

BARREN COUNTY SCHOOLS 95210 Wellness Plan unveiled

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Jobs Publishing
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Barren County School officials unveiled a new initiative aimed at keeping students healthier and more productive through smart food and lifestyle choices. Known as the 95210 Wellness Plan, the program's release was part of last week's National School Lunch Week observance organized by the district's wellness committee.

The 95210 plan is a result of concerns about providing nutritious foods but also developing healthy lifestyle choices. With obesity in young people and a general decline in wellness among younger generations, the committee wanted to focus on a range of habits that promote wellness of the whole person. "These habits were set to encourage a culture of health and wellness for staff, students, and ultimately

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DR. PHILLIP BALE spoke with Barren County High School students about the effects of sleep deprivation as part of the kickoff of the district's new 95210 Wellness Plan. Barren County Progress photo.



CHEYANNE FANT, Director of Nutrition Services for Barren County Schools, spoke to students about making health food choices during a variety of programs during National School Lunch Week. **BARREN COUNTY PROGRESS PHC**

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families of our students," stated Cynthia York, Director of Special Programs.

The plan encourages students to get 9 hours of sleep each night (7-9 for adults, 8-10 for children), 5 servings of fruit and vegetables, 2 hours or less of recreational screen time, 1 hour of physical activity daily. Additionally, students are urged to consume 0 sodas and sug-

ary beverages and 0 exposure to tobacco products.

9 hours of sleep: sleep improves memory, cognitive function and mood in addition to helping with immune systems and maintaining and/or losing weight.

5 servings of fruits and vegetables: fruits and vegetables consumed daily will help ward off heart disease and stroke, control

blood pressure, prevent some types of cancer, avoid intestinal ailments such as diverticulitis, and guard against cataract and macular degeneration.

2 hours or less of screen time: excessive screen time increases the risk of being overweight. Sedentary activities like watching television, using computers and smartphones, and playing video games burn few calories and can start crowd out time that could be spent being active. In addition, evidence shows that watching TV can actually promote obesity by changing what and how much we eat.

1 hour of physical activity: participating in physical activity for one hour per day will burn calories, improve health, and promote positive mental health.

0 sugary beverages: sugar adds empty calories to food while increasing cholesterol and fat storage. Reduction in sugar intake can actually decrease blood pressure as well.

"We know that this program will not change the behaviors of even student, staff member or family member, but the awareness is important. Our goal is concentrate our efforts on education and to encourage everyone to take small steps to better health," added Rita Powell, Barren County School Nurse.



STUDENTS IN THE BARREN COUNTY SCHOOL district observed National School Lunch Week with an emphasis on healthy food choices and maintaining healthy lifestyles as encouraged through the new 95210 Wellness Plan. **BARREN COUNTY SCHOOLS PHOTO**