

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 2024-2025 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:

Sandy Underwood-LCHS
 Mary Shoemaker—LCMS
 Jo Dawn Anderson Toller—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.

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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.