



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.



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

**PHYSICAL ACTIVITY
AT OUR SCHOOLS**

<p>LCMS Students</p> <p>Those in PE Class or Weight Lifting Class- 50 min</p> <p>Those in ROTC - 90 minutes per week</p>	<p>LCMS Students</p> <p>Those in PE rotation – 50 min, Students are in rotation every 9 wks</p>
<p>GES Students</p> <p>Recess or Teacher Directed Activity – 20 min Daily</p> <p>Physical Education One 60 min class per week with two 60 min class periods every 4th week.</p>	<p>LES Students</p> <p>Teacher Directed Activity – 15 min Daily</p> <p>Physical Education 55 minutes per week</p>
<p>LCCE Students</p> <p>Recess or Teacher Directed Activity- 20 min Daily</p> <p>Physical Education 50 minutes weekly</p>	<p>TES Students</p> <p>Recess or Teacher Directed Activity - Daily</p> <p>Physical Education Rotation - Every student receive PE for 1 straight week every 4 weeks.</p>

All Schools in Lewis County provide the opportunity to participate in extra-curricular sport and activities.

The data presented above is a summary from the assessment of our physical activity environment.

**LEWIS COUNTY
SCHOOL
DISTRICT
2015-2016**



**NUTRITION &
PHYSICAL
ACTIVITY
REPORT CARD**



Lewis County Schools are dedicated to serving nutritious meals and providing multiple physical activity opportunities as a means of helping our students reach proficiency

*SNS Financial Report
2014-2015*

REVENUES and EXPENSES	
Opening Balance	58,792.49
Total Revenue	1,418,807.20
Total Expenditures	1,389,253.90
Surplus/Deficit	29,553.30
Ending Balance	88,345.79
OTHER	
Claim Months	10
Average Monthly Expenses	138,925.39
Salaries	540,415.29
Employee Benefits	252,462.40
Indirect Cost Expenses	62,858.00
Indirect Cost Rate	12.63%
All Students Receive a FREE Lunch and a FREE Breakfast Daily	
Lunch Prices	Adult 3.00
Breakfast Prices	Adult 2.00



Our School Managers:
 Carolyn Howard—LCHS
 Mary Shoemaker—LCMS
 Rose Applegate—GES
 Vickie Lee—LCCE
 Alice Butler—LES
 Mary Corns—TES
 Lewis Co. School Nutrition Director:
 Michael Edington

National School Lunch

The Lewis County Board of Education, its faculties and staff believe the health of our youth to be of top priority. In order to ensure that our students have good tasting, nutritional meals, we participate in the National School Lunch and Breakfast Programs for our students. Our Nutrition Program provides us with an opportunity to put into action the concepts of nutrition we are teaching our students. Good nutrition equips the body and brain with the necessary elements to function at their peak. Individuals attend school to benefit from our academic program, but good nutrition is as important a message to convey to the student body. It is our goal to have school nutrition add to the programs offered in the Lewis County Schools to ensure the students have a healthy, safe environment of learning each school day.

“Eating a healthy breakfast keeps you jumping all day long”



**Breakfast is available at all Lewis County Schools
Every day – To all students**

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.

Good Nutrition

Healthy diets provide essential nutrients and energy to prevent nutrition deficiencies and excesses. Children need adequate nutrients for the proper growth, repair and maintenance of body tissues as well as resistance to disease and infection. Prevention of deficiencies that lead to problems such as anemia, goiter, scurvy and rickets are another important reason that we need to make sure that we meet these guidelines. The right balance of carbohydrate, fat and protein are important in reducing the risks of chronic diseases like coronary heart disease, Type 2 diabetes and certain types of cancer.

Lewis County School lunch menus are posted on the district web site and they are published weekly in local newspapers.

Our schools do not contract with retail establishments to provide food for our students. Our menus feature a variety of fruits and/or vegetables each day. The schools operate a nutrition program in compliance with all applicable statutes and regulations. The lunchrooms serve meals which meet or exceed the nutritional requirements specified by state and federal regulations.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact