

### ***Physical Activity/Physical Education***

Grade	Physical Ed	Recess
K-5	30 min./week	Daily
6-8	Daily x 1 grading period/year (45 days)	None
9	Daily x 1 semester freshman year (90 days)	None
10-12	May choose as elective-not required	None

### ***KIP Survey 2014***

The KIP Survey is conducted for 6<sup>th</sup>, 8<sup>th</sup>, 10<sup>th</sup> and 12<sup>th</sup> grade students in Kentucky. It evaluates the use of drugs, tobacco and alcohol among those surveyed. As a result of the most recent survey, our 12<sup>th</sup> grade students responded that the consumption of alcoholic beverages by their “four best friends” had declined from 73.3% yes responses in 2010 to 34% in 2014. More information about the KIP Survey can be found at <http://reachevaluation.com>

### ***RPS Physical Education News***

*September 2014 was Obesity Awareness Month. The “Empowerment Challenge” was sent home to encourage students and their families to make healthier food and activity choices.*

*RPS and RMIS will be participating in the Jump Rope For Heart in February 2015.*

*Emily Arner, a RPS student, was recognized by the American Heart Association for writing a facts report on information she learned from a documentary.*

### ***Russell-McDowell Falls into Health***

Jalina Wheeler, a teacher at the school, is focusing on student and community health. In the fall of 2014, she held the second annual “Fall Into Fitness Family Night”. Student leaders led approximately 80 attendees during an evening that focused on nutrition and exercise. Participants were guided through six stations that focused on cardiovascular performance, abdominal strength, upper body strength, flexibility, agility and nutrition.

The school also continues to utilize the Jammin’ Minutes program on a daily basis. Each teacher receives information on five exercises for the week.

Monthly, each teacher receives a newsletter providing information for healthy eating tips. Each teacher participates with the student during the “Jammin’ Minutes” time, which can be repeated throughout the day. The program is intended to promote physical activity and to increase student focus during the day. More information on Jammin’ Minutes can be found at [www.jamschoolprogram.com](http://www.jamschoolprogram.com).



## ***Russell Independent Wellness Report Card 2014-2015***



*Our mission is to inspire and empower all students to reach their maximum potential: one student, one lesson, one day at a time.*

***M. Sean Horne, Superintendent  
Becky Roark, Wellness Coordinator  
Jenny Bates, District Health Coordinator  
Dennis Chambers, Food Service Director***



## School Lunch Program

The National School Lunch Program (NSLP) was conceived in 1946 as a “measure of national security to safeguard the health and well-being of the Nation’s children.” School districts receive federal reimbursement for each school lunch and breakfast served that meets the USDA established requirements. The Healthy, Hungry Free Kids Act has established new requirements that drastically change the type of foods offered, caloric intake, and sodium intake. The Act also greatly increases the amount of fruits and vegetables offered each day. We look at our menus as a work in progress in order to meet all federal requirements and serve foods that the children will enjoy. We look forward to introducing students to better eating habits. Although we lost a significant amount in participation during 2012-2013, we had a slight increase in participation last school year. You can read about the Act and all of the changes at [www.schoolnutrition.org](http://www.schoolnutrition.org).

Federal Reimbursement	2012 - \$349,801 2013 - \$347,071 2014 - \$371,803
Total Student Lunches Served	2012 – 268,203 2013 – 225,563 2014 – 227,545
Average Daily Student Participation	2012 – 1,515.27 (71.32%) 2013 – 1,284.63 (60.63%) 2014 – 1,315.29 (63.06%)
# Students Approved for Free Meals at year end	2012 – 727 2013 – 753 2014 - 838
# Students Approved for Reduced-price Meals at year end	2012 – 99 2013 – 120 2014 - 84
2014-2015 Lunch Prices	Adult: \$2.35/\$3.10 Reduced : \$.40 Paid :\$1.75 K-5, \$2.00 6-12

## Nutrient Analysis

The Russell Independent Schools Food Service Program follows the requirements of the Healthy, Hungry Free Kids Act. The program requires minimum serving amounts for fruits and vegetables, and minimum/maximum amounts for protein, breads and dairy by grade level. The nutritional analysis for each school will be available on-line at [www.russellind.kyschools.us](http://www.russellind.kyschools.us). The Program also participates in the Kentucky Educational Development Corporation bidding process. Gordon Food Service is the selected vendor for food distribution



## School Foods

While we do contract with retail establishments to provide entrée items, such as pizza, those items are available to students only one day each week and must meet the new federal guidelines.

A list of all food and beverage items available to students during the day can be downloaded from our web site at [www.russellind.kyschools.us](http://www.russellind.kyschools.us) under “Lunch Menus”.

Food and beverage items that are sold as extras on the cafeteria lines or through vending machines or school stores must meet the minimum nutritional standards adopted by the Kentucky Board of Education. These standards are designed to limit access to items with little or no nutrient density. No sales from machines or school stores take place until after the close of the school day.



## School Breakfast Program

The School Breakfast Program (SBP) was established in 1966. The Healthy, Hungry Free Kids Act regulations for breakfast began during the 2013-2014 school year.

Studies show that children who participate in the School Breakfast Program have significantly higher standardized achievement test scores than non-participants. Children with access to school breakfast also had significantly reduced absence and tardiness rates.

Federal Reimbursement	2012 - \$114,879 2013 - \$127,558 2014 - \$131,222
Total Student Breakfasts Served	2012 – 120,565 2013 – 119,597 2014 – 108,547
Average Daily Student Participation	2012 – 681.16 (32.06%) 2013 – 675.69 (32.10%) 2014 – 657.52 (30.08%)
2014-2015 Breakfast Prices	Adult Price: \$1.25 Student Reduced-price: .30 Student Paid: \$ 1.00

“The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov). Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (in Spanish). USDA is an equal opportunity provider and employer.”