

## 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



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

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

All elementary schools offer daily recess or teacher directed activity.

All elementary schools provide classroom physical activity integrated into the school day.  
Middle and High schools provide based on courses.

All schools offer facilities to families/community for physical activity opportunities.

Each school has completed an annual health and wellness assessment. The results from these assessments can be viewed at each individual school.

All schools provide physical activity opportunities.



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



## LEWIS COUNTY SCHOOL DISTRICT 2022-2023 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*



Our School Managers:

Helen Buckner—LCHS  
 Mary Shoemaker—LCMS  
 Amanda Cooper—GES  
 Vickie Lee—LCCE  
 Jessica Blevins—LES  
 Karen Thomas—TES

Lewis Co. School Nutrition Director:  
 Lori L. Ginn-O'Keefe

All Students Receive a FREE Lunch and a FREE Breakfast Daily	
Lunch Prices	Adult 5.00
Breakfast Prices	Adult 3.00

***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.



**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**

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.

**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).