

Physical Activity Environment

Schools play a crucial role in influencing lifetime physical activity behaviors. Evidence supports a correlation between test scores and the physical well-being of students. Allen County schools provide facilities and sound curriculum/policies to create an encouraging environment for a variety of physical activity opportunities.

Program/Activity	Elem.	Middle	High
Provide at least 150 minutes of physical education per week	Yes	Yes	No
Provide daily recess	Yes	Yes	n/a
Provide 225 minutes of physical education per week	No	No	No
Provide classroom physical activity integrated into school day	No	No	No
Provide intramural physical activity opportunities	Yes	Yes	Yes
Provide extracurricular physical activity opportunities	Yes	Yes	Yes
Offer facilities to families/community for physical activity opportunities	Yes	Yes	Yes
# of certified physical ed. teachers	2	1	2

Highlights

Extracurricular Physical Activity Opportunities

- Several outdoor walking trails have been developed for public use. School playgrounds are modern, safe and available to the public at large on a year-round basis.
- Other extracurricular activities available include youth soccer, Little League football, baseball, softball, basketball and cheerleading through several school and community organizations.
- Marching band, cross country, swimming, golf, volleyball, tennis, track and field, baseball, football, basketball, cheerleading and softball are available as organized school sports.



James E. Bazzell Middle School
7-8

ALLEN COUNTY SCHOOL DISTRICT

Achievement
Commitment
Success

Nutrition & Physical Activity Report 2015-2016



Allen County Career & Technical Center, opened January 2015.

Providing students in grades 9-12 with essential skills to take with them in the future.

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

ALLEN COUNTY SCHOOL DISTRICT

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Additional nutrition information:

- School meals offer age appropriate serving sizes that include fat free chocolate milk or 1% white milk, fruit, vegetables, proteins, and grains. Students must take at least one vegetable or one fruit with their reimbursable lunch meal.
- Menus contain 50% or more Whole Grain products, 0% trans fats and less sodium.
- We do not contract with retail establishments to provide entrée items, such as pizza or sub sandwiches.
- Nutritional data for all food and beverage items available to students as part of the National School Breakfast/Lunch Programs are available in the Food Service Director's office.
- USDA provides a searchable nutrient database website at the following address: www.nal.usda.gov/fnic/foodcomp/search.



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Allen Co.-Scottsville High School 9-12

National School Lunch

The National School Lunch Program was established in 1946 as a “measure of national security to safeguard the health and well-being of the Nation’s children.” School districts receive federal reimbursement for each school lunch served that meets the U.S. Department of Agriculture nutrition guidelines.

School menus are planned in accordance with the recommended daily allowances (RDA) as specified by the National Academy of Sciences and must meet the meal pattern requirements as specified by the U.S. Department of Agriculture. We are committed to providing a nutritious, appetizing and economical meal for each student every day.

Menus are distributed to each elementary student, published in *The Citizen-Times*, posted on the school website at www.allen.kyschools.us and also announced daily on WVLE radio.



Allen Co. Intermediate Ctr. 4-6



ACPC: WINNER
2014-15 Ky School
Breakfast Challenge



Allen Co. Primary Ctr. PreK-3

National School Breakfast

The School Breakfast Program was established in 1966. Studies confirm that students who eat breakfast work faster, behave better, are more creative and make fewer mistakes. They score higher on tests, miss fewer days, improve attention spans and develop better social skills. Classroom attention, attendance and achievement are all improved by breakfast participation. All Schools offer hot, nutritious choices for breakfast that meet the U.S. Department of Agriculture’s nutrition guidelines.

Nutrient Analysis

Based on InTeam
Nutrient Analysis

Grades K-8

Nutrient	Target*	Actual
Calories	600-650	632
Saturated Fat (G)**	<10.00%	7.43%

Grades 9-12

Nutrient	Target*	Actual
Calories	750-850	759
Saturated Fat (G)**	<10.00%	8.77%

Statistics

The table below provides a synopsis of the Food Service program, including participation and financial data.

As of October 1, 2015	District Total
Enrollment	3090
# Approved for Free Meals	1555
# Approved for Reduced Meals	68
Cash Receipts*	\$249,528
Federal Reimbursement*	\$1,509,327
State Funds*	\$18,749
Expenditures:*	
Labor	\$743,531
Food & Milk Purchases	\$765,192
Equipment	\$13,723
Student Breakfasts Served*	275,575
Student Lunches Served*	424,447

*2015-16 school year

BREAKFAST			
Avg. Daily Participation			1,621
Meal Prices:			
Reduced			\$.30
Full Pay	P-12		\$ 1.10
Staff			\$ 1.50
Guest			\$ 2.00
LUNCH			
Avg. Daily Participation			2,496
Meal Prices:			
Reduced			\$ 0.40
Full Pay			\$ 1.85
Staff			\$ 3.00
Guest			\$ 3.50

*This institution is an equal
opportunity provider*