**LaRue County Public Schools**

**Physical Activity and Nutrition Report**

**Findings and Recommendations**

Findings

Nutrition Environment:

* Provide students with more fresh fruit and vegetable choices; working with local farmers.
* Provide a healthier choice for student rewards.

* Well child exams are provided for students. As well as dental bus visits.

Physical Activity Environment:

* Community bike rides are held for students within the community.

* 5k runs, such as the Glo Run and Color Run, are held annually for students and the community.

* Elementary students are offered the ability to be part of a fitness club.
* Wrestling and archery clubs offered to both Elementary and Middle School students.
* Golf, Tennis and Basketball camps are offered to students.

Recommendations

* Encourage principals and staff to give healthier rewards for Good Faith Awards.

* Work with local farmers to bring local produce into schools.

* Continue to support Junior Chef and the program with teaching students cooking and nutrition skills.

* LaRue County Wellness Coalition will provide additional opportunities for parents and students.

* Invite Extension Office to help students and adults in a plethora of health and fitness activities.

* Cumberland Family Medical Center provide support group for diabetic students in the district.