

Dickinson Public School District Wellness Summary

District Summary 2022-2023 School Year	Berg Elementary	Heart River Elementary	Jefferson Elementary	Lincoln Elementary	Prairie Rose Elementary	Roosevelt Elementary	DMS	DHS	SWCHS	Berg Elementary	Heart River Elementary	Jefferson Elementary	Lincoln Elementary	Prairie Rose Elementary	Roosevelt Elementary	DMS	DHS	SWCHS
	Beginning of School Year									End of School Year CHANGES								
1) We provide parents with a list of foods that provide ideas for healthy celebrations/parties.	Y	Y	Y	Y	Y	Y	Y	N/A	N/A									
2) A list of foods for student rewards is available.	Y	Y	Y	Y	Y	Y	N/A	N/A	N/A									
3) A list of foods for fundraising activities for PAC's, extracurricular groups, etc. is available.	Y	Y	Y	Y	Y	Y	N/A	N/A	N/A									
4) All school activities, including classroom practices and incentives, are consistent with sound nutrition practices.	Y	Y	Y	Y	Y	Y	Y	Y	Y									
5) School personnel practice consistency of nutrition messages in the curriculum and environment.	Y	Y	Y	Y	Y	Y	Y	Y	Y									
6) We provide education to foster lifelong habits of healthy eating and physical activity.	Y	Y	Y	Y	Y	Y	Y	Y	Y									
Physical Activity Environment	Beginning of School Year									End of the School Year Changes								
1) We provide physical activity opportunities for every student to develop their knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity and understand the short and long term benefits of a physically active and healthy lifestyle.	Y	Y	Y	Y	Y	Y	Y	Y	Yes, through character lessons									

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	Beginning of School Year									End of School Year CHANGES								
2) We provide opportunities for students to be physically active. Please list:	Yes, PE, Recess, Classroom activities	Yes, PE, Recess, Classroom activities	Yes, PE, Recess, Classroom activities	Yes, PE, Recess, Classroom activities	Yes, PE, Recess, Classroom activities	Yes, PE, Recess, Classroom activities	Yes, physical education and extra-curriculars	Yes, physical education and extracurriculars	During breaks, walking is encouraged									
3) All students, including students with disabilities, special health care needs and alternate educational settings receive daily physical education or the equivalent.	Y	Y	Y	Y	Y	Y	Yes, students are required to take one credit of physical education	Yes, students are required to take one credit of PE and a half credit of Life Skills	N/A									
4) Elementary school students have 20 minutes per day of recess (preferably outdoors) which encourage moderate to vigorous physical activity.	Y	Y	Y	Y	Y	Y	Y	N/A	N/A									

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	Beginning of School Year									End of School Year CHANGES									
5) Teachers and other personnel do not withhold opportunities for physical activity or use physical activity as punishment.	Y	Y	Y	Y	Y	Y	Y	Y	Y										
									Students are regularly encouraged healthy lifestyle choices.										
Education	Beginning of School Year									End of the School Year CHANGES									
1) Classroom health education complements physical education by reinforcing knowledge and self-management skills to maintain a physically active lifestyle.	Y	Y	Y	Y	Y	Y	Y	Y	Y										
2) Nutrition information is sent home to parents.	Y	Y	Y	Y	Y	Y		Yes, newsletters/website	Y										
								Yes, via newsletters, website, Midget Market advertising	Y										
3) Nutrient analysis for school menus is available .	Y	Y	Y	Y	Y	Y		opportunity to participate in lunch service at Dickinson Middle School	Y										
									Y										
4) Parents are encouraged to pack healthy lunches & snacks.	Y	Y	Y	Y	Y	Y	Y	Y	Y										

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	Beginning of School Year									End of School Year CHANGES								
5) Our school provides opportunities for parents to share their healthy food practices with others in the school community.	Y	Y	Y	Y	Y	Y		Yes, Skills for Daily Living classes	Y									
6) Our school provides parents with information about physical education & other school-based physical activity opportunities before, during and after school.	Y	Y	Y	Y	Y	Y	Y	Y	Y									
7) Our school-based marketing is consistent with nutrition education and health promotion.	Y	Y	Y	Y	Y	Y	Y	Y	N/A									
8) We encourage the promotion of healthy foods, including fruits and vegetables, whole grains and low fat dairy products.	Y	Y	Y	Y	Y	Y	Y	Y	Y									
Wellness Policies	Beginning of the School Year									End of the School Year CHANGES								
1) Our school has a Staff Wellness Committee that promotes staff health and wellness in our school, encourages healthy eating, healthy activity and suggests other healthy lifestyle elements.	Y	Y	Y	Y	Y	Y	Y		Yes, Wellness and Caring Committee Frequent informal exchanges related to healthy living and healthy choices									
School District	Beginning of School Year									End of the School Year CHANGES								
1) Our School District plans and implements activities and policies for staff to maintain a healthy lifestyle.	Yes, the District does.																	
2) Reimbursable school meals meet the program requirements and nutrition standards set under the 7CFR Part 210 and Part 220.	Yes, the District does.																	
3) Our School District offers training opportunities and professional development for food service staff.	Yes, the District does.																	

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	Beginning of School Year									End of School Year CHANGES								
4) The School District developed standards to address foods and beverages sold or served to students during the school day.	Yes, the District does.																	
5) All food and beverages sold in the schools meet the following nutrition and portion size standards:	Yes, the District does.																	
a. Elementary schools-Vending machines are not available for students in elementary schools.	Y	Y	Y	Y	Y	Y												
b. Middle school-Vending machines are not available during school hours. Water, fruit & vegetable juice containing 100% fruit/vegetable juice, and sports drinks available in vending machines after school hours.							Vending machines are available during school hours for students to purchase water only. After school hours, water, fruit/vegetable juice, and sport drinks are available in vending machines.											
c. High school-Vending machines are available during school hours, except lunch period. Water, fruit and vegetable juice containing 100% fruit/vegetable juice, sports drinks and soda will be available in vending machines.								Y	Y									
d. Fresh fruits & vegetables may be sold during school hours on school grounds.	Y	Y	Y	Y	Y	Y	Yes, vegetable bar	Yes, Midget Market	Yes, provide fruit periodically									

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Beginning of School Year										End of School Year CHANGES									
e. Vending machines offer products that are healthy and nutritious.	N/A, vending machines are for adults and have water and soda	N/A, vending machines are for adults and have water and soda	N/A	N/A	N/A, Vending Machines are for adults and do have healthy choices	N/A	Yes		Yes, and Midget Market	N/A, vending machines are for adults and have water and soda									
6) Nutrition tips are posted on school websites.	Yes, handouts, newsletters, and posters	Yes, handouts, newsletters, and posters	Yes, handouts, newsletters, and posters	Yes, handouts, newsletters, and posters	Yes, handouts, newsletters, and posters	Yes, handouts, newsletters, and posters	Yes	Yes, DHS commons, hallways, and FACS area	Included in various elective classes										