

## The Department of Defense (DOD)

### Fresh Fruits & Vegetables Program

Your school, through USDA has been able to offer schools a wider variety of fresh vegetables and fresh fruits.



All Elementary & Middle schools have applied for the U.S. Healthier School Challenge. This is to recognize the schools who have made significant changes to the school lunch program, nutrition education, physical activity, as well as implementation of the Smarter Lunchroom Strategies.



## PHYSICAL ACTIVITIES & WELLNESS

### School P.A. Environment Assessment

Program	Elem.	Middle	High
Daily Recess	Yes	Yes	No
PE Class at Least 2x Week	Yes	Yes but on rotation schedule	Yes but on rotation schedule
Assess Students Level of P.A. Yearly	Yes	Yes	Yes
P.A. Worked Into School Day Learning	100%	75%	25%
Provide Intramural P.A. Opportunities	Yes	Yes	Yes

### Healthy Choices for Physical Activity

- ♥Walking
- ♥Jumping Jacks
- ♥Basketball
- ♥Zumba
- ♥Tennis
- ♥Kickball
- ♥Soccer
- ♥Hiking
- ♥Biking
- ♥Dancing



## CHILD NUTRITION SERVICES

### Wellness Report

Nutrition & Physical Activity Report for

#### GRANDVIEW ELEMENTARY



Kanawha County schools are dedicated to serving nutritious meals and providing multiple physical activity opportunities as a means of helping our students reach proficiency.



# 2016



## Feed to Achieve & National School Breakfast Program

A USDA study showed that children who eat breakfast daily have significantly higher standardized achievement test scores over those students who do not eat breakfast.

Feed to Achieve requires a breakfast strategy that allows all students to equal access to breakfast.

Three strategies are in place in Kanawha County.

Strategy	# of Schools Using
Breakfast in the Classroom	33
Breakfast after 1st	10
Grab-N-Go Breakfast	25

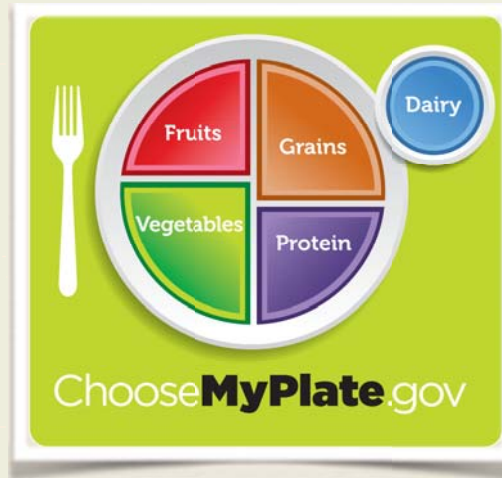
### Kanawha County Breakfast Participation Rates

	School Year 2012	School Year 2014	Current School Year 2016
Overall Co.	27.46 %	33.35%	40.81 %
School	32.35%	53.36%	78.57%



## Healthy Hunger Free Kids Act

The healthy hunger free kids act contains many provisions that help improve child nutrition programs and make meals and offerings more nutritious. Kanawha County Schools Child Nutrition Kitchens are serving school meals that meet these challenging federal nutrition standards. This ensures that the meals are healthy and well balanced, providing students with all of the nutrition that they need to succeed in school.



### Kanawha County Lunch Participation Rates

	School Year 2012	School Year 2014	School Year 2016
Overall Co.	58.04%	58.73%	61.56 %
School	68.45%	72.96	88.39%



## SCHOOL WELLNESS ACTIVITIES INCLUDE:

- Received \$5,000 grant award from Action for Healthy Kids
- Let's Move; Go Noodle
- Jump Rope For Heart
- Cardiac Kids for K, 2<sup>nd</sup>, and 5<sup>th</sup> grades
- Created Every Kid Healthy Week
- 5<sup>th</sup> Grade Geometry Garden
- Adjusted schedule to allow for an additional day of physical instruction

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