

Child Nutrition and Food Service 2018-2019 **Report Card**

Newport Independent Schools
30 West 8th Street
Newport, KY 41071

About Us

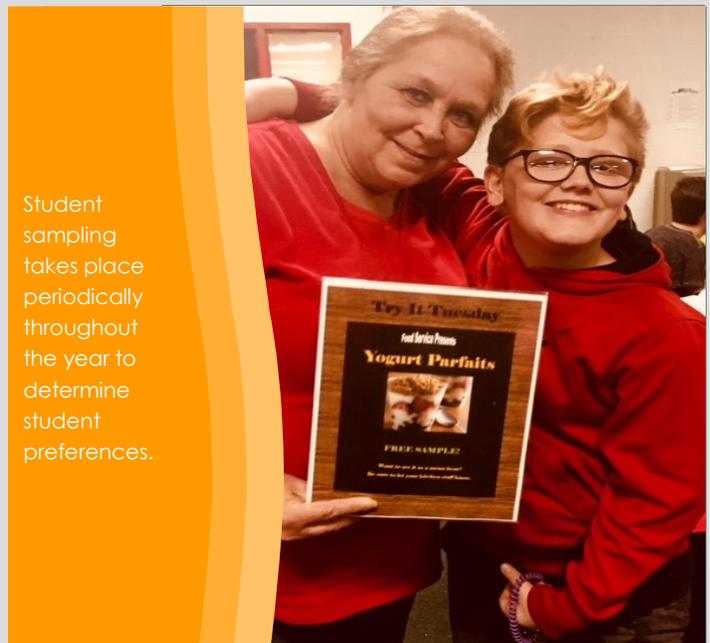
The Newport Independent School District operates under the Community Eligibility Provision and serves all students nutritious meals at no cost. We participate in the National School Lunch, National School Breakfast, Afterschool Snack and Summer Feeding Programs. All programs are administered through the United States Department of Agriculture and districts must follow specific meal patterns and strict nutritional standards. Requirements include:

- Limits on calories, sodium, fat and sugar intake
- Specific calorie ranges for each grade group
- Offering fruit daily at breakfast and lunch
- Offering vegetables daily at lunch
- Grains that are whole grain rich
- Fluid milk that is fat free or low fat

Our Goals

Nutrition is an important factor in your child's academic achievement and we strive to contribute to the total educational experience. We believe that well-nourished students are more likely to attend school, perform better academically and have less behavior issues. Staff is determined to provide meals and ala carte items that our students

Student sampling takes place periodically throughout the year to determine student preferences.



will love.

We strive to do the following:

- Provide healthy meals in a positive and appealing environment
- Encourage and support learning in the cafeteria and in the classroom
- Ensure professional development for school nutrition personnel

Annual Assessment

KRS 158.856 requires an annual evaluation and report on school districts physical activity and nutrition environments. We are happy to provide our efforts toward a healthier environment.

Key Findings 2018

Data provided by the Alliance for a Healthier Generation Healthy Schools Assessment

School Health and Safety Policies

- Students are provided 20 minutes of recess during each school day
- Competitive food and beverages sold to students during the school day meet the USDA's nutrition standards
- Foods and beverages sold to students during the extended day meet the USDA's nutrition standards

Health Education

- Health education teachers use age appropriate curriculum materials that are sequential and consistent with state or national standards

Physical Education and Other Physical Activity

- Physical education teachers use age appropriate curriculum materials that are sequential and consistent with state or national standards
- Physical education teachers are required to participate at least once a year in professional development
- All PE classes are taught by teachers who are certified

Nutrition Services

- All school meals are fully accessible to all students
- All school nutrition staff meet the annual training hours required by the USDA Professional Standards
- Students have at least 10 minutes to eat breakfast and 20 minutes to eat lunch

Health Promotion for Staff

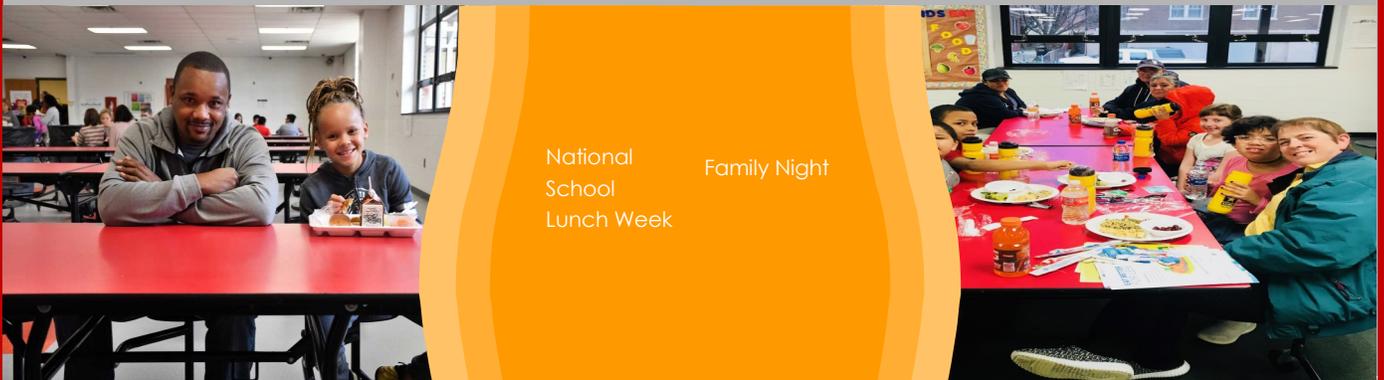
- Staff members have accessible and free assessments at least once a year
- Health promotion programs are encouraged by three or more methods

Family and Community Involvement

- Students and staff have opportunities to provide suggestions and feedback on school meals

Recommendations 2019

- ⇒ Recruit members to participate in both district and school wellness committees
- ⇒ Increase nutrition education opportunities in both the cafeterias and the classrooms
- ⇒ Encourage and promote foods offered during the school day should meet or exceed the USDA's Smart Snacks in School nutrition standards
- ⇒ Implement more Farm to School activities in all schools
- ⇒ Promote the inclusion of healthy food and beverages at staff meetings, school sponsored staff events and in the staff lounge
- ⇒ Increase efforts to include families and other community members with school decision making regarding the nutrition and physical activity environments



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, audiotope, 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: [How to File a Complaint](#), 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.

This institution is an equal opportunity provider.