

CASEY COUNTY SCHOOLS

NUTRITION AND PHYSICAL ACTIVITY REPORT

JANUARY 2023

NATIONAL SCHOOL LUNCH

The National School Lunch Program (NSLP) is a federally assisted meal program operating in public and nonprofit private schools as well as residential child care institutions. The program provides nutritionally balanced, low cost or no cost lunches to children each school day.

Our lunch meals are planned on a menu cycle. Federal regulations require that we offer minimum portion sizes of meat, fruit and/or vegetable, grains/breads, and fluid milk during every lunch meal service. The portion sizes are designed to meet the needs of growing children and based on the Guidelines for Healthy Americans. We make a concerted effort to offer whole grains and we offer fresh fruits and vegetables as much as possible. The menu cycle provides for variety and allows us to make the most efficient use of the donated commodities, especially seasonal fresh fruits. We offer 1% white, FF chocolate, and skim milk.

Students are offered a choice of entree daily and they can also choose a salad box if they prefer.

This table provides information on the food service program from August 2022 through October 2022

# Schools Participating	5
Total Lunches Served	86,789
Average Daily Participation	1,771
Lunch Prices: Adult Price \$4.85 All Students eat FREE	

NATIONAL SCHOOL BREAKFAST

The School Breakfast Program (SBP) provides nutritious meals to Kentucky students. Whether it is breakfast in the cafeteria, breakfast in the classroom, or grab and go, school breakfast is an important start in every student's day. Schools that participate in the School Breakfast Program received funding assistance similar to the National School Lunch Program. Schools providing the School Breakfast Program meet specific "meal pattern" requirements to ensure all meals are nutritionally sound. The Kentucky Board of Education passed a School Breakfast Program resolution to support the School Breakfast Program.

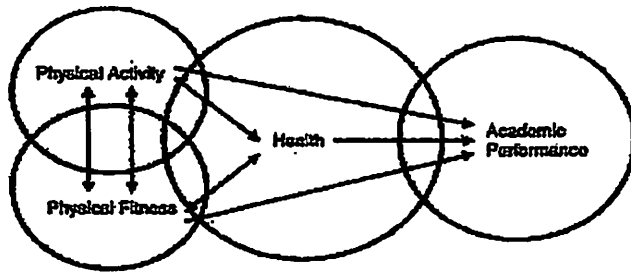
This table provides information on our schools breakfast program from August 2022 through October 2022.

# Schools Participating	5
Total Breakfasts Served	48,354
Average Daily Participation	987
Breakfast Prices: Adult \$3.00 All Students eat FREE	

AFTER SCHOOL SNACK PROGRAM

The Afterschool Snack Program offers cash reimbursement to help schools serve snacks to children in afterschool activities aimed at promoting the health and well-being of children and youth in our communities. A school must provide children with regularly scheduled activities in an organized, structured and supervised environment; include educational or enrichment activities.

Total Snacks Served	1722
Average Daily Participation	54



PHYSICAL ACTIVITY ASSESSMENT

Program/Activity	Elementary	Middle	High
Do <u>all students</u> in each grade receive physical education for at least <u>150 minutes per week</u> throughout the school year?	No 60 min once per week	No 6th grade Health/PE 280 min/week 7th and 8th grade can choose additional PE	No Freshman Only 250 min every other week *Optional Advanced PE 250 min per week
Are indoor and outdoor physical activity facilities open to students, their families, and the community outside school hours?	Yes	Yes	Yes
Does your school offer opportunities for all students to participate in physical activity, <u>before and after</u> school, through organized physical activities (such as physical activity clubs, intramural sports, before school physical activity)?	No	No	No
Do teachers keep students moderately to vigorously active for at least 50% of the time during most or all physical education class sessions?	Yes	Yes	Yes
Does your school or district offer staff members accessible and free or low-cost health assessments at least once a year?	Yes	Yes	Yes
Does your school or district offer staff members accessible and free or low-cost stress management programs at least once a year?	No	No	No

The data presented above is a summary from the Healthy Schools Assessment of the Alliance for a Healthier Generation.

Over the past 4 years with funding from the Improving Student Health Grant, the district has been able to purchase many alternative seating options for students in all grade levels. For example, wobble stools, balance ball chairs, wobble cushions, floor chairs for reading areas, and chair bands for kids with fidgety feet. Each PE teacher was given the opportunity to update their equipment and purchase new and interactive games for their classes. Many classroom teachers have also enjoyed using the equipment and games (giant connect 4, giant Jenga, giant Yardzee, Spikeball) for their classrooms and this gives the students an opportunity for extra physical activity time inside or outside, if the weather is nice.

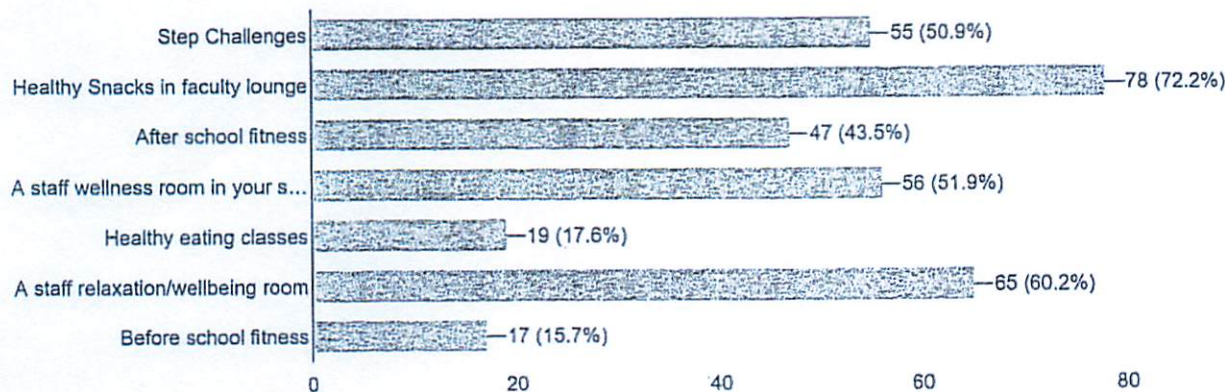
In Spring 2021 and early 2022, a district wide Biggest Loser Challenge was held for staff. With nearly 50 staff participating, Liberty Elementary was our top winner. LES had a total weight loss of 130.7 pounds and their top winner lost over 10% of her body weight. The weekly drawing winners received prizes to help increase their water intake, increase daily physical activity, and nutritious meal prep ideas.

We have also had two PE teachers take advantage of the opportunity to attend KYSHAPE (Health and PE state conference) the past two summers and receive a lot of new ideas and tools to inspire their students to enjoy movement, maintain wellness, and be their best. They were introduced to curriculum, ideas for classroom physical activity breaks, mindfulness minutes within the PE class and regular classroom, and opportunities to connect with other PE teachers around the state to share and gain ideas to bring back to their schools.

Last but not certainly not least, staff lounges in each school were stocked with Healthy Snacks. This was decided upon after a staff survey was conducted and over 100 staff responded. Below is two of the questions asked and the responses:

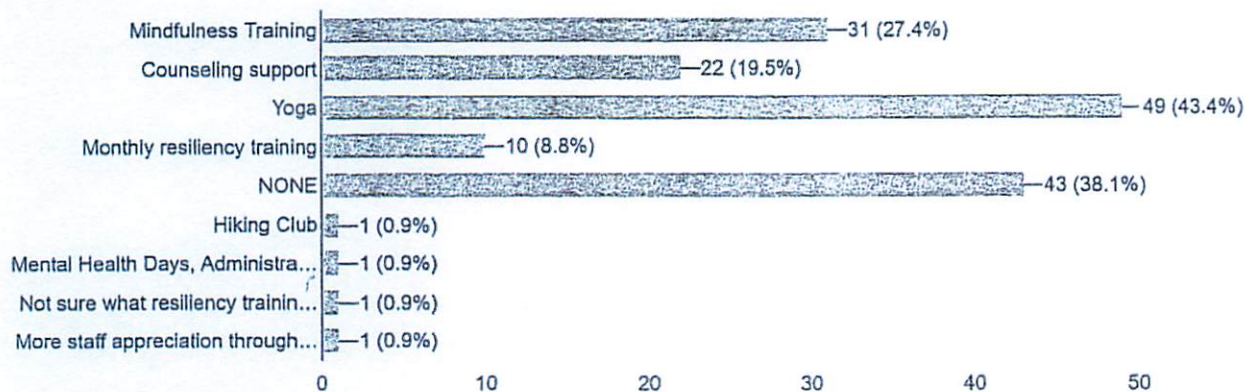
What types of staff wellness initiatives would you like to see implemented? .

108 responses



Would you be interested in any of the following mental health/stress relief offerings?

113 responses



Based on the responses above, mindfulness/gratitude journals were given to those staff that requested one.

