

PHYSICAL ACTIVITIES

Our schools play an instrumental role in the physical well being of our students. Through sound curriculum, policies, and facilities, our schools create environments that encourage students and staff to engage in a variety of physical opportunities. In addition, our schools plan and promote family involvement in a variety of our physical activities.

	Promote and establish walking student and family or peer teams for lifelong physical activity	Promote "Jammin' Minute" and "Lets Move" programs in the classroom for additional student physical exercise throughout the school day.	Establish Wellness site on each school's website to publish school and community physical activity programs.	Physical Education Classes minimum of 40 minutes according to Policy	Fitness Gram for all students
GLADE ELEMENTARY	YES	NO	YES	YES—30 MIN	YES
HACKER VALLEY ELEMENTARY	YES	YES	YES	YES	YES
WEBSTER SPRINGS ELEMENTARY	YES	YES	YES	YES-30 MIN	YES
WEBSTER COUNTY HIGH	NO	NO	NO	YES	YES

PHYSICAL ACTIVITY HIGHLIGHTS

Hacker Valley Elementary

- ◆ Hiking in the Park – Ninety-five students and staff participated in organized hike at Holly River State Park
- ◆ Walk with the School Nurse – Twenty-four students walked during recess times with the school nurse to keep active
- ◆ Dance with the Stars – Eighty-two students spent fifteen minutes of their school day and worked on learning a dance in the school gym together
- ◆ Students had 30 minutes of recess daily

Webster Springs Elementary

- ◆ Teachers utilized Brain Breaks which integrate physical activity or dance into the curriculum during structured breaks.
- ◆ Students participated in Punt, Pass, and Kick Program
- ◆ Students participated in Marathon Scholars
- ◆ Students participated in Jump Rope for Heart
- ◆ Students had 30 minutes of recess daily
- ◆ Partnered with the Webster Fitness Center and the Snowshoe Foundation to provide a youth fitness program. The program was open to all county youth ages 6-18. Participating students learned new ways to stay active by doing kettlebells, aerobics, kickboxing, and agility skills. After each session, students were provided a healthy snack and water. Students were also entered into a drawing for fitness gear and prizes each time they attended the program.

WEBSTER COUNTY SCHOOLS

315 S. Main Street
Webster Springs, WV 26288

Questions and comments regarding information in this brochure should be addressed to :
Tammy Holcomb—304-226-5772 ext. 1416

WEBSTER COUNTY SCHOOLS

Wellness Report Card Nutrition and Physical Activity

2014-2015



304-847-5638

<http://boe.webs.k12.wv.us/>

Scott Cochran, Superintendent
Jeremy Pyle, Wellness Committee Chair
Tammy Holcomb, Wellness Coordinator

Wellness Report Card

All Webster County Schools are dedicated to serving nutrition meals and providing multiple opportunities for physical activity to support the life-long health and wellness of our students and staff. Programs in our schools that support our Wellness Policy include:

- ◆ USDA Program Facts
- ◆ Healthy Hungry-Free Kids Act
- ◆ School Physical Activities

USDA PROGRAM FACTS

Community Eligibility Program

The Community Eligibility Program began at the start of the 2012-2013 school year and we are in the third year of this program. This program provides a free breakfast and lunch to all children in our district regardless of parent/guardian income.

National School Lunch Program



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 funds for each school lunch served that meets USDA guidelines. Federal regulations require that we offer minimum portion sizes of meat, grains/breads, fruit and/or vegetable, and fluid milk during every lunch meal service. The portion sizes and calorie ranges are designed to meet the needs of the children and increase as the child gets older. We offer 1% low fat and skim milks and free potable water. Our district menus are certified

to reflect new changes and target nutritional goals as established by the USDA. The table below provides a synopsis of our 2014 - 2015 lunch program.

Federal Reimbursement	\$493,771.50
# of Schools Participating	4
Total Lunches Served	159,101
Average Daily Participation	1,326

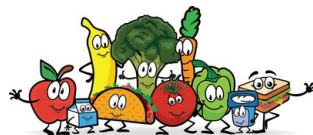
National School Breakfast Program



The National School Breakfast Program was established in 1966. School districts receive federal reimbursement funds for each breakfast served that meets USDA guidelines. Previous studies have shown that children who participate in the School Breakfast Program have significantly higher test scores than non – participants. The table below provides a synopsis of our 2014– 2015 breakfast program.

Federal Reimbursement	\$221,590.47
# of Schools Participating	4
Total Breakfasts Served	112,835
Average Daily Participation	940

Fresh Fruit and Vegetable Program



The Fresh Fruit and Vegetable Program was available at all our elementary schools in 2014-2015. This program provides our elementary schools with a wider variety of fresh produce than would normally be available.

HEALTHY HUNGRY-FREE KIDS ACT

In Webster County, federal nutrition standards are followed to ensure meals provide students with nutrients needed to succeed in school. Students must choose a minimum of a half cup of fruit or vegetable at breakfast and at lunch to complete a well-balanced meal.

On a daily basis we offer the following:

- ◆ variety of fruits (fresh, canned, and frozen)
- ◆ variety of vegetables including dark green, red/ orange & legumes (fresh, canned, and frozen)
- ◆ only whole-grain rich items
- ◆ low fat/low sodium meat/meat alternates
- ◆ 1%/ fat-free milk
- ◆ age-appropriate portion sizes/calorie limits

Our menus meet nutritional guidelines which include:

- ◆ <10% saturated fat
- ◆ zero grams trans fat
- ◆ sodium restrictions
- ◆ calorie limits

USDA NUTRITIONAL GUIDELINES

	Grades K-5	Grades 6-8	Grades 9-12	Grades K-5	Grades 6-8	Grades 9-12
	Amount of Food ^a Per Week (Minimum Per Day)					
Meal Pattern						
Fruits (cups) ^b	5 (1)	5 (1)	5 (1)	2.5 (0.5)	2.5 (0.5)	5 (1)
Vegetables (cups) ^{bc}	0	0	0	3.75 (0.75)	3.75 (0.75)	5 (1)
Dark green	0	0	0	0.5 ^d	0.5 ^d	0.5 ^d
Orange	0	0	0	0.5 ^d	0.5 ^d	0.5 ^d
Legumes	0	0	0	0.5 ^d	0.5 ^d	0.5 ^d
Starchy	0	0	0	1 ^e	1 ^e	1 ^e
Other	0	0	0	1.25 ^d	1.25 ^d	2.5 ^d
Grains ^f (oz eq)	7-10 (1)	8-10 (1)	9-10 (1)	9-10 (1)	9-10 (1)	12-13 (2)
Meats/Meat Alternates (oz eq)	5 (1)	5 (1)	7-10 (1)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk ^g (cups)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week						
Min-max calories (kcal) ^h	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories) ^h	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg) ^j	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
Trans fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.					