



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

Southgate Independent Schools  
6 William F. Blatt Street  
Southgate KY 41071

## About Us

The Southgate 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 Program, National School Breakfast Program and have access to the Summer Feeding Program through Newport Independent Schools. 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 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

### **Policy & Environment**

- Health services provided by a full-time school nurse
- Counseling, psychological and social services provided by a full-time counselor
- Education resources for families on parenting strategies provided through various outlets
- Out-of-school program (thru Children, Inc.) implements routine activities that promotes health of all participating students

### **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

### **Smart Snacks**

- Food and beverage marketing is limited to foods that meet or exceed the USDA's Smart Snacks in School nutrition standards
- All foods and beverages served and offered during the school day meet or exceed the USDA's Smart Snacks in School nutrition standards

### **Health & Physical Education**

- Students are required to take health & physical education each year K-8
- Physical and Health education teachers use age appropriate curriculum materials that are sequential and consistent with state or national standards
- Essential topics on physical activity and health eating are addressed in curricula

### **Physical Activity**

- All students are provided a safe, active, and monitored recess of at least 20 minutes daily
- Students are encouraged to walk or bike to school when possible

### **Employee Wellness**

- Staff members have accessible and free health assessments at least once a year
- Staff members are encouraged to participate in health promotion programs

# Recommendations 2019

- ⇒ Partner with local community organizations, businesses or local hospitals to engage students and their families in health promotion activities
- ⇒ Increase number and variety of health food & beverage choice promotion
- ⇒ Continue to research a vending choice that offers USDA's Smart Snacks in School nutrition standards
- ⇒ Encourage professional development for all teachers to include physical activity integrated into their daily classroom activities
- ⇒ Increase efforts to include families and other community members with school decision making regarding the nutrition and physical activity environments
- ⇒ Offer at least one free or low-cost stress management program to staff members each year



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