

May 2019

District Summary 2018-2019	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-Berg 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-Berg 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-Berg 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-Berg Yes-Heart River Yes-Jefferson Yes-Lincoln Yes-Prairie Rose Yes-Roosevelt Yes-DMS Yes-DHS Yes-SWCHS	

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<p>5) School personnel practice consistency of nutrition messages in the curriculum and environment.</p>	<p>Yes-Berg 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-Berg Heart River Yes-Jefferson Yes-Lincoln Yes-Prairie Rose Yes-Roosevelt Yes-DMS Yes-DHS Yes-SWCHS</p>	<p>Yes-</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-Berg Yes-Heart River Yes-Jefferson Yes-Lincoln Yes-Prairie Rose Yes-Roosevelt Yes-DMS Yes-DHS 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, Recess, Classroom activities-Berg 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 Yes, physical education and extra-curriculars - DMS Yes, PE classes & extracurriculars-DHS 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 Yes-Heart River Yes-Jefferson Yes-Lincoln Yes-Prairie Rose Yes-Roosevelt Yes, students are required to take one credit of physical education-DMS Students are required to take one credit of PE and a half credit of Life Skills-DHS 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 Yes-Heart River Yes-Jefferson Yes-Lincoln Yes-Prairie Rose Yes-Roosevelt Yes, outdoor noon recess-DMS N/A-DHS 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 Yes-Heart River Yes-Jefferson Yes-Lincoln Yes-Prairie Rose Yes-Roosevelt Yes-DMS Yes-DHS Regularly encourage healthy lifestyle choices-SWCHS</p>	<p>Yes-</p>
<p>Education Beginning of School Year 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-Berg 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-Berg 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>	

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<p>3) Nutrient analysis for school menus is available .</p>	<p>Yes-Berg 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-DMS Yes-DHS</p>	
<p>4) Parents are encouraged to pack healthy lunches & snacks.</p>	<p>Yes-Berg 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-Berg 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>	

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<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-Berg 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-Berg 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-Berg Yes-Heart River Yes-Jefferson Yes-Lincoln Yes-Prairie Rose Yes-Roosevelt Yes-DMS Yes-DHS Yes-SWCHS</p>	

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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-Berg 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	

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<p>a. Elementary schools-Vending machines are not available for students in elementary schools.</p>	<p>Yes-Berg 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>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-Berg Yes-Heart River Yes-Jefferson Yes-Lincoln Yes-Prairie Rose Yes-Roosevelt Yes-vegetable bar-DMS Yes, Midget Market-DHS Provide fruit periodically-SWCHS</p>	

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<p>e. Vending machines offer products that are healthy and nutritious.</p>	<p>N/A-Berg 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 Yes, DMS Yes, and Midget Market-DHS Yes-SWCHS</p>	
<p>6) Nutrition tips are posted on school websites.</p>	<p>Yes-Berg Handouts/newsletters/posters in the lunchroom-Heart River Yes, newsletters-Jefferson Yes-Lincoln Tips in monthly newsletter-PRE Yes-Roosevelt Yes-DMS Yes,DHS commons, hallways and FACS area-DHS Included in various elective classes-SWCHS</p>	