

Nutrition and Physical Activity Fall 2020



SIS CHILD/SCHOOL NUTRITION Program is administered through the United States Department of Agriculture (USDA), the Kentucky Department of Education (KDE), the Kentucky Department of Agriculture (KDA), and the SIS Board of Education. Comprehensive regulations must be followed in order to receive federal funding to operate the program.

The following USDA programs are provided in the SIS:

National School Breakfast and Lunch (NSBLP) = school meals

Summer Food Service Program (SFSP) = summer meals

Child and Adult Care Food Program (CACFP) = dinner meals

In March 2020 based on the COVID Pandemic, USDA provided a waiver to allow Child Nutrition Programs to utilize the Summer Food Service Program instead of the NSBLP. This program provides meals for free to anyone 18 years and younger. This waiver has been extended and the SFSP program will continue through June 2021, anytime school is not in-person.

Please refer to the Somerset Independent Schools Home page and Facebook page to find updated meal distribution sites and times.

Prior to the onset of COVID 19, nutrition services averaged serving 1,167 lunches daily and 631 daily breakfasts to the students of Somerset Independent Schools.



Somerset Independent Schools Wellness Summary

- SHS and Meece Middle School installed vape detectors to help reduce teen vape use
- A full time nurse is assigned to Hopkins, Meece Middle School, and SHS
- Trainings for emergency and daily medication dispensing continued
- Somerset Aquatic and Alumni Center therapy pool and lap pool officially opened
- LCMA Mobile Health Bus comes on Thursdays to provide physicals, immunizations, sick and well child visits as needed
- Somerset Independent Schools implemented Healthy at School and Best Practices for K-12 Kentucky Schools to deal with the COVID-19 pandemic