

Nutrient Analysis

Averaged over the course of a week, lunch menus offered in our schools provide the following:

Nutrient	Target *	Actual
Calories	785	814
Iron (Mg)	4.2 Mg	4.3 Mg
Calcium (Mg)	370 Mg	501 Mg
Vitamin A (RE)	285 RE	516 RE
Vitamin C (Mg)	17 Mg	36 Mg
Protein (G)	15 G	30G
Total Fat %	30% of Calories	33% of Calories
Saturated Fat %	10% of Calories	12% of Calories

NUTRITION IMPROVEMENT PLAN

The following are goals we have set forth for the 2008-2009 school year:

1. Offer a wider variety of fresh fruits and vegetables at lunch.
2. Serve more items made with whole grains.
3. Work with each elementary school to provide serving

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 academic achievement 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

“Promoting healthy and safe behaviors among students is an important part of the fundamental mission of schools.

School Health Index-Centers for Disease Control (CDC)

Program/Activity	Elementary	Middle	High
Provide daily scheduled physical activity breaks.	100%	N/A	N/A
Provide at least 150 minutes of physical education per week.	100%	N/A	N/A
Provide at least 225 minutes of physical education.	N/A	100%	100%
Provide classroom physical activity integrated into school	100%	100%	100%
Provide intramural physical activity opportunities.	100%	100%	100%
Offer facilities to families/community for physical activity	100%	100%	100%

The data above is a summary from the assessment of our physical activity environment. Physical activity is defined as classroom-based activity instruction, participation in interscholastic athletics, intramural activities, physical activity clubs (e.g. football, basketball, fitness, etc.), marching band, teams, cheerleading, or community athletics.

At the elementary level, students receive at least 150 minutes of physical education per week throughout the school year. Elementary schools also utilize “Take 10” and other instructional resources to engage students in some form of physical movement during the instructional day. Scheduled physical activity breaks at the elementary level include instruction in tai-chi and aerobics among other classroom friendly physical activities. At the middle and high school levels, students receive at least 225 minutes of physical education per week during their scheduled physical education classes. Physical education in all schools includes standard exercises, agilities, games, dance/movement, team competitions, aerobics, rock climbing, and other moderate to vigorous activities.

After school fitness clubs, fitness centers, and rock walls throughout the district offer all students across the district additional opportunities for physical activity and enrichment.



**NEWPORT
INDEPENDENT
SCHOOLS**

A Great Tradition. A Great Future.

2008-2009 Nutrition and Physical Activity Report Card



The Newport Independent Schools 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.

Our lunch meals are planned on a three-week menu cycle. Federal regulations require that we offer minimum portion sizes of meat, fruit and/or vegetable, grains/breads and fluid milk during every lunch meal service. The portion sizes are designed to meet the needs of growing children and, as a rule, we increase the sizes as the children grow older. Students are allowed extra servings of fruits and vegetables every day. The menu cycle provides for variety and allows us to make the most efficient use of the donated commodities. We offer 1% and skim milk, as well as 100% fruit juices.

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 2007-08.

Federal Reimbursement	\$587,616
# Schools Participating	5
Total Lunches Served	288,699
Average Daily Participation	1,630
Cost of Food Used	\$435,294
# Students Approved for Free Meals	1,408
# Students Approved for Reduced-price Meals	174
# Students approved for Paid Meals	441
Lunch Prices	Adult: \$2.50 Reduced-Price: \$0.40 Paid: \$1.40/\$1.50

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.

Federal Reimbursement	\$202,983
# Schools Participating	5
Total Breakfasts Served	140,545
Average Daily Participation	791
Breakfast Prices	Adult: \$1.25 Reduced-Price: \$0.30 Paid: \$0.75



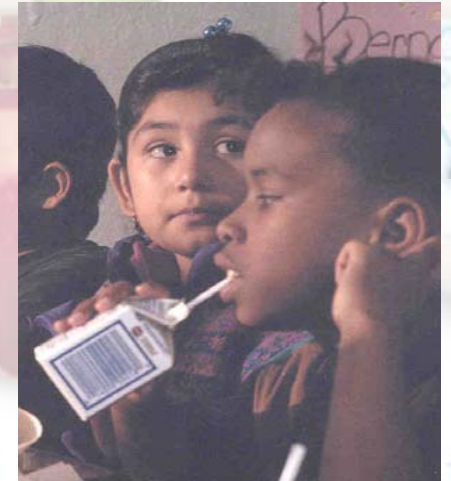
After-School Snack Program

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	\$4,320
Total Snacks Served	6,354
Average Daily Participation	80

“Protecting children’s health and cognitive development may be the best way to build a strong America.”

-- Dr. J. Larry Brown, Tufts University School of Nutrition



We do not contract with retail establishments to provide entrée items such as pizza or sub sandwiches. A list of all a la carte food and beverage items available to students can be obtained from our web site at <http://www.newportwildcats.org>.

Food and beverage items that are sold as extras on the cafeteria lines all meet the minimum nutritional standards required by the Kentucky Board of Education. These standards are designed to limit access to items with little or no nutrient density.

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