

KIDS COME FIRST

BOYLE COUNTY SCHOOLS

2022-2023

WELLNESS REPORT

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January 2023

Whole School, Whole Community, Whole Child



ALLIANCE FOR A HEALTHIER GENERATION

Healthy Schools Program Assessment, 10/2022

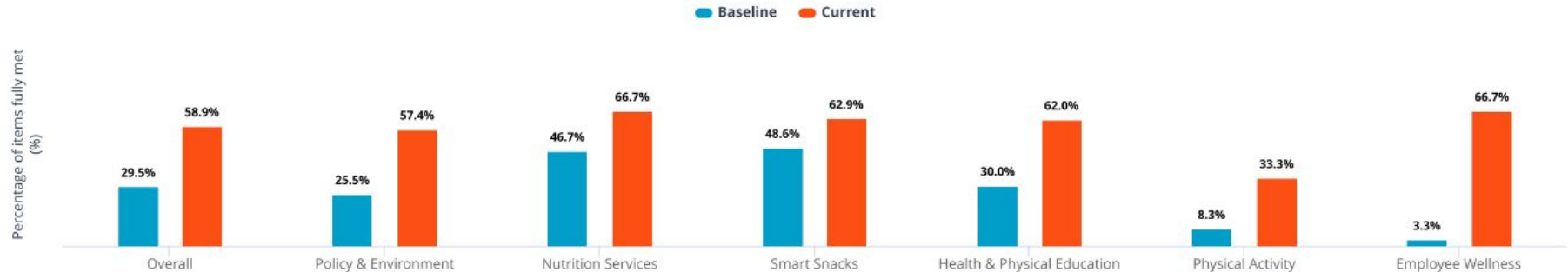


District Dashboard

This report provides enrollment, action plan and assessment data for schools in the selected district, for the selected program and assessment.

The data can be used to understand trends in work completed, identify current areas of focus, and suggests areas of opportunity for future policy and practice change efforts.

Average percent of assessment items fully implemented per school in your district; baseline responses compared to the current responses



Among schools that started the assessment, the number of items marked as "fully implemented" out of the number of items that could be marked "fully implemented", comparing baseline responses with current responses.

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Assessment Response & Action Plan Analysis

Number of Schools in Your District That Started Assessment

5

Number of Schools in Your State That started Assessment

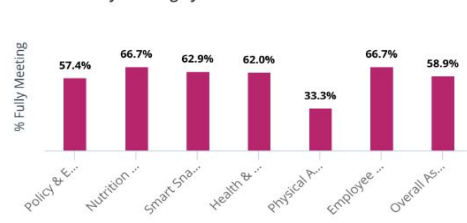
1,130

Number of Schools in the Nation That started Assessment

24,084

The state and nation numbers and graphs include data from the selected district

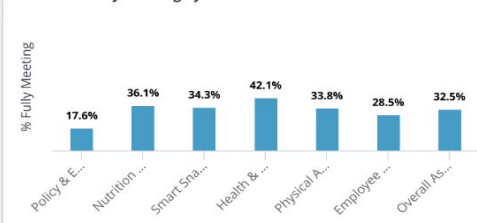
District % Fully Meeting by Module



State % Fully Meeting by Module



Nation % Fully Meeting by Module



Policy & Environment; Nutrition Services; Smart Snacks; Health and Physical Education; Physical Activity; Employee Wellness; Overall Assessment

Physical Activity

- I. **Elementary**-Physical Activity is integrated into a typical school day K-5 (\leq 30mins/d; \leq 150mins/week) at the elementary level. Dance is also included in 5th grade semester rotations.
- A. Assessment Tool: FitnessGram Testing
- Pacer Test (cardiovascular)
 - Curl Ups/Sit Ups (muscular strength & endurance)
 - Push Ups (muscular strength & endurance)
 - Sit and Reach (flexibility)
- B. Administered 2x per year K-5, but also incorporated into stations and games
- September as a “pre-test” and at end of year
 - K-2nd performs a modified version to focus on proper form and rules
 - 3rd-5th gets a pamphlet with their pre-test and end of year scores
 - Scores referenced against standards in *Healthy Fitness Zones*

Physical Activity

II. Middle School-

- All students have the opportunity to participate in Physical Education classes.
- Two 20 minute breaks are offered each week. Dance class is offered, but not required.
- After school sports/activities: basketball, football, volleyball, golf, wrestling, soccer, cross country, track, softball, baseball, cheer, dance, bowling, archery, tennis, swim/dive, fishing and marching band.

III. High School-

- Each student is required to take a Wellness course; 9 weeks health education & nine weeks physical education. Weightlifting and Dance courses are offered as well, but not required.
- After school sports/activities: basketball, football, volleyball, golf, wrestling, soccer, cross country, track, softball, baseball, cheer, dance, bowling, archery, tennis, swim/dive, fishing and marching band.
- Clubs: yoga
- Wellness policy states: *Teachers will make all reasonable efforts to avoid periods of more than 30 minutes when students are physically inactive. When possible, physical activity will be integrated into learning activities. When that is not possible, students will be given periodic breaks during which they are encouraged to stand and move in some form.*

1,711



TOTAL NUMBER OF ACTIVE HEALTH CONDITIONS LISTED
IN INFINITE CAMPUS

(1,579 from 2021; 1,558 from 2020; 403 from 2019)

More Specifically*

Anaphylaxis, Personal history of Epipen	56	Food Allergy	152
Asthma	206	Type 1 Diabetes	9
Allergies (medications, bees, etc..)	324	Seizure/Epilepsy	34
Attention Deficit Hyperactivity Disorder	256	Other Mental Health Disorders	128

**As reported by parents in enrollment information and/or record transfers through 11/1/2022. These are the most noted condition categories.*

Nursing Health Office Visits

<i>School</i>	<i>8/1/21-6/30/22</i>	<i>8/1/22-1/2/23</i>
Perryville Elementary	4347	2013
Junction City Elementary	4664	2447
Woodlawn Elementary	5552	2236
BCMS	4890	2687
BCHS	2622	2138
Totals	22,075	11,521

*Staff visits were not tallied in this count.

Student Health Screenings

- A. Resumed mass student health screenings this year.
- B. Conducted K-5 across all elementary schools, and 7th grade.
 - *Height, Weight, BMI*
 - *Vision*
 - *Hearing*
- C. Appropriate referrals are made for failed screenings.
- D. Additionally, these are offered as needed for concerns or as required for IEPs/evaluations.

STAFF WELLNESS

Through our partnership with BCHD:

- 167 Staff members and their children were vaccinated for influenza.
- 54 Staff members were vaccinated for COVID-19.
- 179 staff participated in biometric screenings (BMI, BP, BG, chol readings) required for their Living Well insurance option. Next round tentatively scheduled for March 2023.

Additionally:

- Staff can see the district NP for urgent treatment needs and pre-employment physicals.
- Counselors offer tips and communication regarding mindfulness.
- FRYSC staff set up physical activity challenges.
- Discounted memberships offered at the Wellness Center.
- Communications sent out regarding insurance coverage of mental and physical health benefit options.



STUDENT MENTAL HEALTH

2022-2023

- Shannon Erwin, LPCC leading
- Brought on Gina Alexander, CSW
- Caseloads for regular services averaging ~30 students at both BCHS & BCMS

Group Services Offered	
BCMS	BCHS
<ul style="list-style-type: none">• BWell (substance use diversion)• Anger Management• Grief & Loss	<ul style="list-style-type: none">• BWell (substance use diversion)• Focus- ADHD• Grief & Loss• DBT (think BWell 2.0)

STUDENT ACCESS TO HEALTHY FOODS

**Making the Healthy
Choice the Easy Choice:
It's About More Than
School Meals.**



SCHOOL NUTRITION: *Smart Snacks*

SMART SNACKS IN SCHOOL

All food and beverage SOLD to students
at schools during the school day, other
than those foods provided as part of the
school meal programs.

1st Ingredient:

WG, Fruit, Veg, Dairy/Protein, or Combo Food

Nutrient Standards:

Calories < 200

Sodium < 200 mg

Total Fat < 35% of calories

Saturated Fat < 10% of calories

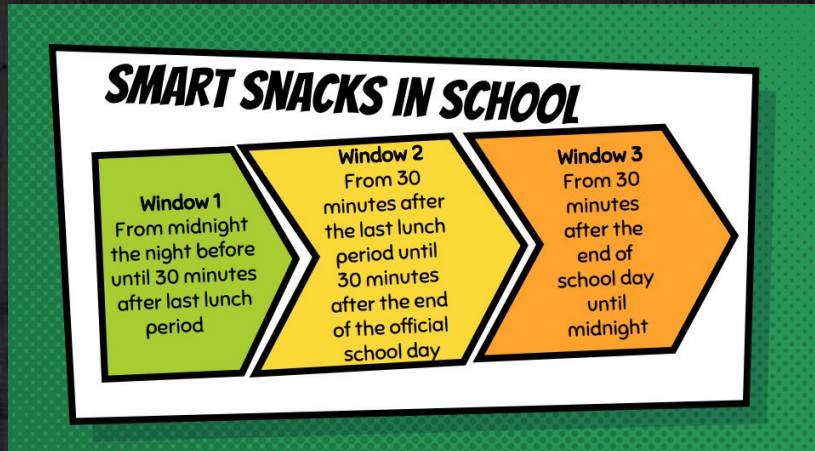
Trans Fat 0g



Sugar < 35%

SCHOOL NUTRITION: *Smart Snacks*

SMART SNACKS:

All food and beverage SOLD to students at schools during the school day, other than those foods provided as part of the school meal programs.





Product Information

Take the guess work out of your day! Answer a series of questions to see if your product meets the [USDA's Smart Snacks in School nutrition standards](#). Then save and print for your records!

*Results from this calculator have been determined by the U.S. Department of Agriculture to be accurate in assessing product compliance with the Federal requirements for Smart Snacks in Schools provided the information is not misrepresented when entered into the Calculator.

CHECK OUT THE BLUE INFORMATION BUBBLES FOR ASSISTANCE! If unable to view, please update your browser or try a different browser. Please refer to [USDA's Q&A document](#) for additional guidance on specific products.

Enter product information as SOLD (as portioned and eaten, such as a beef patty on a bun with accompaniments).

NOTE: As of July 1, 2016, %DV is no longer a qualifying standard for compliance.

My Product is a ...

- ☐ a) Snack ⓘ
- ☐ b) Side ⓘ
- ☐ c) Entree ⓘ
- ☐ d) Beverage ⓘ

Snack / Side / Entree / Beverage

1st ingredient is WG, Fruit, Veg, Dairy/Protein, or Combo Food.

START OVER

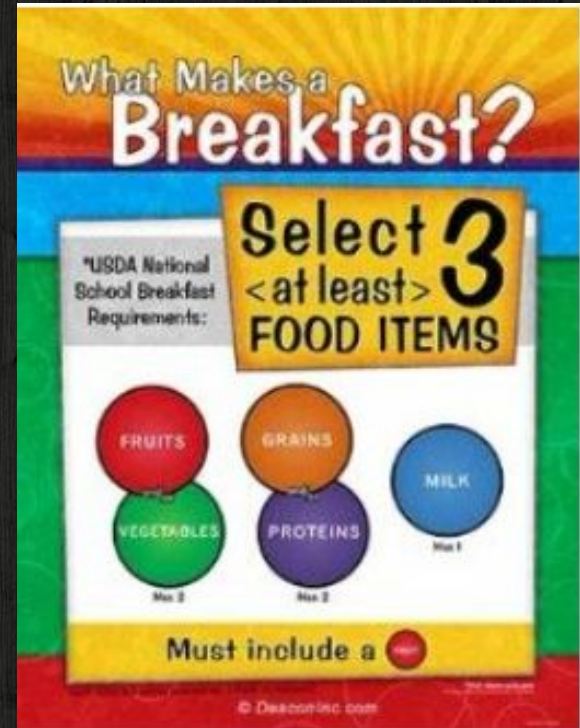
NEXT STEP

SCHOOL NUTRITION: *Breakfast*

USDA Meal Pattern Guidance: *Formula for Menu Creation*

Breakfast

Food Components	Grades K-5	Grades 6-8	Grades 9-12
	Amount of Food ^a per Week		
	(minimum per day)		
Fruits (cups) ^{b c}	5 (1)	5 (1)	5 (1)
Vegetables (cups) ^{b c}	0	0	0
Dark green	0	0	0
Red/Orange	0	0	0
Beans and peas (legumes)	0	0	0
Starchy	0	0	0
Other	0	0	0
Grains (oz eq) ^d	7-10 (1)	8-10 (1)	9-10 (1)
Meats/Meat Alternates (oz eq) ^e	0	0	0
Fluid milk ^f (cups)	5 (1)	5 (1)	5 (1)



SCHOOL NUTRITION: *Lunch*

USDA Meal Pattern Guidance: *Formula for Menu Creation*

Lunch

	Grades K-5	Grades 6-8	Grades 9-12
Food Components	Amount of Food ^a per Week (minimum per day)		
Fruits (cups) ^b	2½ (½)	2½ (½)	5 (1)
Vegetables (cups) ^b	3¾ (¾)	3¾ (¾)	5 (1)
Dark green ^c	½	½	½
Red/Orange ^c	¾	¾	1¼
Beans and peas (legumes) ^c	½	½	½
Starchy ^c	½	½	½
Other ^{c d}	½	½	¾
Additional Vegetables to Reach Total ^e	1	1	1½
Grains (oz eq) ^f	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) ^g	5 (1)	5 (1)	5 (1)

What Makes a Lunch?

Select 3-5 Different Components

USDA National School Lunch Requirements:
each color dot below represents a meal component

FRUITS VEGETABLES GRAINS PROTEIN MILK

Must include a ● **OR** ● **(May take both)**

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SCHOOL NUTRITION: *Year in Review (21-22)*

APRIL 1 ENROLLMENT

2,832 (↑140)

APRIL 1 DIRECT CERTS

42.55% District Wide

1,205 (↓33)

501,784

MEALS SERVED IN SESSION

↓8,194 Meals

Meals Provided at NO COST
for Enrolled Children in Session
August 21 - May 22



53,839

SUMMER MEALS SERVED

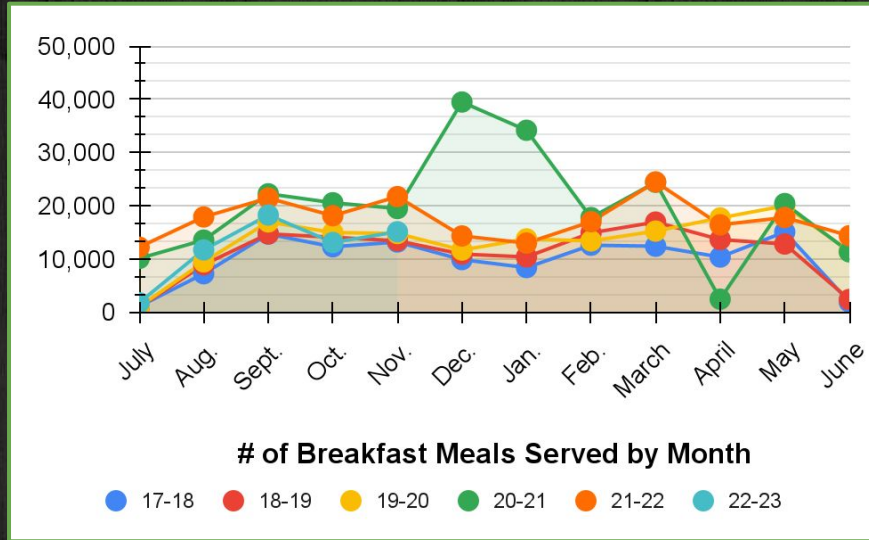
July 21 & June 22

↑1,914

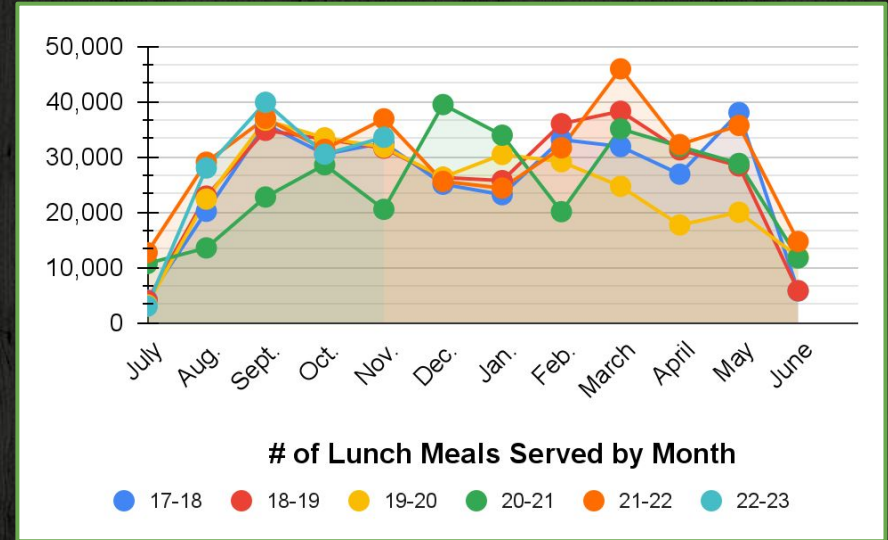
TOTAL MEALS SERVED 21-22

SCHOOL NUTRITION: *Participation Trends*

BREAKFAST



LUNCH



NOTES: During the COVID-19 emergency (mid-March 2020 through July 2022) Boyle County Schools provided breakfast and lunch meals to students at no cost. The district returned to normal free/reduced/paid and Community Eligibility Provision (CEP) operations in August of 2022.

WG PIZZA


CKEC BID

Little Caesars®

BoCo Meals 22-23

HIGH SCHOOL MENU

Thank you for allowing our team to continue to serve you this year. Pop-Tarts and cereal cup varieties will be offered at breakfast daily. Milk variety is offered daily at breakfast and lunch. A variety of Grab & Go Meals are offered each day for lunch in addition to the menu outlined below. Students who



CYCLE 1

Overstuffed
OR BoCo
OR Rat
Shawarma

CYCLE 2

Pancakes
OR Big Dads
OR Pork
OR Roasted
Ribs

CYCLE 3

Confetti
OR Chili
OR Ref
Graps

BoCo Meals 22-23

BCMS

CYCLE 1

S&F Cheese
Pineapple | Grape Juice

CYCLE 2

Chicken Tender
Sauces | Biscuits
OR Bacon
Cakes
Pineapple
Raisins

CYCLE 3

Apple Cinnamon
OR Peach
Snickers or B
OR Ham
Garden of
Eatin' Cakes
Pineapple | Raisins

BoCo Meals 22-23

ELEMENTARY MENU

MON

BREAKFAST
Sausage Gravy Bowl
Pineapple | Grape Juice

LUNCH
S&F Cheesy Breadstick **OR** Chicken
Noodle Soup w/Grilled Cheese
Sliced Red Delicious Apples
Diced Peas | Baby Carrots
Marinara | Seasoned Green Beans

BREAKFAST
Mini Blueberry Waffles w/Syrup
Pineapple | Grape Juice

LUNCH
Chicken Tenders
OR Spaghetti & Meatballs
Garden of Eatin' Apples
Mandarin Oranges | Green Beans

BREAKFAST
Maple Belgian Waffle
Pineapple | Grape Juice

LUNCH
Chicken Nuggets & Roll **OR**
Lasagna w/Meat Sauce & Roll
Applesauce | Mandarin
Oranges | Green Beans
Build Your Own Trees Veggie Dipper

TUE

BREAKFAST
Chocolate Muffin & Yogurt
Raisins / Craisins * | Apple Juice

LUNCH
Pippin' Hot Calzone
OR Taco Tuesday: Taco Wrap
Mandarin Oranges | Applesauce Cup
Garden Salad w/Ranch & Croutons
Refried Beans | Sizzling Steak Corn

BREAKFAST
Cinnamon Muffin & Yogurt
Raisins / Craisins * | Apple Juice

LUNCH
Max Cheese Breadsticks
OR Original Nacho Grande
Slushie | Pineapple
Refried Beans | Marinara Sauce
Toppings Boat

BREAKFAST
Blueberry Muffin & Yogurt
Raisins / Craisins * | Apple Juice

LUNCH
Big Daddy's Pizza Variety
OR BBQ Pulled Pork Nachos
Orange Smiles | Grape Juice
Sweet Tomato Glazes | Golden Corn
Garden Salad w/Ranch & Croutons

WED

BREAKFAST
Mini Gem Donut Variety
Applesauce Cup | Grape Juice

LUNCH
4x6 Pizza Variety
OR Grilled Chicken Club /
Fit-A-Chick Sandwich *
Orange Smiles | Slushie
Veggie Dipper | Golden Corn

BREAKFAST
Donut Ring w/Icing
Applesauce Cup | Grape Juice

LUNCH
Oriental Chicken w/Brown Rice &
Roll **OR** Stuffed Crust Pizza
Garden of Eatin' Apples
Strawberry Cup | Steamed Broccoli
Rainbow Veggie Dipper

BREAKFAST
Donut Holes **OR** French Toast Bites *
Applesauce Cup | Grape Juice

LUNCH
Rebel Ham/Cheesburger
OR Pizza Lunch Mate
Sliced Red Delicious Apples
Sliced Peaches | French Fries
Steamed Broccoli | Baby Carrots

THUR

BREAKFAST
French Toast Slacks w/Syrup
Peaches | Apple Juice

LUNCH
Chicken Smackers w/Roll
OR Hammy Sammy w/Doritos
Grapes | Sliced Peaches
Mashed Potatoes | Steamed Broccoli
Cool Cucumbers

BREAKFAST
Toast & Omelet
Peaches | Apple Juice

LUNCH
BoCo Breakfast (Omelet/Sausage)
OR Trix Cherry Yogurt or Variety
Chocolate Muffin | Orange Smiles
Baked Apples | Paradise Punch Juice
Sweet Tomato Glazes | Potato Smiles

BREAKFAST
Breakfast Pizza
Orange Smiles | Grape Juice

LUNCH
Chicken Drumstick
OR Salisbury Steak / Turkey/Gravy *
Roll & Cookie | Gigglin' Grapes | Slushie
Mashed or Whipped Sweet Potatoes
Sweet Green Peas | Celery Sticks

FRI

BREAKFAST
Fumlet Cake Friday
Mandarin Oranges | Grape Juice

LUNCH
Home Run Hot Dog **OR** Barbecue
Chicken Sandwich / Fish Shapes *
Watermelon / Banana *
Pineapple w/Berries
French Fries | Sweet Tomato Glazes

BREAKFAST
Meat Lover's Biscuit
Mandarin Oranges | Apple Juice

LUNCH
Little Caesars Pizza Variety
OR Chicken Fajita Wrap
Banana | Sliced Peaches
Garden Salad w/Ranch & Croutons
Golden Corn

BREAKFAST
Hadley Cinnamon Roll
Grapes | Apple Juice

LUNCH
The Classic Chicken Patty
OR Cheese Crunchers
Strawberries w/Whipped Topping /
Banana * | Diced Peas
Baked Beans | Cool Cucumbers

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AUG

1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20
21	22	23	24
25	26	27	28
29	30	31	

SEP

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

OCT

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

NOV

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

DEC

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

JAN

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEB

1	2	3	4	5	6
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WELLNESS COMMITTEE: *Recommendations*

Nutrition Services

Explore efficacy and feasibility of expanding breakfast services by:

- Implementing second chance breakfast at BCHS.
- Offering additional points of sale for breakfast after the initial serving period (ie: Front Office, FRYSC).
- Implementing FFVP (CEP Schools).

Physical Activity

Explore opportunities for:

- Additional course electives at BCHS
- Build in flexibility into the master schedule to not limit enrollment in physical education course(s) at BCMS and BCHS.
- Intentional emphasis on movement in the classroom at the elementaries.

Questions?

“Don’t judge each day
by the harvest you
reap but by the seeds
that you plant.”

– Robert Louis Stevenson