

Nutrient Analysis

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

Nutrient	Target*	Actual
Calories	600-650	646
Iron (Mg)	3.5Mg	4.2Mg
Calcium (Mg)	286Mg	555Mg
Vitamin A (RE)	285RE	400RE
Vitamin C (Mg)	15Mg	51Mg
Protein (G)	10 G	23G
Total Fat (G)	30% of Calories	20%
Saturated Fat (G)	10% of Calories	8.0%



Physical Activity & Achievement

Schools play a crucial role in influencing physical activity behaviors. Sound curriculum, policies, and facilities create an environment that encourages students and staff to engage in a variety of physical activity opportunities.

Evidence supports a correlation between academic achievement and the physical well being of students. To this end, Pikeville Independent Schools have implemented in class fitness activities across all grade levels.

Intense physical activity programs have positive effects on academic achievement, including increased concentration; improved mathematics, reading, and writing test scores; and reduced disruptive behavior.

-- Curricular Physical Activity and Academic Performance, *Pediatric Exercise Science*

“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)

School Physical Activity Environment Assessment		
Pikeville Elementary	Boys	Girls
Daily Phys. Activity (25 Minutes)	All Grades	All Grades
Physical Education/Activity	Grades 4 - 6 Minimum 60 minutes per week. (9 week rotation)	Grades 4 - 6 Minimum 60 minutes per week. (9 week rotation)
Physical Education/Activity	Primary - Minimum 55 minutes per week. (Year Long)	Primary - Minimum 55 minutes per week. (Year Long)
Provide Intramural Physical Activity Opportunities	3rd - 6th Football, Basketball. Daily Physical Activity Period (Year Long)	3rd-6th Basketball, Cheerleading, Dance Daily Physical Activity Period (Year Long)
Provides Opportunity to Participate In Community Youth League Programs.	All Grades	All Grades
Facilities available for community physical activity use. (playground)	Yes	Yes
Pikeville High School		
Physical Education PE I & PE II At this time 51% of PHS students receive 3 or more days of PE per week.	Available Grades 7, 10, 11, 12 - Minimum 225 minutes per week. (Year Long) 9th Semester Rotation	Available Grades 7, 10, 11, 12 - Minimum 225 minutes per week. (Year Long) 9th Semester Rotation
Extra Curricular Sports Participation	65%	
Facilities available for community physical activity use. (Athletic Fields, Blue Goose Gym, YMCA)	Yes	Yes

The data presented above summarizes the assessment of our physical activity environment. In addition, Pikeville Independent Schools partners with the Pike County Health Department in the development and implementation of a Community Health Improvement Plan and a district wide wellness committee which assists in the presentation and monitoring of anti drug, tobacco and alcohol programs.

Family Resource Centers have been instrumental in coordinating these programs district wide. As a result, our students are provided with the best information possible to allow them to make health appropriate decisions.



Nutrition & Physical Activity Assessment 2018-19



The Pikeville Independent 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 monthly 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. Whole grains, fresh fruits, and vegetables are offered daily on our lunch menu. The menu provides for variety and allows us to make the most efficient use of the donated commodities, especially seasonal fresh fruits. We offer a choice of 1% white milk, fat free chocolate milk, or skim milk, as well as 100% fruit and vegetable juices.

An analysis of our lunch menus is found elsewhere in this report card as well as in each school lunch office.

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

Federal Reimbursement	189,693.67
# Schools Participating	2
Total Lunches Served	111,254
Average Daily Participation	669
Cost of Food Used	261,310
# Students Approved for Free Meals	401
# Students Approved for Reduced-price Meals	43
# Students approved for Paid Meals	732
Lunch Prices	Adult: \$4.00 Reduced-price : \$.40 Student Paid : \$ 2.50
Served 171 Days 2018-19	

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	66,197.73
# Schools Participating	2
Total Breakfasts Served	50,509
Average Daily Participation	295
Breakfast Prices	Adult Price \$2.00 Student Reduced-price: \$.40 Student Paid: \$ 1.00



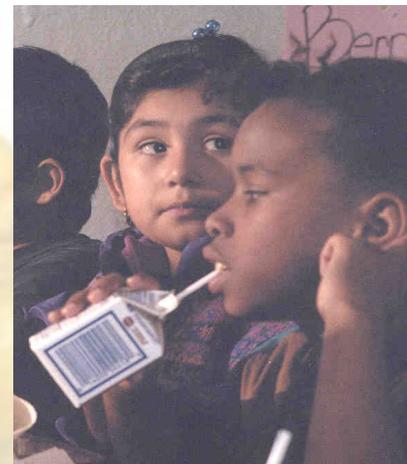
Student Welfare

The Pikeville Independent Board of education 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 accomplish that goal, the Board supports school efforts to implement the following:

- 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.....
- Bd. Policy 09.2

“Protecting children’s health and cognitive development may be the best way to build a strong America.”

-- Dr. J. Larry Brown, Tufts University School of Nutrition



A list of all food and beverage items available to students during the day can be viewed at the school’s lunchroom or on the district website.

Food and beverage items that are sold as extras on the cafeteria lines all meet the minimum nutritional standards required by the Kentucky Board of Education. These standards are designed to limit access to items with little or no nutrient density. **No sales from machines take place until 30 minutes after the last lunch period ends. Currently bottled water is the only vending machine item sold during the school day.**

A USDA study showed students who eat school meals are more likely to consume milk, meats, grain mixtures and vegetables compared to students who did not, including students who brought meals from home. Also, students who eat school meals have higher intakes of some vitamins and minerals, including calcium and Vitamin A -- nutrients that tend to be “problem nutrients” for kids.

Cost-wise, schools work very hard to make sure that school meals are a good value. Take a look at the number of items typically offered to students at lunch -- an entrée, two servings of fruits and vegetables, a bread or grain item and 8 ounces of milk. It takes a real balancing act to beat that value with a bag lunch.

--National Dairy Council