

**Livingston County Schools**  
**2020-2021 Submission of Findings and Recommendations**

Area of Assessment: NUTRITION

Findings: Overall, Livingston County meets 66.7% of nutrition criteria, 5.5% above the national percentage. Regarding Smart Snacks, Livingston County meets 75% of the criteria, 15.1% above the state percentage and 14.9% above the national percentage.

100% of schools offer school meals (breakfast and lunch) programs that are fully accessible to all students; school meals include a variety of offerings; all nutrition staff exceed annual continuing education; and students have at least ten minutes to eat breakfast and at least twenty minutes to eat lunch from the time they are seated.

100% of schools promote healthy food and beverage choices; nutrition staff collaborates with teachers; and students have opportunities to provide suggestions and feedback.

Recommendations:

Based on public comments: none

Based on Alliance for a Healthier Generation assessment:

Increase opportunities for alternative breakfast, such as breakfast in classrooms and second chance breakfast. Reduce the use of food as rewards for students through alternative reward options.

Area of Assessment: Physical Activity/Physical Education

Findings: Overall, Livingston County meets 90% of health and physical education criteria, compared to 67.3% nationwide. Livingston County meets 57.1% of physical activity criteria, compared to 49.7% nationwide.

100% of schools maintain sequential physical education curriculum consistent with standards and have licensed physical education teachers teaching PE. All teachers are required to participate in at least one professional development session in physical education each year.

All elementary school students are provided with at least 20 minutes of recess during the school day, while some schools offer access to physical activity facilities outside school hours.

**Recommendations:**

**Based on public feedback:** A request was made to discuss opportunities for middle school and high school students to have more physical education opportunities.

**Based on the Alliance for Healthier Generation assessment:**

Review policies withholding recess as punishment and using physical activity as punishment. (50%)