

## Nutrition & Physical Activity Report Card 2020-2021 (continued)

The Hancock County District Wellness Policy is available for review on our website at [www.hancock.kyschools.us](http://www.hancock.kyschools.us) under Departments and Food Service. Language from our DWP includes but is not limited to:



*Nutrition Services: All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), Child and Adult Care Food Program After School Supper Program and Early Child Care meal programs (CACFP), and the Summer Food Service Program (SFSP). The District also operates additional nutrition-related programs and activities including, Mobile Breakfast carts for Breakfast in the Classroom, Grab 'N' Go Breakfasts, and Second-Chance Breakfasts. All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs as listed above, that:*

- *Are accessible and promoted to all students and served in clean and pleasant settings at a reasonable and appropriate time of day;*
- *Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.*
- *Promote healthy food and beverage choices using Smarter Lunchroom techniques.*
- *Accommodates students with special dietary needs based on physician recommendations.*
- *Are served with adequate time to eat, allowing at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.*
- *Are accessible regardless of a student's ability to pay. Per the District's Board of Education, no student will be provided an alternate meal, but will be given a meal from that day's menu. In addition, no child will ever experience embarrassment or a social stigma from a district child nutrition professional because of a negative account balance, low income or inability to pay.*



*Physical Activity: Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) will not be withheld as punishment for any reason. The district will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.*

*All elementary schools will offer at least 20 minutes of recess on all or most days during the school year, preferably before lunch. Outdoor recess will be offered when weather is feasible for outdoor play. In the event that the school or district must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable. Recess will complement, not substitute, physical education class.*

*Classroom Physical Activity Breaks (Elementary and Secondary) The District recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom times at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods. The District also provides GoNoodle® access to all elementary and limited access to middle and high school teachers to boost productivity, improve behavior and build community.*