



### 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

School Physical Activity Assessment		LES	Middle	High
Program/Activity	LCCE	TES	GES	LES
Provide Daily Recess and/or TDA	Yes	100%	Yes	Yes
Provide at least 150 minutes of physical education per week	No	No	Students have physical education scheduled in the rotation of classes plus recess.	No
Provide at least 225 minutes of physical education	NA	NA	NA	NA
Provide classroom physical activity integrated into school day	Yes	Yes	Yes	Yes
Provide physical activity opportunities	Yes	Yes	Yes	Yes
Offer facilities to families/community for physical activity opportunities	Yes – available per board policy	Yes – available per board policy	Yes – available per board policy	Yes – available per board policy
			Students have physical education scheduled thru co-curricular classes	Yes in ROTC, Wellness, Physical Education & Sports Skills
			Based on 9 wk course	Yes in ROTC, Wellness, Physical Education & Sports Skills

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

**FREE WATER** is available to all students during lunch and breakfast at all schools in the cafeteria.

# LEWIS COUNTY SCHOOL DISTRICT 2017-2018



## 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  
2016-2017*

<b>REVENUES and EXPENSES</b>	
Opening Balance	67212.00
Total Revenue	1750577.78
Total Expenditures	1704059.72
Surplus/Deficit	46518.06
<b>Ending Balance</b>	<b>113730.28</b>
<b>OTHER</b>	
Claim Months	10
Average Monthly Expenses	170405.97
Salaries	51944.88
Employee Benefits	32184.54
Indirect Cost Expenses	61249.00
Indirect Cost Rate	12.84
<b>All Students Receive a FREE Lunch and a FREE Breakfast Daily</b>	
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  
 Karen Thomas—TES  
Lewis Co. School Nutrition Director:  
 Tiffany Felty

*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

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.

*USDA Nondiscrimination Statement*

*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, disability, age, 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 USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992.*

Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

*This institution is an equal opportunity provider.*