

BARREN COUNTY SCHOOLS



Many changes have been implemented to promote the health and well being of the students enrolled in the Barren County School System. With the passage of KRS 158.854(1) in the 2005 legislative session (Senate Bill 172) minimal nutritional standards for foods and beverages available to students at all Kentucky schools in vending machines, school stores, and ala carte cafeteria lines were to be established by the Kentucky Board of Education.

Our elementary schools have the following approved beverages available in their vending machines and on ala carte cafeteria lines: milk, water (flavored/non-flavored, non-carbonated), and 100% juice. Volume size may not exceed 17 oz.

High schools and middle schools offer milk, water, 100% juice, and other carbonated beverages with no more than 10 grams of sugar per serving. Volume size shall not exceed 20 oz.

All beverage vending machines and ala carte cafeteria choices were in compliance with this regulation by March 20, 2006 in elementary, middle, and high schools across the state of Kentucky.

All schools had a grace period through the end of the 2005/06 school year on snack machine regulations. At the beginning of the 2006-07 school year, only food items

meeting the following standards could be sold in vending machines, school stores, or as ala carte cafeteria choices:

1. Calories from fat shall not exceed 30%
2. Calories from saturated fat shall not exceed 10%
3. Calories from sugar shall not exceed 32% by weight. The grams of sugar shall not exceed 14/serving.
4. No more than 300 mg of sodium/serving
5. Portion or pack size shall not exceed 2 oz for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, and jerky
6. Portion or pack size shall not exceed 1 oz for cookies
7. Portion size for cereal bars, granola bars, pastries, muffins, donuts, bagels shall not exceed 2 oz
8. Ice cream novelties shall not exceed 4 oz

Further requirements of KRS 158.854(1) stipulate that an annual assessment of the nutrition environment be reported to the superintendent and local board of education. The superintendent shall submit a summary of the findings and his subsequent recommendations to address the findings to the Kentucky Department of Education by March 1 of each year.

The superintendent shall also evaluate the student physical activity environment, including the amount of time and types of physical activity in elementary schools and release a report in an annual public hearing to the local board of education. This report, with findings, and recommendations, shall also be presented to the Kentucky Department of Education by March 1 of each year.

RECOMMENDATIONS FROM THE PERFORMANCE DESCRIPTORS FOR KENTUCKY'S STANDARDS AND INDICATORS FOR SCHOOL NUTRITION PROGRAMS

PERFORMANCE STANDARD 1 – ORGANIZATION

Successfully implement the requirements of 702 KAR 6:90 regulating the minimum nutritional standards for foods sold outside the school nutrition program.

Assess and revise as necessary a wellness policy for all students to address recommendations on nutrition and physical activity.

Plan for PE class practices that involve all students being active a majority of the class time.

Assess schedules and endeavor to reach the recommended goal of 150 minutes of physical education per week.

Encourage attendance at PD for physical education teachers that emphasize health related fitness for all students.

Physical education teachers share strategies/activities with classroom teachers to increase physical activity in regular classroom setting.



PERFORMANCE STANDARD 3 – HUMAN RESOURCES

Training activities and opportunities will be evaluated annually.

Regular staff meetings for managers and their assistants will be scheduled.

Regular staff meetings at the school level will be scheduled.



Park City Manager, Georgia Jessie helps students with their lunch numbers.

PERFORMANCE STANDARD 4 – NUTRITION STANDARDS

Plans will be made to encourage and facilitate increased fruit and vegetable consumption at all school levels.



Produce Man shakes hand with Hiseville Elementary students on his visit to the school.



Park City Elementary Grandparents Day 2009
Barren County Food Service always welcomes parents to come and enjoy a meal with their children

PERFORMANCE STANDARD 5 – NUTRITION EDUCATION

Schools will develop and maintain a listing of acceptable academic incentives/rewards for student attendance/performance.

Plans will be developed and implemented to utilize nutrition education resources available through various agencies.

Fund raising policies prohibit the use of candies, cakes, etc. as items to be sold by students for raising funds.

PERFORMANCE STANDARD 6 – PREPARATION AND SERVICE

Standardized recipes will be developed for use by all staff, especially for entrée items.

Batch cooking will be used wherever possible to ensure acceptability.

Extension and further refinement of district HAACP plan, with appropriate training and retraining of all personnel.



Austin Tracy Foodservice Personnel, Carolyn Berry, helps children make healthy choices.

PERFORMANCE STANDARD 8 – COMMUNICATION AND MARKETING

School newsletters, websites, and other forms of communication will be used to communicate menus, communicate nutrition information, and promote participation in nutrition programs

Student recognition plans for each school will be developed and implemented.

Appropriate foodservice personnel will receive computer training to further enhance productivity.

Each foodservice will develop a marketing plan and post information on the school website, i.e. nutrition/health calendar, nutrition info/bites, etc.



BCHS students enjoy new dining and serving facility.

BARREN COUNTY SCHOOLS REPORT ON PHYSICAL ACTIVITY ENVIRONMENT

Strengths of policies and environment:

Healthysnacks available
Highly qualified teachers
Well balanced meals for students
Active in class time
Sequential curriculum/core content covered
Safe playground equipment
Physical education is enjoyable/fun experience
Students perform well on Practical Living/Health testing.
Wellness policies in place.
Health related fitness activities

More sequential PE curriculum in place

Weaknesses:

Lack of student participation in a variety of community physical activity
Failure to meet the recommended 30 minutes per day PE standard
Community facilities to promote physical activity
Physical ed class practices result in some students spending considerable time being inactive
Lack of PD specific to PE teacher/student needs and wellness focus.

Recommendations:

1. Work to promote student/parent understanding and involvement in wellness activities including:
Info programs on Barren Co. Public Access TV
Development of fitness calendars to encourage physical activity with parental involvement
Organize walking clubs, etc. to include students and parents.
2. Work toward more structured recess activities to enable them to meet the 150 minutes per week of physical activity
3. Maintenance and school personnel will assess playground equipment needs and safety concerns
4. Incorporate physical activity within academic classroom settings.
5. Provide opportunities for students to assess health related fitness and develop and monitor goals
6. Encourage PE class practices that involve all students being active a majority of class time.
7. Encourage and promote participation in before/after school physical activities
8. Physical education teachers share strategies/activities with classroom teachers.

9. Partner with the Barren River District Health Department, Family Resource Centers, and After School Program to utilize health and well
- Produce Man visits to elementary classrooms
 - Five A Day Everyday program at lunch for third graders
 - Health and Safety Fair for fifth graders
 - Feelin Good Mileage Club for elementary students
 - Kids on the Block puppet show
 - 5 A Day
 - Nutrition Jeopardy
 - Physical Activity BINGO
 - Physical Activity
 - Seat Belt Safety
 - Bike Safety
 - Safety Jeopardy
 - Rainbow on Your Plate
 - Longest Day of Play
10. Establish employee wellness programs:
Utilize Health Dept resources, i.e. Extreme Weight Loss Challenge, Women's Health Day, etc.
Develop school level group program: Walking Club, Walk Away the Pounds, Feelin Good Mileage Club, etc.
11. Establish district wide PD for teachers involving school health issues.
12. Monitor fund raising activities by students to avoid candies, cakes, cookies, etc.
13. Teachers/administrators encourage participation in school meal programs.

