

GOALS

Fall and spring events in cafeterias to promote nutrition education

Increase number of breakfasts served by 10%

Seasonal Menu Varieties

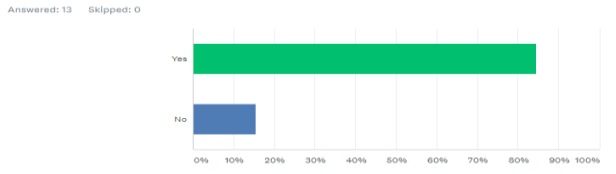
Wellness Survey results from schools that participated

How many minutes are your students provided for:

Breakfast? 20 - 30

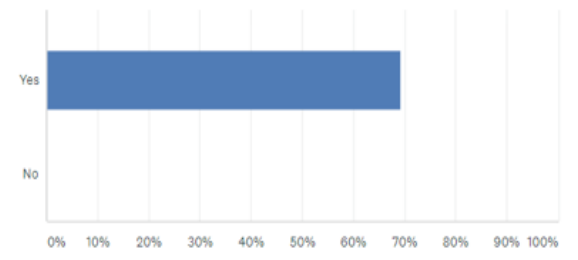
Lunch? 20 - 30

Does your school meet the number of minutes of physical activity as required? Elementary School = 150 min/week Secondary School = 225 min/week



Is your school compliant with the state and national competitive food regulations in regard to nutrition content, appropriate timing of food sales, and fundraisers involving food sales?

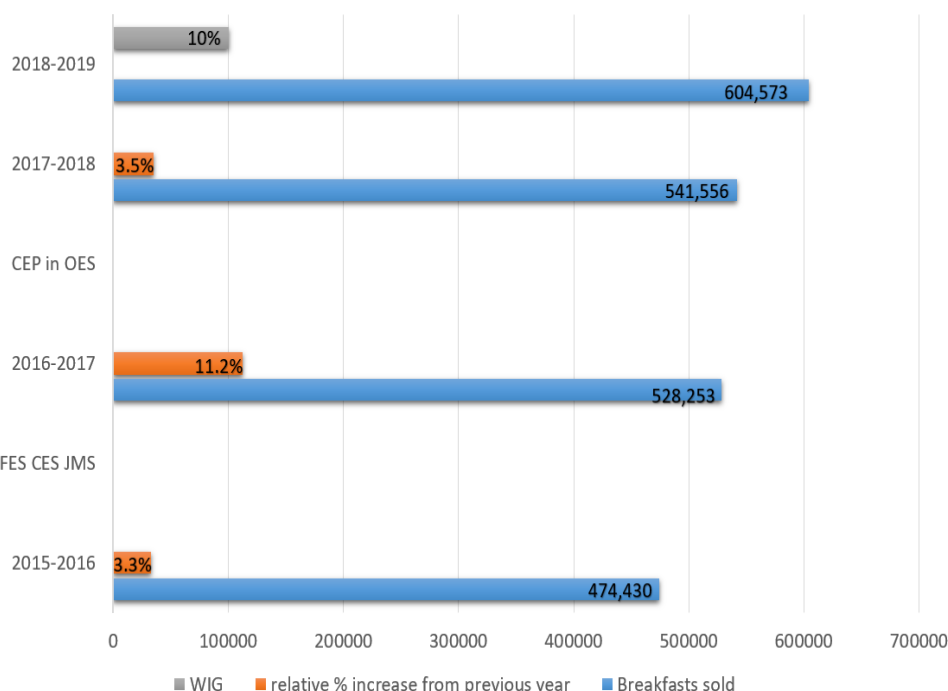
Answered: 13 Skipped: 0



Please list any wellness / physical activities that have been/will be conducted by your school in the 2018-2019 school year. Provide examples and number and type of participants e.g. students, parents, community.

- Active Bobcat Clubs - afterschool, student participation - 60 students
- Walkathon Students/parents/community
- Color Run - Community, students, and parent participation on a Saturday
- School Dance Falls students/parent/community
- Healthy Challenge - whole school participation during instructional time
- School Dance Spring students/parent/community
- Blood Drive - Students, teachers
- Health, Safety, and Wellness Week) Students
- started a PTSO - Students, teachers, community
- REACH Grant Events (Families)
- Freshmen Tailgate games and activities - students
- Kids Heart Challenge - 800 students
- BMI for all students (6th grade population)
- Track and Field for grades K-5 with parent volunteers
- 4th Annual GMS Holiday Drive 5K-Community Event (350 ppl)
- Jump Rope for Heart for grades K-5
- Fitness Testing in PE class for grades 6,7 and 8 (endurance physical activity pre/post assessment)
- Staff Wellness Yoga Instruction After School-
- KY Kids Day-whole school
- Girls on the Run (Approximately 15-20 girls each year)-

National School Breakfast Program at Boone County



2018 | 2019



Any questions or concerns can be directed to
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HIGHLIGHTS



Unlimited fruits and vegetables!



Paid breakfast is \$0.75!



New menu items!

