

May 2018

District Summary 2016-2017	Answer Yes, No, N/A, planning stages	
	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.	Yes-Heart River Yes-Jefferson Yes-Lincoln Yes-Prairie Rose Yes-Roosevelt Yes - DMS N/A-DHS Yes-SWCHS	
2) A list of foods for student rewards is available.	Yes-Heart River Yes-Jefferson Yes-Lincoln Yes-Prairie Rose Yes-Roosevelt N/A-DMS N/A-DHS N/A-SWCHS	
3) A list of foods for fundraising activities for PAC's, extracurricular groups, etc. is available.	Yes-Heart River Yes-Jefferson Yes-Lincoln Yes-Prairie Rose Yes-Roosevelt N/A-DMS N/A-DHS N/A-SWCHS	
4) All school activities, including classroom practices and incentives, are consistent with sound nutrition practices.	Yes-Heart River Yes-Jefferson Yes-Lincoln Yes-Prairie Rose Yes-Roosevelt Yes-DMS Yes-DHS Yes-SWCHS	

May 2018

<p>5) School personnel practice consistency of nutrition messages in the curriculum and environment.</p>	<p>Yes-Heart River Yes-Jefferson Yes-Lincoln Yes-Prairie Rose Yes-Roosevelt Yes-DMS Yes-DHS Yes-SWCHS</p>	
<p>6) We provide education to foster lifelong habits of healthy eating and physical activity.</p>	<p>Yes-Heart River Yes-Jefferson Yes-Lincoln Yes-Prairie Rose Yes-Roosevelt Yes-DMS Yes-DHS Yes-SWCHS</p>	
<p>Physical Activity Environment</p>	<p>Beginning of School Year</p>	<p>End of School Year CHANGES</p>
<p>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.</p>	<p>Yes-Heart River Yes-Jefferson Yes-Lincoln Yes-Prairie Rose Yes-Roosevelt Yes-DMS Yes-DHS Yes, Through Character Lessons-SWCHS</p>	

May 2018

<p>2) We provide opportunities for students to be physically active. Please list:</p>	<p>Yes, PE, Recess, Classroom activities-Heart River Recess and PE and Running Club-Jefferson Yes, physical education, classroom activities and recess-Lincoln Yes-Recess, PE, Classroom activities-Prairie Rose Yes-Roosevelt 50 min physical education and extra-curriculars - DMS Yes, PE classes & extracurriculars-DHS During breaks walking is encouraged - SWCHS</p>	<p>50 min Yes, physical education classes and extra-curriculars - DMS</p>
<p>3) All students, including students with disabilities, special health care needs and alternate educational settings receive daily physical education or the equivalent.</p>	<p>Yes-Heart River Yes-Jefferson Yes-Lincoln Yes-Prairie Rose Yes-Roosevelt Yes-DMS Students are required to take one credit of PE and a half credit of Life Skills-DHS N/A-SWCHS</p>	<p>Yes, students are required to take one credit of physical education-DMS</p>
<p>4) Elementary school students have 20 minutes per day of recess (preferably outdoors) which encourage moderate to vigorous physical activity.</p>	<p>Yes-Heart River Yes-Jefferson Yes-Lincoln Yes-Prairie Rose Yes-Roosevelt N/A-DMS N/A-DHS N/A-SWCHS</p>	<p>Yes, outdoor noon recess-DMS</p>

May 2018

<p>5) Teachers and other personnel do not withhold opportunities for physical activity or use physical activity as punishment.</p>	<p>Yes-Heart River Yes-Jefferson Yes-Lincoln Yes-Prairie Rose Yes-Roosevelt Yes-DMS Yes-DHS Regularly encourage healthy lifestyle choices-SWCHS</p>	
<p>Education</p>	<p>Beginning of School Year</p>	<p>End of School Year</p>
<p>1) Classroom health education complements physical education by reinforcing knowledge and self-management skills to maintain a physically active lifestyle.</p>	<p>Yes-Heart River Yes-Jefferson Yes-Lincoln Yes-Prairie Rose Yes-Roosevelt Yes-DMS Yes-DHS Yes-SWCHS</p>	
<p>2) Nutrition information is sent home to parents.</p>	<p>Yes-Heart River Yes-Jefferson Yes-Lincoln Yes-Prairie Rose Yes-Roosevelt Yes, newsletters/website-DMS Yes-via newsletters, website, Midget Market advertising-DHS Yes-SWCHS</p>	

May 2018

<p>3) Nutrient analysis for school menus is available .</p>	<p>Yes-Heart River Yes-Jefferson Yes-Lincoln Yes-Prairie Rose Yes-Roosevelt Yes, students have an opportunity to participate in lunch service at Dickinson Middle School Yes-DHS</p>	<p>Yes-DMS</p>
<p>4) Parents are encouraged to pack healthy lunches & snacks.</p>	<p>Yes-Heart River Yes-Jefferson Yes-Lincoln Yes-Prairie Rose Yes-Roosevelt Yes-DMS Yes-DHS Yes-SWCHS</p>	
<p>5) Our school provides opportunities for parents to share their healthy food practices with others in the school community.</p>	<p>Yes-Heart River Yes-Jefferson Yes-Lincoln Yes-Prairie Rose Yes-Roosevelt Yes-Skills for Daily Living classes-DMS Through Life Skills classes and FACS classes--DHS Yes-SWCHS</p>	

May 2018

<p>6) Our school provides parents with information about physical education & other school-based physical activity opportunities before, during and after school.</p>	<p>Yes-Heart River Yes-Jefferson Yes-Lincoln Yes-Prairie Rose Yes-Roosevelt Yes-DMS Yes-DHS Yes-SWCHS</p>	
<p>7) Our school-based marketing is consistent with nutrition education and health promotion.</p>	<p>Yes-Heart River Yes-Jefferson Yes-Lincoln Yes-Prairie Rose Yes-Roosevelt Yes-DMS Yes-DHS N/A-SWCHS</p>	
<p>8) We encourage the promotion of healthy foods, including fruits and vegetables, whole grains and low fat dairy products.</p>	<p>Yes, FFVG products are served 2-3 times per week-Heart River Yes-Jefferson Yes-Lincoln Yes-Prairie Rose Yes-Roosevelt Yes-DMS Yes-DHS Yes-SWCHS</p>	

May 2018

Wellness Policies	Beginning of School Year	End of School Year
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.	Yes-Heart River Yes-Jefferson Yes-Lincoln Yes-Prairie Rose Yes-Roosevelt Yes-DMS Yes, Wellness and Caring Committee-DHS Frequent informal exchanges related to healthy living and healthy choices-SWCHS	
School District	Beginning of School Year	End of School Year
1) Our School District plans and implements activities and policies for staff to maintain a healthy lifestyle.	Yes-District	
2) Reimbursable school meals meet the program requirements and nutrition standards set under the 7CFR Part 210 and Part 220.	Yes-District Yes, hot lunch service began fall of 2010-SWCHS	
3) Our School District offers training opportunities and professional development for food service staff.	Yes-District N/A-SWCHS	
4) The School District developed standards to address foods and beverages sold or served to students during the school day.	Yes-District	
5) All food and beverages sold in the schools meet the following nutrition and portion size standards:	Yes-District	

May 2018

<p>a. Elementary schools-Vending machines are not available for students in elementary schools.</p>	<p>Yes-Heart River Yes-Jefferson Yes-Lincoln Yes-Prairie Rose Yes-Roosevelt</p>	
<p>b. Middle school-Vending machines are not available during school hours. Water, fruit & vegetable juice containing 100% fruit/vegetable juice, sports drinks and soda are available in vending machines after school hours.</p>	<p>Yes-DMS</p>	<p>Vending machines are available during school hours for students to purchase water only. After school hours, water, fruit/vegetable juice, sport drinks and soda is available in vending machines-DMS</p>
<p>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.</p>	<p>Yes-DHS Yes-SWCHS</p>	
<p>d. Fresh fruits & vegetables may be sold during school hours on school grounds.</p>	<p>Yes-Heart River Yes-Jefferson Yes-Lincoln Yes-Prairie Rose Yes-Roosevelt Yes-salad bar, school store-DMS Yes, Midget Market-DHS Provide fruit periodically-SWCHS</p>	<p>Yes, veggie bar-DMS</p>

May 2018

<p>e. Vending machines offer products that are healthy and nutritious.</p>	<p>N/A for students, vending machines are for adults and have water and soda-Heart River N/A-Jefferson N/A-Lincoln N/A-Prairie Rose - Vending Machines are for adults and do have healthy choices N/A-Roosevelt N/A students; water for adults in the pop machine-DMS Yes, and Midget Market-DHS Yes-SWCHS</p>	<p>Yes-DMS</p>
<p>6) Nutrition tips are posted on school websites.</p>	<p>Handouts/newsletters/FFV websites/posters in the lunchroom-Heart River Yes, newsletters-Jefferson Yes-Lincoln Tips in monthly newsletter-PRE Yes-Roosevelt They are posted in monthly newsletters & on the DMS web site-DMS Yes,DHS commons, hallways and FACS area-DHS Included in various elective classes-SWCHS</p>	<p>Handouts/newsletters/FFV websites/posters in the lunchroom-Heart River Yes, They are posted in monthly newsletters & on the DMS web site-DMS</p>