**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 |

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 |