



Pendleton County School District

Nutrition & Physical Activity Report

2019-2020



Pendleton County Schools

Mission

Pendleton County Schools is committed to graduating every student college and/or career ready by empowering staff to deliver high quality instruction and services in a safe and trusting environment.

*United in Pursuing
Excellence*

Vision

The Pendleton 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 (NSLP) was conceived 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 United States Department of Agriculture nutrition guidelines. These guidelines promote meal quality while commodity donations help the farmer and help schools keep down meal prices.

Our lunch meals are planned following Federal regulations that 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, as a rule, we increase the sizes as the children grow older. We offer whole grains and fresh fruits and vegetables daily. 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 skim, 1% unflavored milk; we offer fat free flavored milk as well as 100% fruit juice.

Nutrient Analysis

School Breakfast and Lunch Menus are submitted to the State Department using a Menu program tool called InTeam. This program insures that all Nutrition Standards have been met according to Regulations.

Averaged over the course of a week, *lunch menus* offered in our schools provide the following:

Nutrient	Target*	Actual Daily
Calories	K-5=550-650	K- 5 = < 650
	6-8 = 600 -700	6-8 = < 700
	9-12 = 750-850	9-12 = < 850
Sodium	K-5 = < 1230	within range
	6-8 = < 1360	within range
	9-12 = <1420	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.

Menus and other nutritional information is available to students and parents on our web site at www.pendleton.kyschools.us

Food and beverage items that are sold as extras on the cafeteria lines and through Food Service vending machines all meet the new smart snack nutritional standards. These standards are designed to limit access to items with little or no nutrient densities.

After-School Snack Program

The After-School Snack Program allows after-school care programs with regularly scheduled activities in an organized, structured environment to provide and claim reimbursement for snacks served to school-age children.

Oct 2016-2017

After School Programs	2
Enrollment North	44
	Average Daily Participant (ADP) = 17
Enrollment South	10
	Average Daily Participant (ADP) = 6
Total Snacks Served	N= 2719 S=265 Total =2984
Total Reimbursement	\$ 2625.24

School Breakfast

The School Breakfast Program (SBP) was established in 1966. School districts receive federal reimbursement for each school breakfast served that meets the U.S. Department of Agriculture's nutrition guidelines.

Studies show that children who participate in the School Breakfast Program have significantly higher standardized achievement test scores than non-participants. Children with access to school breakfast also had significantly reduced absence and tardiness rates.

Breakfast & Lunch (2018-2019 Info)

# Schools Participating	4
Total Breakfasts Served	219,665
Total Lunch Served	318,228
Federal Reimbursement: 18-19	\$1,406,139.54
Average Daily Participation Breakfast	61% (district wide Oct 2019)
Average Daily Participation Lunch	81 % (district wide Oct 2019)
Cost of Food Used	\$ 494,225.18
Indirect Cost paid to board	\$ 91,254.65
Salaries	\$447,587.11 (+ sub and OT = 8036.31) = <u>455,623.42</u>
Employee Benefits	\$231,697.36
Supplies	\$156,803.78 NP=849.24
# Students Approved for Free Meals (Oct. 2018) CEP	2385 CEP SCHOOL DISTRICT
# Students Approved for Reduced- price Meals (Oct. 2018) CEP	CEP SCHOOL DISTRICT
Enrollment	2385

Physical Activity & Achievement

Schools play a crucial role in influencing physical activity behaviors. Sound curriculum, policies, and facilities create an environment encouraging students and staff to engage in a variety of physical activity opportunities. Evidence supports a correlation between SAT scores and the physical well-being of students.

School Physical Activity Environment Assessment			
Program/Activity	Elem	Middle	High
Provide Daily recess	Yes	Yes	N/A
Provide at least 150 min of physical Ed. per week	Yes	Yes	N/A
Provide 25 min of physical Activity per day and 125 min per week	Yes	N/A	Yes
Provide classroom physical activity integrated into school day	Yes	Yes	N/A
Provide intramural physical activity opportunities	Yes	Yes	N/A
Offer Facilities to families & Community for physical activity opportunities	Yes	Yes	Yes

The data presented above is a summary from the assessment of our physical activity environment. Our playgrounds are modern, safe and available to the public-at-large on a year-round basis.

Other School & Community Partners include:

- Community Education
- North & South Family Resource Centers
- Pendleton County Recreation
- Pendleton County Extension Center
- Pendleton County Health department
- Champion / Student Correlation
- 21 Century Grant Program (Southern & Northern Elementary); (Phillip Sharp Middle) School
- NKY / Town and County
- Pendleton County Athletic Department
- Pendleton Hills Exercise Classes

These partners have been instrumental in collaborating with schools and community agencies to provide and promote nutritional and physical wellness programs/recreational activities for youth and adults.

Parent education is also provided on behalf of these partners. A few of these include:

- Food Pantries
- Recipe for life
- Back to school Ready fest/Good Start
- Tobacco Ed. Group
- Athletic Drug Awareness
- Snack pack weekend
- Christmas assistant programs, after school programs, and Forty Development Assets.
- KY. Proud Products “Plate it up” at High School and at Community Grocery Store
- FCCLA group is making plans to start program to prepare foods to the School Athletes and other students staying after school for activities
- Junior Master Gardening Program (pilot at Southern Elementary)
- Middle School- Smarter Lunchroom pilot
- Middle School- Truth and Consequences with 8th graders
- Middle School- Junior Master Gardeners(JMG) as well-working with GT students and planting two raised beds
- Junior Master Gardeners in both elementary libraries with all students
- Middle School – in PE class introducing different physical activity – such as yoga, kick boxing, circuit training, line dancing etc.
- With 6 graders doing the healthy adolescent brain, which includes smart choices in regards to drugs, eating, activity, sleep and more.
- Elementary School has archery classes for 4th and 5th grades

Purpose of Report

This brochure is provided in compliance with KRS 158.856 as an overview of the nutrition and physical activity available in the Pendleton Co. School System with the recommendation for areas of improvement.

Committee consisting of school representatives, students, parents and community members is working to provide guidance to the Pendleton Co. Board of Education.

The Board will review any recommendations offered by the general public in developing a plan to be implemented in the school year.

An improvement plan must be submitted to the Kentucky Board of Education by May 1. Please review this Report and provide any comments or recommendations to the Pendleton Co. School Board of Education and or School Nutrition Department.