

“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.”

John F. Kennedy

School Physical Activity Environment Assessment

Program/Activity	Elem.
Provide daily Physical Activity	100 %
Provide at least 150 minutes of physical education per week	50 %
Provide classroom physical activity integrated into school day	100 %
Provide intramural physical activity opportunities	N/A
Offer facilities to community for physical activity opportunities	100 %

The data above is a summary from a review of our elementary physical activity environment. All schools have certified physical education teachers who work with students K-12. All schools have gymnasiums which are used for physical education classes as well as community sports programs for children and teens. School playgrounds are modern and inspected regularly for safety.



Nutrient Analysis

Averaged over the course of a 3 week cycle, lunch menus offered in our schools provide the following for school year 2016-17:

Nutrient	Target	Actual
Calories: Elementary	550- 650	606
Middle	600- 700	614
High	750- 850	769
Sodium: Elementary	1230 mg or less	1069
Middle	1360 mg or less	1083
High	1420 mg or less	1298
Sat. Fat (G): Elem	10% of Calories	7.79 %
Middle	10 % of Calories	8.03 %
High	10 % of Calories	8.33 %



Physical Activity & Achievement

Schools play an important role by influencing physical activity behaviors. School policies, curriculum, and facilities provide an environment that encourages physical activity for students. Recently, studies of brain-based learning have shown that exercise can increase cognitive ability in children. Hopkins County Schools are committed to moving students toward academic proficiency and physical well being.

A healthy school is one that integrates community, family, and schools to provide for students a positive continuum of intellectual, physical, social, and emotional development on which to base lifelong decisions.

-- NASBE Healthy Schools Network



Nutrition & Physical Activity Report Card 2017



Hopkins County Schools participate in the Community Eligibility Provision which allows all students to receive a free breakfast and lunch meal. We 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.

Federal regulations require that we offer minimum portion sizes of meat/meat alternatives, fruits, vegetables, whole grains/breads and fluid milk during every lunch meal service. The portion sizes are designed to meet the needs of growing children. The menu cycle provides for variety and allows us to make the most efficient use of the donated commodities. An analysis of our lunch menus is found elsewhere in this report card.

The table below provides a synopsis of the lunch program, including participation and financial data for school year 2015-16.

Federal Reimbursement	\$ 1,952,380
# Schools Participating	13
Total Lunches Served	743,750
Average Daily Participation	4324
Cost of Food Used	\$ 1,433,217
# Students Receiving Free Meals (Includes all students at CEP schools)	5,358
# Students Approved for Reduced-price Meals	138
# Students Approved for Paid Meals	1553
Lunch Prices (For 2016-17 all students can receive a free lunch meal)	Adult: \$ 3.35 Reduced-price : \$.40 Paid : \$ 2.20

“In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs, or disability.”

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.

The table below provides a synopsis of the breakfast program, including participation and financial data for school year 2015-16.

Federal Reimbursement	\$ 622,913
# Schools Participating	13
Total Breakfasts Served	352,707
Average Daily Participation	2,075
Breakfast Prices (For 2016-17 all students can receive a free breakfast meal)	Adult Price \$ 1.70 Student Reduced-price: \$.30 Student Paid: \$ 1.15



After-School Care 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	\$ 4,910
# Schools Participating	3
Total Snacks Served	5845

“Our food should be our medicine and our medicine should be our food.”

-- Hippocrates



The Hopkins County School District does not contract with retail establishments to provide entrée items to our students.

Nutritional facts on food and beverage items available to students during the day is on file for review in the Food Service Office. Anyone is welcome to come and visit our office and review the material between the hours of 8:00 a.m. and 4:00 p.m., Monday – Friday.

Food and beverage items that are sold as extras on the cafeteria lines meet the minimum nutritional standards set by the USDA. These standards are designed to limit access to items with little or no nutrient density. No sales from machines or school stores take place until the close of the last instructional period of 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