

**PENDLETON COUNTY SCHOOLS
HEALTH AND NUTRITION STATUS FOR 17-18**

Requirement:

With the passage of SB 172 in 2005, each year the local board of education must hold a public hearing to discuss and obtain public comment on school nutrition and physical activity environment.

Each school board must discuss the findings of the nutrition report and physical activity report and seek public comment during a publicly advertised special board meeting or at the next regular scheduled board meeting following the release of the nutrition and physical activity reports.

Action Plan:

In preparation for the school year, a broad based committee of teachers, administrators, Central Office and a Board member, as well as parents and Family Resource Center staff reviewed a Wellness Policy that was presented to the Board of Education at their January meeting.

Principals were asked to report on physical activity in the schools.

The nutrition and physical activity reports along with the nutrition assessment were presented at the Regular Monthly Meeting of the Pendleton County Board of Education on January 18, 2018

There public was invited to attend and make comments on the Wellness report.

Direct Nutrition Assessment

In reviewing the District Nutrition Assessment, data is as follows:

Calories	K-5=550-650 6-8 = 600 -700 9-12 = 750-850	K- 5 = < 650 6-8 = < 700 9-12 = < 850
Sodium	K-5 = < 1230 6-8 = < 1360 9-12 = <1420	within range within range within range
Total Fat	Less than 30 % of calories	Regulation Met
Saturated Fat	Less than 10 % of calories	Regulation Met

Trans Fat, Nutrition label or Manufacturer specifications must indicate zero grams of Trans fat per serving.

School Physical Activity Reports

Each school provided a report of physical activity. Copies of the school reports are included in the information given to the Board Members.

Summary:

The Board of Education of the Pendleton County Schools is committed to providing school environments that promote and protect student health, well-being, and ability to learn by supporting healthy eating and physical activity. To this end, the Board supports school efforts to implement the following:

- The District will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing this policy, as well as District-wide nutrition and physical activity opportunities, plans, and initiatives.
- All students will have opportunities, support, and encouragement to be physically active on a regular basis as provided by school/council policy.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, schools will participate in available federal school meal programs.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will establish linkages between health education, school meal programs, and related community services.

Pendleton County Schools believe we are making a difference in the areas of health and nutrition.