

## Physical Activity Environment Assessment

Schools play a crucial role in influencing life-time physical activity behaviors. Evidence supports a correlation between test scores and the physical well-being of students. Taylor County schools provide facilities and sound curriculum/policies to create an encouraging environment for a variety of physical activity opportunities. PE is offered at all schools. Each school site determines the amount of PE offered. There is a wide variety of extracurricular physical activity opportunities offered at each site.

Emphasis continues to be put on improving and increasing the amount of physical activity. Teachers are encouraged to promote and increase the amount of time students spend in physical activity both in and out of the classroom.

Extracurricular activities highlighted on back



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This institution is an equal opportunity provider.

*"Intense physical activity programs have positive effects on student concentration; improving mathematics, reading, and writing test scores and reducing disruptive behavior."*

-Curricular Physical Activity and Academic Performance  
*Pediatric Exercise Science*

### Highlights

#### Extracurricular physical activity opportunities:

- **Taylor County Primary and Intermediate:** Community Basketball, Community Youth Soccer, Little League Cheerleading, Dance Team, Track and Field, Gymnastics, Walking Track, Playground and Swim Team.
- **Taylor County Middle:** Soccer, Archery, Cross Country, Swim Team, Track and Field, Golf, Tennis, Baseball, Softball, Cheerleading, Volleyball, Football, Basketball, Bowling, Wrestling, Fitness Lab, Marching Band and Color Guard.
- **Taylor County High:** Baseball, Basketball, Cross Country, Football, Golf, Soccer, Softball, Bowling, Fishing, Archery, Swimming, Tennis, Track, Volleyball, Fitness Lab, Dance Team, Cheerleaders, Wrestling, and Marching Band.

#### WELLNESS PROGRAM GOALS

- **Health Promotion:** District will work to serve more fresh vegetables by using the school garden and the Farm to School Program.
- **Nutrition Education:** Web based app, district social media page and website will be used to encourage good health and nutrition.
- **Physical Activity:** The district and school staff will seek ways for increasing physical activity by using Healthy Schools Programs such as Fuel UP to Play Sixty, Alliance for a Healthier Generation and Action for Healthy Kids.

#### WELLNESS PROGRAM ACHIEVEMENTS

- **Nutrition Guidelines:** Healthy Breakfast choices offered "Down the Hallway" and "2nd Breakfast" has increased Breakfast participation.
- **Physical Activity:** After-school sports and exercise clubs are offered.
- **Health Promotion:** Schools make efforts to use non-food items as rewards for academic performance or good behavior.

For additional information contact:  
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Healthy Minds

Healthy Bodies



## School Nutrition & Physical Activity Report

2016-2017

Taylor 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 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.

Our lunch menus are planned on a three-week cycle menu and seasonal schedule. Federal regulations require that we offer students minimum portions of milk, fruits and vegetables, proteins, and grains at each lunch meal service. The portion sizes are designed to meet the needs of growing children and are increased as the child grows older. Taylor County Schools are committed to providing a nutritious, appetizing and economical meal for each student every day.

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

## Meal Analysis

Based on federal nutrition standards, school lunches must meet the following standards: age appropriate calorie limits, larger vegetable and fruit servings, wider variety of vegetables, fat-free or 1% milk (flavored milk must be fat-free), whole grains, and less sodium. The lunch menus offered in our Primary/Intermediate schools provides the following when averaged over a week.

\*Grades K—5

\*\* Percent of total calories

Requirement	Target*	Actual
Calories	550-650	641
Saturated Fat (G)**	<10.00%	7.1%
Meat/Meat Alternate	8 oz min	10.5 oz
Grains (50% whole grain)	8 oz min	9.5 oz
Fruit servings	2 1/2 cups	5 1/2 cups
Vegetable servings	3 3/4 cups	5.5 cups
Milk	5 cups	5 cups

## 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.



Taylor County Elementary offers two “Breakfast in the Hallway Kiosks” and Taylor County Middle and High Schools both offer “2nd Chance Breakfast” after 1st period.



### 201-2017 MEAL PRICES

	Breakfast	Lunch
TCES	All Students Free (CEP)	
TCMS	All Students Free (CEP)	
TCHS	\$1.25	\$2.25
ADULTS	\$1.50	\$3.25



“Both physical activity programs and proper nutrition have proven to have positive effects on academic achievement. It is the goal of this administration to support these two concepts and to provide means to enhance participation opportunities in both areas for our students. We will strive to do our part to improve the future well-being of our youth. We pledge to challenge them both mentally and physically —because each affects the other— and improved results positively impacts us all.”

-Roger D. Cook, Superintendent

On behalf of the Taylor County Board of Education

“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

## Taylor County Food Service Statistics

As of October 1, 2016	Taylor County Elementary	Taylor County Middle	Taylor County High
Enrollment	1,154	616	854
# Approved for Free Meals	CEP	CEP	426
% Free	-	-	49.88
# Approved for Reduced Meals	CEP	CEP	53
% Reduced	-	-	6.21
AVERAGE DAILY PARTICIPATION			
BREAKFAST			
Student Breakfasts Served*	93047	59259	55782
Average Daily Participation	544	347	326
Meal Price:			
Reduced	.0	.0	.0
Full Pay	.0	.0	1.00
Adult	1.25	1.25	1.25
LUNCH			
Student Lunches Served*	155,960	83,085	83488
Average Daily Participation	923	408	494
Meal Price:			
Reduced	.0	.0	.0
Full Pay	.0	.0	2.00
Adult	3.00	3.00	3.00

Taylor County Schools Nutrition Service is constantly working to improve the school nutrition environment. Students have the opportunity to taste test and give their opinions on possible new offerings. Students are often asked to provide recommendations for improvement to the school menu as well.