



# Barren County Schools: Health & Wellness Report Card

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## Nutritious and Appealing

Barren County students from across the district have rated our school foods with a 4 out of 5 star rating for the past two years! Download the Nutrilice App to rate your favorite foods.

### Make Healthy Choices with 95210



### Farm to Fork and Tower to Table



Barren County Nutrition Services buys Kentucky Proud Products in addition to students growing produce for our cafeterias.

### Did you know that BC Summer Feeding?



Served over 36,000 meals



BC Reads and Feeds gave over 2000 books to children in the summer of 2016



### Staff Lose to Win Challenge

When thinking about weight-loss, one often has an "ideal" body weight in mind or an ultimate weight-loss goal. It's a common misconception to think that unless a person loses dozens of pounds, they will not be any healthier. According to the Obesity Action Coalition, studies have shown that health benefits resulting from weight loss are evident with a weight reduction as low as 5-10 percent. This means that an individual that weighs 200 pounds will benefit greatly from losing 10 to 20 pounds. The combined weight loss among all BC Spring Lose to Win participants was 354.5 pounds, with an average of 7.96 pounds weight lost per participant.









Number of meals served for school year 2015-16



# BARREN COUNTY

## Alliance for a Healthier Generation Assessment

Schools	Policy	Health Education	P.E Program	Nutrition Services	Staff Wellness	Family & Community
 BCHS						
 BCMS						
 College Street						
 Austin Tracy						
 Eastern						
 Hiseville						
 North Jackson						
 Park City						
 Red Cross						
 Temple Hill						

**2.5**  
**MILLION**

teens and tweens across  
the country committing  
to healthy changes



*With Alliance for a Healthier Generation*



WE CAN get healthy...



Barren County Schools

# Healthy Habits

GLASGOW – In the past five days, students at Barren County High School and the Trojan Academy have participated in Health Awareness Week.

Brenda Chaney, who works in youth services, said they have been emphasizing their “95210” program, which stands for students getting at least nine hours of sleep per day, eating five servings of fruits and vegetables per day, limiting digital screen time to two hours or less per day, getting at least one hour of physical activity per day and eliminating drinks with added sugar.

“This is just a time to kind of focus on things that can make us feel good and do well overall in life and especially in school,” Chaney said. “It’s one thing to come to school and we learn all our academics, but you have to feel well.”

Chaney said having the awareness week so early in the school year helps the students develop healthy routines that they can hopefully maintain for the rest of the year and beyond.

Nathan Peters, physical education teacher, said he tries to instill active habits in his students. He said at the beginning of every class, the students participate in an active bellringer, and he tries to expose the students to as many activities as possible throughout the year.

“It’s crucial, statistically, that we try to show kids as young as possible how to be active and healthy and make good decisions for the rest of their life,” Peters said. “I tell all of my kids when they leave my class, if they never take another P.E. class again, I want them to have been exposed to enough things that they could remain semi-active for the rest of their life.”

Peters said he takes his students to the high school weight room twice a week so that they know how to properly use all of the equipment. I don’t want them to be intimidated when they go into a weight room,” he said, adding that even though he “lived in the

walked into the Preston Center when he was a student at Western Kentucky University.

“I was freaking out,” he said. “I was like, ‘I don’t know what to do.’ There’s 18 different bench-press machines and 26 different lat machines and I was intimidated.

“If these kids ever want to go to Workout Anytime or they want to go to the Y, or they go into the Preston Center, they’re not gonna’ be freaking out. They’re gonna’ know what some of the machines do.

“They have been exposed to enough exercises that they would have some knowledge to maintain physical activity for a lifetime. That’s what I want.”

Chaney said in addition to healthy habits and fitness, they have discussed things like e-cigarettes with the students.

“There’s a lot of marketing focussed at students, trying to get them to purchase e-cigarettes,” she said. “We try to share information about the harms of that.

“We focus on empowering our students. To not only help themselves, but to help others.”

Chaney said parents might need to become more involved with how much digital screen time their kids are being exposed to throughout the day, especially at night, which cuts into their sleep. She said she has told parents to consider putting their kids’ cell phones in a charger outside of their room at night.

“We live in a world where we’re really busy, and our kids are really involved in a lot of things,” Chaney said. “You need that rest at night, and you have to cut that screen time.”





# Children, eat all your fruit and vegetables



PARK CITY — The faint smell of oranges still hung in the air at Park City Elementary School on Friday afternoon.

No wonder, since the entire student body — grades preschool through sixth — was provided with an orange to snack on during the day. That's not unusual at Park City, which has a daily free fruit or vegetable snack available to each and every student.

"Right now we're doing a lot of fruits, more than vegetables because it seems like our fruits are fresher right now," Park City cafeteria manager Angie Morgan said. "We're doing bananas, apples, grapes, strawberries, pears — they really like the bananas, they love the grapes."

Park City is one of 137 Kentucky elementary schools selected this year to participate in the Fresh Fruit and Vegetable Program (FFVP) implemented through the U.S. Department of Agriculture. According to a Kentucky Department of Education press release, schools were selected based on applications from elementary schools that operate the National School Lunch Program and have 50 percent or more of their students eligible for free/reduced-price meals.

Besides providing a healthy snack, the FFVP grant gives Park City's teachers another opportunity to help their students grow within the school's Leader in Me initiative. Snacks are bagged in clear plastic and placed on a cart in the hallway outside the gymnasium every morning, ready to pick up.

"The teachers give the children jobs in their classroom, and that gives a child a job," Morgan said. "They know that this week, it's their responsibility to stop and pick up the fruit for the room."

Teachers can hand out the snacks whenever they want throughout the day, with some students enjoying their fruit in the morning and others in the afternoon. In some classes, the snack has been incorporated into reading time with a positive effect.

"It becomes almost like a home environment here at school, and they really see it as reading for enjoyment as opposed to reading for an assignment task," Park City Elementary Principal Anthony Janes said. "If you look at data, if you read 20 minutes a

day,

then

you

can increase your vocabulary exponentially just by reading for enjoyment.. The students have gotten used to having their snacks and to them, and they're like, 'Oh, we don't have our fruit.'"

So far, Park City has stuck with familiar fruits. The plan is to expand on that to include vegetables and some more exotic fruits to give the students look forward to them, Morgan said.

"The kids actually look for it in the mornings," Morgan said.

"There's been a day when we might have not got it straight out there more exposure to different foods. Next week, for example, the students will get fresh pineapple (pre-sliced) for the first time.

"Many of our students just aren't exposed to those options, and to say that they're going to get kiwi or they're going to get starfruit, I'm really excited about that for the kids," Janes said.

"It's an opportunity."

That opportunity extends throughout the school if students reject their snack.

"Let's say a student doesn't want that specific fruit for the day, then they will put it at their share table," Janes said. "And then if their classmates don't want it, then it will actually go to our Run Club. So we provide a healthy treat for our Run Club as well. So it's kind of a trickle-down — the kiddos themselves get the opportunity immediately, and then their classmates get the opportunity and then someone else in the school gets the opportunity."

The FFVP is a year-by-year grant, meaning Park City will have to reapply to receive another round of funding next year. Janes plans to do just that.

"Our hope is maybe we can get back in it if we show positive effects between the fruit and academic improvement, those kind of things, then maybe we can talk them into giving it to us again," Janes said.



# Barren County Schools repurposing bus to deliver summer food and books

## Barren County Schools' Summer Feeding Programs

and #BCReads, the district's summer reading program, are merging. A newly acquired bus will bring both services to students during the summer. CheyAnne Fant, nutrition services director, said she decided she wanted to implement the program three years ago when she found out about the Jefferson County School Bus Cafe, a program Jefferson County Public Schools uses to deliver summer meals to children by bus. "I thought, 'Oh my goodness. I need to go back home and make this happen.'" she said. During the summer of 2014 and 2015, the Summer Feeding Program used two vans, Fant said, with one delivering food to Barren County high and middle schools and the other making stops in various neighborhoods. "As a district with a 73 percent average free and reduced lunch rate, the need for nutritious meals when school is not in session is certainly apparent," she said. More than half of the achievement gap between lower- and higher-income students is due to an unequal access to summer learning opportunities, according to the National Summer Learning Association. Data from the NSLA suggests that low-income students lose more than two months in reading achievement over the summer, while middle-class students make slight gains. From the beginning, Fant wanted a bus to deliver meals to students. When Chip Jenkins, director of transportation, surplused one of the district's buses to the Nutrition Services Program, Fant was one step closer to achieving that goal. Shortly after acquiring the bus, Summer Feeding Programs joined up with #BCReads to form #BCReadsandFeeds, with the idea of bringing food and summer reading material to the district's students. Jenkins said the bus chosen, an 18-year-old model that was outfitted with a new engine and a new transmission a few years ago, is a "perfect candidate" for



#BCReadsandFeeds because it's old enough that it needed to be removed from the district's fleet but is still dependable. "This particular bus was still functional," he said. "It still runs just fine." Ashley Bell, principal of the Barren County Area Technology Center, where students learn trades such as welding, medical science and carpentry, said the center's students will help refurbish the bus. In working toward this goal, carpentry students would remove the seats and maybe lay down a new floor, she said. Drafting and engineering students have also designed a hood ornament shaped like the district's logo, she said. Bell said the ATC frequently looks for opportunities to work on community projects because they provide better experience than regular classroom work. "That's good experience for the students to practice on because we can't always afford the materials for them," she said. She expects the ATC's students to be done with their part before spring break, which starts April 4. Over spring break, the bus will be taken to Final Finish, a Morgantown body shop, where it will be painted to resemble a red and white Volkswagen bus. According to Fant, the inside of the bus, when finished, is supposed to contain three restaurant-style booths for children who want to eat on the bus, which ATC students would install once the painting is complete. The bus would be a "community effort" because it would provide children with books and sporting equipment donated from around the county, she said. "We'll kind of be a community on wheels, providing things that the students need," Fant said.





# Tower to Table



## 95210 Nutrition Education

From collaborations with 21st Century Programs to the Annual Forum to classroom visits, nutrition education is a big part of the equation for better health. Students have been offered exotic fruit tastings, free samples of all foods offered in the cafeterias, We Can 95210 prize opportunities, and other activities to promote healthy living. In addition National School Lunch Week, National School Breakfast Week, and National School Lunch Hero Days are celebrated and promoted to improve nutritional well-being.

As part of the Seed Change Farm to School Mini Grant, Hiseville, Park City, & Temple Hill Elementary Schools along with Barren County Middle School now have Tower Gardens. This inaugural Seed Change project will help bring local food and food education to more than 1.8 million school children in Kentucky, Louisiana and Pennsylvania. Through mini grants to 100 school sites, in-person trainings at model school districts, in-state networking opportunities and outreach to teachers, school lunch professionals and farmers, we are working to create accessible and sustainable farm to school programs with wide-reaching impact.

Seed Change in Kentucky, Louisiana and Pennsylvania is made possible by a generous grant from the Walmart Foundation, which shares the National Farm to School Network's commitment to improving child and community health through innovative partnerships.

Fresh Corn Salsa



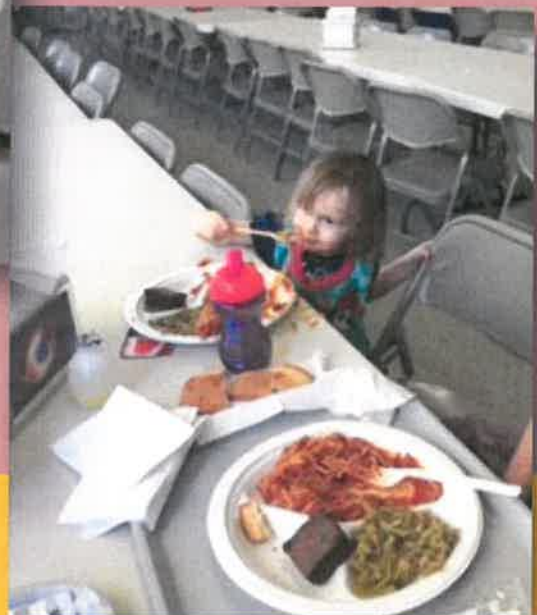
Fresh Corn Salsa

With student-grown cilantro from BC Tower Gardens, the authentic flavor of our fresh corn salsa comes from south of our border, and is very popular with the kids. It's also a healthy twist on salsa that includes important nutrients.



# Feeding the Need

By giving meals to those in need during the summer months through mobile food routes, creating a share table and donating food and labor for Thanksgiving and the Soup Kitchen...





# BARREN COUNTY WE CAN GET HEALTHY



9 - Get at least nine hours of **sleep** per day



5 - Five servings of **fruits and vegetables** per day



2 - **Limit screen time** to 2 hours or less outside of school



1 - Get at least 1 hour of **physical activity** per day



0 - Eliminate **sugar-added beverages**

