

May 2017

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

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

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| <p>2) We provide opportunities for students to be physically active. Please list:</p>  | <p>Yes, PE, AM/Noon Recess-Berg<br/>                 Yes, PE, Recess, Classroom activities-Heart River<br/>                 Recess and PE and Running Club-Jefferson<br/>                 Yes, physical education, classroom activities and recess-Lincoln<br/>                 Yes-Recess, PE, Classroom activities-Prairie Rose<br/>                 Yes-Roosevelt<br/>                 50 min physical education and extra-curriculars - Hagen<br/>                 Yes, PE classes &amp; extracurriculars-DHS<br/>                 During breaks walking is encouraged - SWCHS</p> | <p>Yes, PE, AM/Noon Recess-Berg<br/>                 Yes, PE, Recess, Classroom activities-Heart River<br/>                 Recess and PE and Running Club-Jefferson<br/>                 Yes, physical education, classroom activities and recess-Lincoln<br/>                 Yes-Recess, PE, Classroom activities-Prairie Rose<br/>                 Yes-Roosevelt<br/>                 50 min physical education and extra-curriculars - Hagen<br/>                 Yes, PE classes &amp; extracurriculars-DHS<br/>                 During breaks walking is encouraged - SWCHS</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-Berg<br/>                 Yes-Heart River<br/>                 Yes-Jefferson<br/>                 Yes-Lincoln<br/>                 Yes-Prairie Rose<br/>                 Yes-Roosevelt<br/>                 Yes-Hagen<br/>                 Students are required to take one credit of PE and a half credit of Life Skills-DHS<br/>                 N/A-SWCHS</p>   | <p>Yes-Berg<br/>                 Yes-Heart River<br/>                 Yes-Jefferson<br/>                 Yes-Lincoln<br/>                 Yes-Prairie Rose<br/>                 Yes-Roosevelt<br/>                 Yes-Hagen<br/>                 Students are required to take one credit of PE and a half credit of Life Skills-DHS<br/>                 N/A-SWCHS</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-Berg<br/>                 Yes-Heart River<br/>                 Yes-Jefferson<br/>                 Yes-Lincoln<br/>                 Yes-Prairie Rose<br/>                 Yes-Roosevelt<br/>                 N/A-Hagen<br/>                 N/A-DHS<br/>                 N/A-SWCHS</p>   | <p>Yes-Berg<br/>                 Yes-Heart River<br/>                 Yes-Jefferson<br/>                 Yes-Lincoln<br/>                 Yes-Prairie Rose<br/>                 Yes-Roosevelt<br/>                 N/A-Hagen<br/>                 N/A-DHS<br/>                 N/A-SWCHS</p>   |

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| <p>5) Teachers and other personnel do not withhold opportunities for physical activity or use physical activity as punishment.</p>                                 | <p>Yes-Berg<br/>                 Yes-Heart River<br/>                 Yes-Jefferson<br/>                 Yes-Lincoln<br/>                 Yes-Prairie Rose<br/>                 Yes-Roosevelt<br/>                 Yes-Hagen<br/>                 Yes-DHS<br/>                 Regularly encourage healthy lifestyle choices-SWCHS</p>  | <p>Yes-Berg<br/>                 Yes-Heart River<br/>                 Yes-Jefferson<br/>                 Yes-Lincoln<br/>                 Yes-Prairie Rose<br/>                 Yes-Roosevelt<br/>                 Yes-Hagen<br/>                 Yes-DHS<br/>                 Regularly encourage healthy lifestyle choices-SWCHS</p>  |
| <p><b>Education</b></p>  | <p><b>Beginning of School Year</b></p>  | <p><b>End of School Year</b></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-Berg<br/>                 Yes-Heart River<br/>                 Yes-Jefferson<br/>                 Yes-Lincoln<br/>                 Yes-Prairie Rose<br/>                 Yes-Roosevelt<br/>                 Yes-Hagen<br/>                 Yes-DHS<br/>                 N/A-SWCHS</p>  | <p>Yes-Berg<br/>                 Yes-Heart River<br/>                 Yes-Jefferson<br/>                 Yes-Lincoln<br/>                 Yes-Prairie Rose<br/>                 Yes-Roosevelt<br/>                 Yes-Hagen<br/>                 Yes-DHS<br/>                 Yes-SWCHS</p>  |
| <p>2) Nutrition information is sent home to parents.</p>   | <p>Yes-Berg<br/>                 Yes-Heart River<br/>                 Yes-Jefferson<br/>                 Yes-Lincoln<br/>                 Yes-Prairie Rose<br/>                 Yes-Roosevelt<br/>                 Yes, via newsletters and website-Hagen<br/>                 Yes-via newsletters, website, Midget Market advertising-DHS<br/>                 Yes-SWCHS</p> | <p>Yes-Berg<br/>                 Yes-Heart River<br/>                 Yes-Jefferson<br/>                 Yes-Lincoln<br/>                 Yes-Prairie Rose<br/>                 Yes-Roosevelt<br/>                 Yes, via newsletters and website-Hagen<br/>                 Yes-via newsletters, website, Midget Market advertising-DHS<br/>                 Yes-SWCHS</p> |

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| <p>3) Nutrient analysis for school menus is available .</p>  | <p>Yes-Berg<br/>                 Yes-Heart River<br/>                 Yes-Jefferson<br/>                 Yes-Lincoln<br/>                 Yes-Prairie Rose<br/>                 Yes-Roosevelt<br/>                 Yes-Hagen<br/>                 Yes-DHS<br/>                 Yes, started hot lunch service during the fall of 2010-SWCHS</p>                        | <p>Yes-Berg<br/>                 Yes-Heart River<br/>                 Yes-Jefferson<br/>                 Yes-Lincoln<br/>                 Yes-Prairie Rose<br/>                 Yes-Roosevelt<br/>                 Yes-Hagen<br/>                 Yes-DHS<br/>                 Yes, students have an opportunity to participate in lunch service at Hagen Junior High</p> |
| <p>4) Parents are encouraged to pack healthy lunches &amp; snacks.</p>   | <p>Yes-Berg<br/>                 Yes-Heart River<br/>                 Yes-Jefferson<br/>                 Yes-Lincoln<br/>                 Yes-Prairie Rose<br/>                 Yes-Roosevelt<br/>                 Yes-Hagen<br/>                 Yes-DHS<br/>                 Yes-SWCHS</p>   | <p>Yes-Berg<br/>                 Yes-Heart River<br/>                 Yes-Jefferson<br/>                 Yes-Lincoln<br/>                 Yes-Prairie Rose<br/>                 Yes-Roosevelt<br/>                 Yes-Hagen<br/>                 Yes-DHS<br/>                 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-Berg<br/>                 Yes-Heart River<br/>                 Yes-Jefferson<br/>                 Yes-Lincoln<br/>                 Yes-Prairie Rose<br/>                 Yes-Roosevelt<br/>                 Yes-Skills for Daily Living classes-Hagen<br/>                 Through Life Skills classes and FACS classes--DHS<br/>                 Yes-SWCHS</p> | <p>Yes-Berg<br/>                 Yes-Heart River<br/>                 Yes-Jefferson<br/>                 Yes-Lincoln<br/>                 Yes-Prairie Rose<br/>                 Yes-Roosevelt<br/>                 Yes-Skills for Daily Living classes-Hagen<br/>                 Through Life Skills classes and FACS classes--DHS<br/>                 Yes-SWCHS</p>    |

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| <p>6) Our school provides parents with information about physical education &amp; other school-based physical activity opportunities before, during and after school.</p> | <p>Yes-Berg<br/>                 Yes-Heart River<br/>                 Yes-Jefferson<br/>                 Yes-Lincoln<br/>                 Yes-Prairie Rose<br/>                 Yes-Roosevelt<br/>                 Yes-Hagen<br/>                 Yes-DHS<br/>                 Yes-SWCHS</p>  | <p>Yes-Berg<br/>                 Yes-Heart River<br/>                 Yes-Jefferson<br/>                 Yes-Lincoln<br/>                 Yes-Prairie Rose<br/>                 Yes-Roosevelt<br/>                 Yes-Hagen<br/>                 Yes-DHS<br/>                 Yes-SWCHS</p>  |
| <p>7) Our school-based marketing is consistent with nutrition education and health promotion.</p>   | <p>Yes-Berg<br/>                 Yes-Heart River<br/>                 Yes-Jefferson<br/>                 Yes-Lincoln<br/>                 Yes-Prairie Rose<br/>                 Yes-Roosevelt<br/>                 Yes-Hagen<br/>                 Yes-DHS<br/>                 N/A-SWCHS</p>  | <p>Yes-Berg<br/>                 Yes-Heart River<br/>                 Yes-Jefferson<br/>                 Yes-Lincoln<br/>                 Yes-Prairie Rose<br/>                 Yes-Roosevelt<br/>                 Yes-Hagen<br/>                 Yes-DHS<br/>                 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-Berg<br/>                 Yes, FFVG products are served 2-3 times per week-Heart River<br/>                 Yes-Jefferson<br/>                 Yes-Lincoln<br/>                 Yes-Prairie Rose<br/>                 Yes-Roosevelt<br/>                 Yes-Hagen<br/>                 Yes-DHS<br/>                 Yes-SWCHS</p> | <p>Yes-Berg<br/>                 Yes, FFVG products are served 2-3 times per week-Heart River<br/>                 Yes-Jefferson<br/>                 Yes-Lincoln<br/>                 Yes-Prairie Rose<br/>                 Yes-Roosevelt<br/>                 Yes-Hagen<br/>                 Yes-DHS<br/>                 Yes-SWCHS</p> |
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| Wellness Policies  | Beginning of School Year   | End of School Year   |
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| 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-Berg<br>Yes-Heart River<br>Yes-Jefferson<br>Yes-Lincoln<br>Yes-Prairie Rose<br>Yes-Roosevelt<br>Yes-Hagen<br>Yes, Wellness and Caring Committee-DHS<br>Frequent informal exchanges related to healthy living and healthy choices-SWCHS | Yes-Berg<br>Yes-Heart River<br>Yes-Jefferson<br>Yes-Lincoln<br>Yes-Prairie Rose<br>Yes-Roosevelt<br>Yes-Hagen<br>Yes, Wellness and Caring Committee-DHS<br>Frequent informal exchanges related to healthy living and healthy choices-SWCHS |
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| 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   | Yes-District   |
| 2) Reimbursable school meals meet the program requirements and nutrition standards set under the 7CFR Part 210 and Part 220.   | Yes-District<br>Yes, hot lunch service began fall of 2010-SWCHS  | Yes-District<br>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<br>N/A-SWCHS  | Yes-District<br>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   | Yes-District   |
| 5) All food and beverages sold in the schools meet the following nutrition and portion size standards:   | Yes-District   | Yes-District   |

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



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