



Pitt County Schools

Nutrition and Physical Activity Programs

Promoting A Healthy Environment for Students & Staff

- ❖ **TASTE EXPLORERS**– One day a month the Child Nutrition staff provides the classroom teacher a sample of a fruit or vegetable and a learning sheet for each student. The following day the item is served on the cafeteria line as part of the school lunch. Classroom teachers register at the beginning of the school year.
- ❖ **NUTRITION NUGGET**- The Principal and Child Nutrition manager work together to announce a nutrition related question each week. Students are encouraged to answer the question and place their answer sheet in the Nutrition Nugget box located in the cafeteria. A prize is rewarded to one lucky student who answered the question correctly.
- ❖ **EAT SMART CAMPAIGNS**- Every month, information (monthly messages, fruit/vegetable clipart, and featured Taste Explorer item) is posted on the “Hot Spot for Cool Kids” Board that is located in all K-5 cafeterias.
- ❖ **CAFETERIA GAMES**- Nutrition-related games have been placed in the media center in all K-5 schools to be played with students by teachers or volunteers. Students learn the importance of eating healthy and are rewarded with a fruit or vegetable hand stamp.
- ❖ **HEALTHY DINING**- Everyday the school breakfast and lunch menu options meet specific nutritional criteria for total fat and saturated fat. Additionally, all lunches qualify as a “Winner’s Circle” meal and are marked with the Winner’s Circle logo (a purple star and yellow fork). The special dietary needs of some students are met daily when requested by their physician.
- ❖ **SUMMER FOOD SERVICE PROGRAM**- Every summer, many of the schools provide breakfast and lunch meals for children in their community as well as children from the Boys & Girls Club, recreation centers, and church sponsored activities. The need for adequate nutrition does not end when school is out for the summer.
- ❖ **GO FIT! AFTER SCHOOL**- All After-School Enrichment program sites have implemented the GO FIT! After School Program! Children participate in weekly nutrition lessons, engage in 60 minutes of physical activity daily and enjoy healthy snacks.
- ❖ **PARENT NEWSLETTERS/MENUS**- Every month a newsletter/menu is sent home in the student’s folder in K-5 that highlights nutrition and physical activities for the month.

- ❖ **ACTIVE RECESS-** All classrooms in kindergarten through fifth grade have physical activity equipment kits and an Active Recess For All manual designed to get children active during recess. The NC Department of Public Instruction policy requires that all children receive 30 minutes of physical activity daily by the 2006-2007 school year! This year the goal for active recess is 90 minutes per week, in addition to two days of physical education.
- ❖ **PROJECT YEAH!** – Every spring, Pitt County Community Schools and Recreation provides an incentive program for students in grades 3-5 that challenges them to increase their physical activity levels outside the school day. Top performing classrooms and/or students receive a field trip to the East Carolina University Student Recreation Center. Schools register for this program in January.
- ❖ **WALKING TRAILS-** Walking trails have been placed at Ayden Elementary, Belvoir Elementary, Bethel School, Eastern Elementary, Elmhurst Elementary, Falkland Elementary, G.R.Whitfield, Northwest Elementary, Sam D. Bundy, Wellcome Middle, Creekside Elementary, Pactolus, Stokes, Wahl-Coates, Chicod and the Wintergreen schools. The community is encouraged to use the trails during non-school hours.
- ❖ **STAFF WELLNESS PROGRAM-** Four schools are participating in an incentive program designed to get staff eating smart and moving more. A graduate student from the Activity Promotion Lab at East Carolina University is coordinating the program.
- ❖ **HEALTHFUL LIVING ... EAT SMART MOVE MORE:** Eight interactive modules (four in nutrition and four in physical activity) have been developed by the Food Literacy Partners in collaboration with staff from the Brody School of Medicine and ViQuest to support the Healthful Living Curriculum for ninth grade students. The modules were piloted at North Pitt High School during the 2007-08 school year. The program has since taken place at Farmville Central High School, J. H. Rose High School, Ayden-Grifton High School, D. H. Conley High School and South Central High School.
- ❖ **“ENERGIZERS”-** A classroom-based physical activity resource developed by the East Carolina University Activity Promotion Laboratory in the Department of Exercise & Sport Science. These 10-15 minute activities are designed to be used by the classroom teacher in grades K-5 to integrate physical activity into the instructional day. “Energizers” provide teachers with physical activities that are based on core academic concepts, thereby reinforcing academic instruction. They are recommended for use at least once a day with additional times being good when time permits.

The continued success of our programs in the area of promoting and supporting positive student development is made possible by a strong partnership with our community partners: Pitt County Health Department, Brody School of Medicine, East Carolina University, Pitt County Memorial Hospital, ViQuest, Pitt County Health Education Foundation, and Pitt Partners for Health.

Programs are funded by:



Pitt Memorial Hospital Foundation

