

SAFE AND CARING ENVIRONMENT

In Iredell-Statesville Schools we make student safety our number one priority.

To ensure safety and to prevent cross-contamination, our School Nutrition managers, along with one other staff member at each school, are ServSafe certified. Our goal is to obtain an overall health inspection grade of 96. Currently, the district proudly maintains a 99.3 overall health inspection grade.

SCHOOL HEALTH

Schools Nurses play a vital role in removing health barriers to learning. Studies show that students are less likely to miss school due to illness when they have a full-time nurse in their school. During the 2016-17 school year, I-SS Nurses had 16,897 student visits to their office. The nurse was able to assess the student and send them back to class 82% of the time. I-SS School Nurses also made Emergency Action Plans, Individual Healthcare Plans, and/or assisted with 504 Plans for 3,188 students with a Chronic Health Condition. This is equivalent to 44 school buses full of students.

EMPLOYEE WELLNESS

A healthy staff is a happy staff. Our many community partners make available a variety of services, often at discounted prices, to employees of Iredell-Statesville Schools. Good physical and mental health determines not only how we handle stress, but also helps us relate well to others.

For this reason, we have undertaken an initiative this year to provide access to as many health-centered programs as possible.

To view these program, visit: www.iss.k12.nc.us/employeewellness

PHYSICAL ACTIVITY & ACHIEVEMENT

Schools play a crucial role in influencing physical activity behaviors. Iredell-Statesville Schools promote and encourage 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.

SCHOOL PHYSICAL ACTIVITY & WELLNESS

School Physical Activity Environment Assessment			
Program/Activity	Elem.	Middle	High
Offers a minimum of 30 minutes of physical activity for all students daily.	Yes	50%, but on rotation schedule	No
Provide physical education class on a rotation.	Yes	Yes	Yes
Provide health education each week.	Yes	Yes	Yes
Provide classroom physical activity integrated into school day learning activities.	50%	50%	25%
Provide intramural physical activity opportunities.	Yes	Yes	Yes

HEALTHY CHOICES

Iredell-Statesville Schools promotes life-long physical activity to help students understand the value of being physically fit.

- Walking laps
- Jumping Jacks
- Basketball
- Sit ups
- Aerobic exercise
- Volleyball
- Kickball
- Softball
- Baseball
- Others

IREDELL-STATESVILLE SCHOOLS WELLNESS REPORT CARD

Nutrition and Physical Activity

2016-2017

We are a premier school system where students come first. All students will receive a high quality, relevant education in a safe and caring environment. We are committed to providing nutritious meals and multiple physical activity opportunities to ensure that all students reach their full potential.

Iredell-Statesville Schools currently has 12 schools that participate with the Alliance for a Healthier Generation.



Those schools are: Brawley Middle, Central Elementary, Crossroads Arts & Science Early College, East Iredell Elementary, Lake Norman Elementary, Lakeshore Elementary, Lakeshore Middle, North Iredell High, Pressly, Sharon Elementary, Statesville Middle, and Troutman Elementary.

NATIONAL SCHOOL BREAKFAST PROGRAM

A USDA study showed that children who eat breakfast daily have significantly higher standardized achievement test scores than students who do not eat breakfast. Children with access to school breakfast also had significantly reduced absence and tardiness rates.

2016-17 Breakfast Data

# Schools Participating	35
Total Breakfasts Served	640,630
Breakfast Prices	Student Price: \$1.35 Reduced-Price: \$.30 Adult Price: \$1.65

NATIONAL SCHOOL LUNCH PROGRAM

Our lunch meals are planned on a four-week cycle menu and are planned to provide one third of the recommended dietary allowances for school age children. Federal regulations require that we offer minimum portion size of meat/meat alternate, fruit, vegetable, grains/breads and fluid milk during every lunch meal service. Menus are planned to include a variety of choices and with new government guidelines, food specifications and preparation has taken place to lower sodium, fat and calories in all school meals. Our district operates on the offer vs. serve method. This means that the student gets to choose what he or she eats. Out of the five required menu items offered, students are only required to take three of those, with one of the items being a fruit or a vegetable. The menu provides for variety and allows us to make the most efficient use of the donated commodities, especially seasonal fresh fruits. We offer 1% and fat free milk, as well as 100% fruit juice.

2016-17 Lunch Data

# Schools Participating	35
Total Lunches Served	1,560,955
# Students Approved for Free Meals	7,497
# Students Approved for Reduced-price Meals	1,304
# Students Approved for Paid Meals	11,386
Lunch Prices	K-5 Student Price: \$2.50 6-12 Student Price: \$2.65 Reduced Price: \$.40 Adult Price: \$3.25

HEALTHY, HUNGER-FREE KIDS ACT

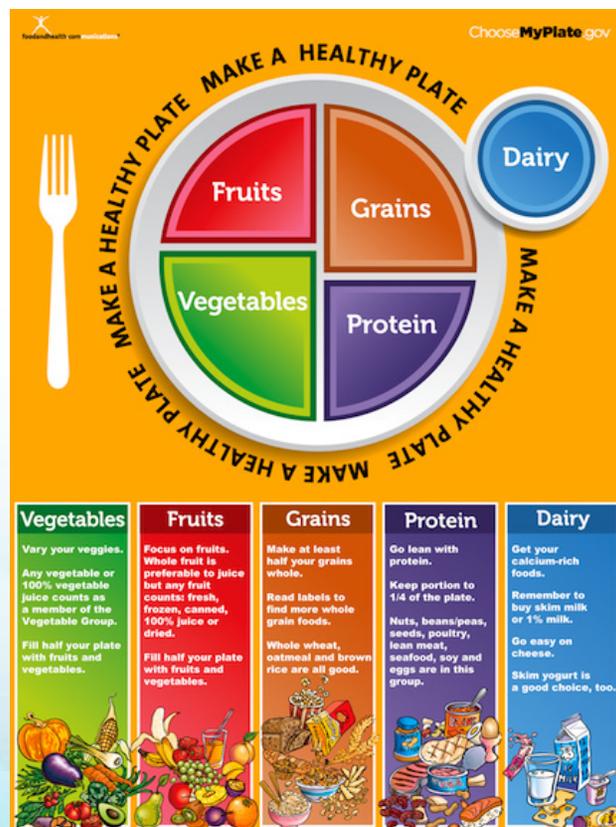
As a part of the Healthy, Hunger-Free Kids Act, the School Nutrition Program utilizes the USDA MyPlate to help educate children about healthy eating habits by teaching them what goes on their plate at every meal.

Balancing Calories:

- Make 1/2 of your plate fruits & vegetables
- Make at least half of your grains whole grains
- Switch to fat-free or low-fat (1%) milk

Foods to Reduce:

- Reduce sodium in foods
- Drink water instead of sugary drinks



PRIME TIME AFTER SCHOOL CARE

School Nutrition offers daily snacks during Prime Time (after school care). Prime Time provides students with regularly scheduled activities in an organized, structured environment which allows School Nutrition to provide healthy snacks to school age children. During the 2016-17 school year, School Nutrition served 71,273 after school snacks.

SMART SNACKS IN SCHOOL

Since July 1, 2014, school sites are required to follow the USDA nutrition standards for snack foods and beverages that are sold to children during the school day. These standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to students, while limiting junk food.

Smart Snacks in School is another step toward improving the health of our students and school environments. This supports the efforts already being made by school food service staff to instill healthy eating habits in students.

DEPARTMENT OF DEFENSE (DOD) FRESH FRUIT & VEGETABLE PROGRAM

Through the DOD Fresh Fruit and Vegetable Program, the United States Department of Agriculture (USDA) has been able to offer schools a wider variety of fresh produce.

Iredell-Statesville Schools Nutrition program allocates \$120,000 annually in government issued funds through USDA to purchase fresh fruits and vegetables through DOD.

Breakfast and lunch menus along with other nutritional information is available to students and parents on our school nutrition website.

www.iss.k12.nc.us/schoolnutrition