that learning opportunities which lead to personal self-direction and mastery of essential skills are provided for all students in order for them to live successfully in a rapidly changing global society.

“If you don’t take care of your body, where are you going to live?” -Unknown

## FREE BREAKFAST AND LUNCH FOR ALL STUDENTS

The Community Eligibility Option allows schools in high-poverty areas to provide free breakfasts and lunch to all students, using preexisting data to determine the eligibility of kids to receive free nutrition assistance. The determination is based on the percentage of households in that community who are already participating in the Supplemental Nutrition Assistance Program, formerly known as Food Stamp Program. By streamlining the eligibility and enrollment process, no additional application is required to provide much need nutrition assistance to children in need.

“Community eligibility offers innovative strategies to help ensure that children in high-poverty areas have access to the nutrition they need to learn and thrive,” said Agriculture Under Secretary Kevin Concannon. “We know that if our country is going to win the future, our kids must be healthy and ready to learn so that they can reach their full potential.”

The Community Eligibility Option is among the early reforms enacted as a result of the Healthy, Hunger-Free Kids Act, signed by President Obama on December 13, 2010.

This school year we are averaging 601 breakfast servings and 1050 lunch servings a day.

