

**Nutrition & Physical Activity 2015-2016**

*This is a release from Anson County Schools*

**Coordinated School Health Committee** The District School Health Advisory Council (SHAC) is made up of employees and community members that represent each of the 8 components of Coordinated School Health. The committee regularly solicits information from external advisory bodies and stakeholders for the improvement of health and wellness. The council is working to implement health initiatives that will promote positive outcomes.

If you would like additional information on the Local Wellness Policy, please contact the district office at (704) 694-4417.

**ACS Wellness Summary** Physical activity and achievement in schools play a crucial role in influencing physical activity behaviors. Across the district, various events were heavily promoted and open to students, families, staff, and community members. The events held to promote healthier lifestyles and to increase awareness included Zumba classes at local churches and community sites, Relay for Life, Jump Rope for Heart, Friendly Dental Van visits to schools, Faculty versus students basketball game, Immunizations, Tobacco Use Survey conducted at Anson New Tech High School, Flu Shots at the district office in collaboration with the local hospital, WHY TRY Abstinence Program at all elementary schools, and other activities held at various schools.

**Healthy Hunger-Free Kids Act 2010** The ACS Child Nutrition Program meets the Healthy, Hunger-Free Kids Act (HHFKA) 2010 provisions. The federal nutrition standards have been implemented in stages, to ensure that meals are healthier, well-balanced and provide students the nutrition they need to succeed at school. A student must select a fruit or vegetable at breakfast and at lunch to complete their meal. School meals offer daily:

- Variety of fruits • Variety vegetables including dark green, red/orange & legumes
  - Only whole-grain rich items
  - Low fat / low sodium meat / meat alternates • Fat-free/1% milk
  - Age-appropriate calorie limits/portion sizes • < 10% saturated fat • Zero grams trans-fat • Sodium restrictions to promote healthier meals, most items are steamed and baked.
- National School Lunch Program Federal regulations require that we offer minimum portion sizes of meat, fruit, vegetable, grains/breads and fluid milk during every lunch meal service. The portion sizes are designed to meet the needs of growing children and, as a rule, we increase the sizes as the children grow older. We offer fresh fruits and vegetables every day.

**Any food sold in schools MUST:**

- be a "whole grain-rich" grain product; or • have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or • be a combination food that contains at least ¼ cup of fruit and or vegetable; or • contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 (calcium, potassium, vitamin D, or dietary fiber).

**\* Foods must also meet several nutrient requirements:**

- Calorie Limits:**
  - Snack items: ≤ 200 calorie • Entrée items: ≤ 350 calories
- Sodium Limits:**
  - Snack items: ≤ 230 • Entrée items: ≤ 480 mg
- Fat Limits:**
  - Total fat: ≤35% of calories ° Saturated fat: < 10% of calories • Trans-fat: zero grams

**Sugar Limit:**

- ≤ 35% of weight from total sugars in foods
- \*On July 1, 2016, foods may not qualify using the 10% DV criteria.  
 \*\*On July 1, 2016, snack items must contain ≤ 200 mg sodium per item

**Nutrition Standards for Beverages**

All schools may sell: • plain water (without carbonation); • unflavored low fat milk; • unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP; • 100% fruit or vegetable juice and 100% fruit or vegetable juice diluted with water; • elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water; • beyond this, the standards allow additional "no calorie" and "lower calorie" beverage options for high school students. • No more than 20-ounce portions of calorie-free, flavored water (with or without carbonation); and • other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces. • no more than 12-ounce portions of beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

Competitive Food Sales apply to all foods & beverages sold via fundraisers, vending machines, school stores, school concession stands and any other place that is located on the school campus.

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Anson County Schools Annual Wellness Report Nutrition & Physical Activity 2015-2016			
Nutritional/ Parental Involvement & Physical Activity Progress Status			
Component	Elementary	Middle	High
Nutritional Requirements	Met	Met	Met
School Health Advisory Council has parents represented at each school	All elementary schools except Morven Elementary	Met	Met
Minutes allotted for Physical Education Class Meets Requirements	Met	Met	Met/Per Student Schedule
Minutes per day students have recess	Met	Met	Met
NO Student removed from recess or physical education classes	Met	Met	Met
Energizers/ Activities	Met	Met	Met
Provide daily recess	Met	N/A	N/A
Provide physical education class at least twice per week	Met	Met	N/A/ Per Student Schedule
Provide classroom physical activity integrated into school day learning activities	Met	Met	Met
Provide intramural physical activity opportunities	After-school activities at 3 schools	Met	Met

- GOALS**
- Goal I** Actively seek parent and student representation on the School Health Advisory Council.
  - Goal II** Increase outreach efforts by developing and implementing a communication plan.
  - Goal III** Improve access to services by networking and inter-agency collaboration.
  - Goal IV** Annual review of the district wellness policy to improve student outcomes.

**BREAST HEALTH EDUCATION**

CAROLINAS HEALTHCARE SYSTEM - ANSON




**Free Mammograms**

Levine Cancer Institute is providing uninsured women of Anson County a mammogram with no out-of-pocket cost. To qualify:

- Women must be 40 years or older
- Must not have insurance
- Must not have Medicare or Medicaid
- Must be one year since last mammogram
- Must not be pregnant or breast-feeding
- Must have no new breast lumps/problems (contact your doctor now if you have breast problems)

**Breast Health Awareness**

Breast cancer is one of the most common cancers that a woman may face in her lifetime.

- \* 1 in 8 women will get breast cancer
- \* Breast cancer can happen at any age
- \* Your chances of getting breast cancer increase as you get older
- \* A mammogram can find breast cancer at an early stage that makes treating it easier

To find out more about breast cancer and to see if a **free** screening test is right for you call:

Latoya Mallard at 828-446-6344  
or email  
Latoya.Mallard@carolinashealthcare.org

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