



Intense physical activity programs have positive effects on academic achievement, including increased concentration: improved mathematics, reading and writing test cores; and reduced disruptive behavior.



### HEALTHY CHOICES

- ♥ Walking Laps
- ♥ Volleyball
- ♥ Jumping Jacks
- ♥ Kickball
- ♥ Basketball
- ♥ Softball
- ♥ Sit ups
- ♥ Baseball
- ♥ Aerobic Exercise
- ♥ Cross Country

### Physical Activity & Achievement

Schools play a crucial role in influencing physical activity behaviors. Sound curriculum, policies and facilities create an environment encouraging students and staff to engage in a variety of physical activity opportunities. Evidence supports a correlation between academic achievement and the physical well-being of students.

The data presented below is a summary from the assessment of our physical environment.

#### School Physical Activity Environment 2014-2015

Program/Activity	Elem	Middle	High
Provide Daily Recess	Yes	N/A	N/A
Licensed PE Teachers	Yes	Yes	Yes
Playgrounds/Facilities Meet Safety Standards	Yes	Yes	Yes
Offer Facilities to Families/Community for Physical Activity Opportunities	Yes	Yes	Yes
Promote Community Physical Activities	Yes	Yes	Yes



## Corbin Independent Schools

# Nutrition & Physical Activity Report



## 2015

Corbin Independent School District is dedicated to providing environments that promote and protect student health, well being and ability to learn by supporting health eating habits and physical activity.

	BREAKFAST MEAL PATTERN			LUNCH MEAL PATTERN		
	K-5	6-8	9-12	K-5	6-8	9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)					
Fruits (Cups)	5 (1)	5 (1)	5 (1)	2 1/2 (1/2)	2 1/2 (1/2)	5 (1)
Vegetables (Cups)	0	0	0	3 1/4 (3/4)	3 1/4 (3/4)	5 (1)
Dark Green	0	0	0	1/2	1/2	1/2
Red/Orange	0	0	0	3/4	3/4	3/4
Beans/Peas (Legumes)	0	0	0	1/2	1/2	1/2
Starchy	0	0	0	1/2	1/2	1/2
Other	0	0	0	1/2	1/2	1/2
Additional Veg. to reach total	0	0	0	1	1	1 1/2
Grains (Oz. Eq.)	7-10 (1)	8-10 (1)	9-10 (1)	8-9 (1)	8-10 (1)	10-12 (2)
Meat/Meat Alt (oz. Eq.)	0	0	0	8-9 (1)	8-10 (1)	10-12 (2)
Fluid Milk (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	350-500	400-550	450-600	550-650	600-700	750-850
Sat Fat (% of total calories)	<10	<10	<10	<10	<10	<10
Sodium (mg)	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
Trans Fat	Nutritional label or manufacturer specifications must indicate zero grams of trans fat per serving					



## **National School Breakfast**

The National School Breakfast Program (SBP) was established in 1966. School Districts receive federal reimbursement for each school breakfast served that meets the U.S. Department of Agriculture’s nutrition guidelines. Studies show that children who eat breakfast perform higher in academics and have lower absence and tardiness rates. Our breakfast menus are certified in compliance with meal requirements for the National School Breakfast Program under the Healthy, Hunger-Free Kids Act of 2010.



## **National School Lunch**

The National School Lunch Program (NSLP) was established in 1946 by Harry Truman as a measure of national security to safeguard the health and well-being of the Nation’s children. Children who eat lunch are more likely to consume milk, fruit and vegetables and less likely to consume snack items. Our lunch menus are certified in compliance with meal pattern requirements for the National School Lunch Program under the Healthy, Hunger-Free Kids Act of 2010.

This institution is an Equal Opportunity Employer.

‘Food that’s in when school is out’

## **Summer Food Service Program**

The Summer Food Service Program (SFSP) offers free meals for kids ,18 years of age and under, during the summer months when school is not in session. Corbin Independent School District is a sponsor of the Summer Food Service Program . In 2015 12,679 Lunches, 12,576 Breakfasts, 514 Snacks and 13,722 Suppers were served to children in our local communities . That’s a grand total of 39,491 meals! We were able to reach more children this year by combining efforts with churches in our area.

## **School Year 2014-2015**

Total Breakfasts Served	164,779
Breakfast Prices	Adult: \$1.75 Reduced: .30 Paid: .90
Total Lunches Served	276,244
Lunch Prices	Adult: \$3.00 Reduced: .40 Paid: K-6 \$1.95 7-12 \$2.05

Total Expenditures	\$1,614,393.05
Total Revenue	\$1,731,470.72