



**WELLNESS
REPORT CARD
2022-2023**

Newport Independent School District

30 West 8th Street
Newport, KY. 41071

Newport Independent School District Vision Statement

*We envision a day when every student in
Newport Independent Schools
engages and thrives in education excellence.*

The Food and Nutrition Services Department is an integral part of the district vision. With the belief that well-nourished students are more likely to perform better academically and have less behavior issues, staff strive to contribute to the total educational experience. Working collaboratively with school administrators, health-related staff, teachers and the community, students receive the health supports necessary for learning to occur.

Policy and Environment

District wellness leaders meet annually to review the district wellness policy and discuss health-related programs in each school. The Healthy Schools Assessment is administered to evaluate nutrition and physical activity environments. Results of the assessment are utilized to identify areas of strength and needed improvement. The goal is to ensure a variety of nutrition-related and physical activity opportunities exist for students to develop and practice lifelong healthy behaviors.

Meal Programs Offered

School nutrition programs are administered through the United States Department of Agriculture (USDA), Kentucky Department of Agriculture, and the Kentucky Department of Education. All meal programs must adhere to specific regulations in order to receive federal funding necessary to operate the programs. Every student enrolled has access to meals at no cost under the USDA's Community Eligibility Provision. During the 2022-2023 school year, the National School Breakfast and National School Lunch Programs provided students with breakfast and lunch. Students were also offered a free after-school snack under the Child and Adult Care Food Program. Additionally, the Summer Food Service Program provided summer meals to students.

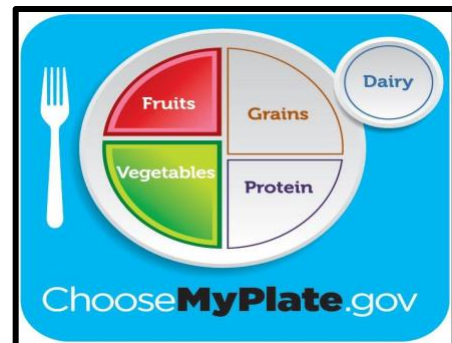
Menu Planning

Menus for all meal programs are designed to provide students with the appropriate amount of nutrients needed according to the Dietary Guidelines for Americans. Each meal must follow a "meal pattern" that outlines required food components, minimum quantities and nutrient limitations by grade groups.

Breakfasts Served
93,376

Lunches Served
170,639

After School Snacks Served
19,288



Nutritional Standards

- All meals have limits on calories, sodium, saturated fat, and sugar
- All meals have specific calorie ranges appropriate for each grade group
- All grains offered are whole grain rich
- Juice offered must be 100% fruit or vegetable juice with no added sweeteners
- Milk selections and all dairy products are low in fat



Smart Snack Nutrient Limits

Calories: < 200
Sodium: < 230 mg
Total Fat: <35% of calories
Saturated Fat: <10% of calories
Trans Fat: Zero grams

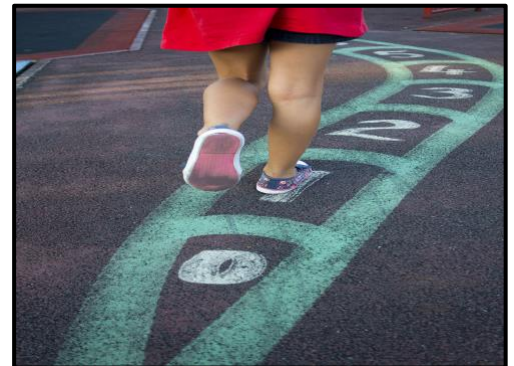
Smart Snacks

All foods sold during the school day meet the USDA's Smart Snack nutrition standards. Smart snacks in schools are referred to as "competitive foods" because they are sold in competition to the reimbursable school meal. The Healthy Hunger-Free Kids Act of 2010 prohibits the sale of foods that don't meet the Smart Snack standards. Competitive foods include snacks and drinks sold during the school day at the snack bar, a vending machine or any location throughout the school campus.

Physical Education and Physical Activity

Physical Education for all grade levels is taught by a licensed PE teacher. Instruction is provided in accordance with national physical education standards. Teachers ensure students spend at least 50% of their time in class performing moderate to vigorous physical activity.

Physical activity is promoted in grades K – 6th through a multi-component approach including PE class, daily recess, classroom activity breaks and afterschool activities.



Health Education

Health instruction in grades K - 6th addresses a variety of topics on physical activity and healthy eating. Students in grades 7th – 12th are required to take and pass at least one health education course. Health instruction at this level is planned using an age-appropriate sequential curriculum that is consistent with state and national standards.

Staff Wellness

Staff have numerous opportunities to participate in wellness programs. Programming across the district include free health assessments, access to a fulltime registered nurse, access to an indoor fitness facility, participation in group exercise activities and a monthly newsletter that offers tips on mental health topics.

- Nutrition Education
 1. Food service staff utilize farm to school month, national observances and holidays to create culturally relevant and engaging experiences for students during meal services
 2. Physical education teachers strive to encourage healthy eating and provide students with nutrition education when opportunities exist
- Physical Activity
 1. Physical activity and movement is valued by K-6 classroom teachers and provided regularly between curricular activities
 2. A variety of district facilities are available to staff and students outside of school hours to engage in physical activities and/or exercise opportunities
- School Health Services
 1. Students have access to numerous health services including diagnosis and treatment of common illnesses, preventive care, vision/hearing screenings, and referrals.
 2. The district partners with several community-based organizations to support the cognitive, behavioral and emotional well-being of students

GROWTH OPPORTUNITIES

- Create a healthier school food culture
 1. Encourage and provide resources of healthy options whenever food is shared outside of the cafeteria- school events, celebrations, rewards and recognition
 2. Integrate nutrition education into other content areas whenever applicable such as reading, science, social studies and math to provide students with the knowledge and skills necessary to promote and protect their health
- Integrate health education activities across entire school setting
 1. Seek ways to provide health education to students so they understand and have opportunities to practice skills related to health promotion and disease prevention
 2. Coordinate content across curriculum that promote student well-being, with consultation provided by curriculum experts

For questions regarding the report or for additional school nutrition related information, contact the Food and Nutrition Services Department:

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