

Martin Luther King, Jr. Day Parade Held in Wadesboro

On Saturday, January 13 the inaugural MLK, Jr. Holiday Parade was held in Wadesboro. The parade, sponsored by HOLLA!, commenced at 10:00 a.m. Here are some photos that were shared by Julian Swittenberg, owner of the Dream Inn in uptown Wadesboro.



Anson County Schools Annual Wellness Report

Nutrition & Physical Activity 2016-2017

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 1/4 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.

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 | Met | Met | Met |
| Minutes allotted for Physical Education Class Meets Requirements | Met | Met | Met |
| 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 | Per Student Schedule |
| Provide classroom physical activity integrated into school day learning activities | Met | Met | Met |
| Provide intramural physical activity opportunities | Afterschool activities at 3 schools | Met | Met |

GOALS

- Goal I** Continue to 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



Don't Forget Your Sunglasses!

UV rays can increase the risk of cataracts, macular degeneration and other eye diseases. Remember the kids too!!

50% of UV damage to eyes is done before a person is 18 years old, so kids need sunglasses too!

Sunglass frames with a close fitting wrap around style provide the best UV protection.

Polarized lenses reduce reflected glare from surrounding water.



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 Mon-Thurs 8:30-5 & Friday 8:30-12:30 704-694-3618

Q-Tip Art Class at Grace Senior Center

Have you always been interested in q-tip art? If so, you are invited to join in the q-tip art class at Grace Senior Center on Tuesday, January 23 at 12 noon.

Call Mary Jones, Activity Director at Grace Senior Center, to register at 704-694-6616.

FarmHouseBuffet

Ansonville, NC • 704-826-8563

Seafood Buffet & Menu Items
 Friday & Saturday 4:30-10
 Sunday Country Lunch
 Buffet 11:30-4

8018 Highway 52 North in Ansonville

HOPE

148 East Morgan Street
 Wadesboro
 704-690-6689

Pregnancy Resource Center

www.hprc-anson.org hope.prc.anson@gmail.com

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