**Bath County School District**

**Physical Activity and Nutrition Report**

**Findings and Recommendations**

Findings

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| Nutrition Environment:* District outscores state and nation in Nutrition Services by approximately 11%
* Only 1 school reported they are meeting 10 minute breakfast and 20 minute lunch from the time a student sits down to eat
* No schools reported that majority of nutritional foods are served at staff meetings or available in staff lounge
* Lowest area on report are Health Promotion for Staff

Physical Activity Environment:* Our district is below state and nation in Physical Education and Other Physical Activity Programs by approximately 7%
* No schools reported that students in each grade level get at least 150 minutes per week throughout the school year of physical education for elementary
* Only 1 school says we offer staff free or low cost physical activities to participate in at the school setting
* Schools offer staff accessible and free or low-cost assessments during the school year
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Recommendations

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| * Schools shall have Coordinated School Wellness Teams that meet quarterly and reports back to Superintendent’s Wellness Team to meet the recommendations of this document
* Schools will look at their breakfast and lunch schedules and amend to allow for a student to have 10 minutes for breakfast and 20 minutes for lunch by the time they sit down to eat
* Use the staff survey from the beginning of the school year to plan physical and nutrition activities for staff
* Each school will offer physical activities for their staff after school (walking, running and/or aerobics/fitness class several days a week
* Each school will start slowly adding heart healthy snacks to their snack machines and make available for staff to purchase
* Each school and district will start offering fruit and vegetables as snacks at staff meetings when making food available
* District will offer weight management sessions for staff
* Continue to work with health department to bring in health assessments to staff
* Raise awareness of resources and opportunities with our community partnerships (e.g. extension office, health department, etc.)
* Research possible grant opportunities to bring in resources for nutrition and physical

 activities for staff, students and community  |