

**“Promoting healthy and safe behaviors among students is an important part of the fundamental mission of schools.”**

*School Health Index-Centers for Disease Control (CDC)*

### 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

<i>Program/activity</i>	<i>Elem</i>	<i>Middle</i>	<i>High</i>
Provide daily recess	100%	N/A	N/A
Provide at least 150 minutes of physical education per week	100%	Rotation	9 <sup>th</sup> grade students, JROTC, elective classes
Provide classroom physical activity integrated into school day	100%	N/A	N/A



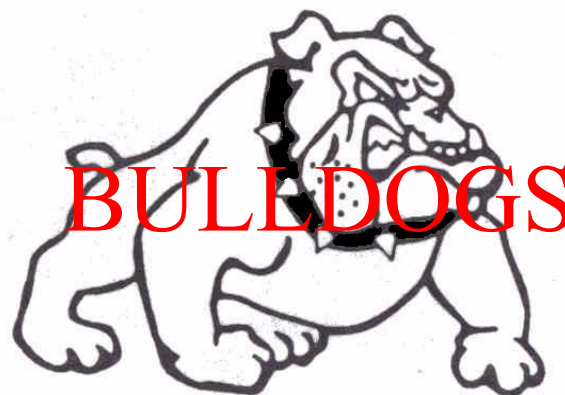
**CHOOSE TO MOVE  
MORE EVERY DAY**

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## Lawrence County Schools

### Nutrition & Physical Activity Report Card

**2011 - 2012**



The Lawrence 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 on a four-week 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, as a rule, we increase the sizes as the children grow older. We make a concerted effort to offer whole grain breads as well as fresh fruits and vegetables every day. Students are allowed to serve themselves all the fresh fruits and vegetables they will eat. 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% and skim milk, as well as 100% fruit and vegetable juices.



The table below provides a synopsis of the lunch program, including participation and financial data for 2010-2011.

Total Federal Reimbursement	\$ 910,155
State Matching Funds	\$ 13,092
Lunch Federal Reimbursement	\$ 602,630
# Schools Participating	7
Total Lunches Served	302,010
Average Daily Participation	1,787
Cost of Food Used Lunch & Breakfast	\$ 463,732
# Students Approved for Free Meals	1485
# Students Approved for Reduced-price Meals	200
# Students approved for Paid Meals	835
Lunch Prices	Adult : \$ 2.50 Reduced-price : \$.40 Elem & LMS: \$ 1.50 LCHS: \$ 1.75

## 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.

Federal Reimbursement & Breakfast Reimbursements	\$ 301,723
# Schools Participating	7
Total Breakfasts Served	159,267
Average Daily Participation	942
Breakfast Prices	Adult: \$2.00 Student Reduced: \$ .30 Students Paid: \$ 1.00

## Summer Feeding Program

June, 2011

### “Food That’s In When School is Out!”

The Summer Feeding Program (SFSP) provides **FREE**, nutritious meals to all children 18 years and under at no charge to them, regardless of financial status.

Federal Reimbursement	\$ 12,851.00
Total Meals Served	4,147

## 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.

Federal Reimbursement	\$ 5,802
Total Snacks Served	7,846

**ENJOY MORE FRUITS AND VEGGIES !!!**



*The Lawrence County School District partners with the Lawrence County Health Department, Lawrence County Extension Office and Three Rivers Medical Center to promote better health and wellness to our students, staff, parents, and others in our community. The Health Advisory Team (HAT) makes our community aware of the importance of exercise, nutrition, and what they choose to drink each day.*

