

# **Model Wellness Policy**

## **Porcupine School**

### **Including:**

Nutrition

Physical Activity

Safe and Drug Free Schools

**Porcupine, South Dakota**

## **Nutrition Education Component**

At each grade level nutrition education will be offered as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote their health. Nutrition education will be incorporated into the school day as often as possible. The primary goal of nutrition education is to influence students' eating behaviors.

### **Nutrition Education**

- Offers information to families that encourages them to teach their children about health and nutrition, and assists them in planning nutritious meals for their families;
- Will be taught by staff who are adequately prepared and who participate in professional development activities in order to deliver an effective program;
- Will be implemented at "I Care Night" as an educational activity for parents, students, and community members.

## **Physical Activity Component**

The primary goal for the school's physical activity component is to provide opportunities for every student to develop the 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 healthful lifestyle.

### **Daily Physical Education Classes K-8**

- All students in grades K-8 will receive weekly physical education at a regularly scheduled time for the entire school year. Students with disabilities, special health-care needs, and those in alternative educational settings will be included.
- Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- The physical education curriculum should demonstrate progression and sequence and be consistent with South Dakota and/or National Physical Education standards for Pre-K through grade 8.
- Student participation in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.

### **Physical Activity across the Curriculum**

- Opportunities for physical activity are regularly incorporated into other subject areas (e.g. math, language arts, science, and social studies.)

### **Daily Recess**

- K-5 students will have at least one hour a day of supervised recess, preferably outdoors, during which students are encouraged (verbally and through the provision of space and equipment) to engage in moderate to vigorous physical activity.
- 6-8 grade students will have at least 30 minutes a day of supervised recess, preferably outdoors, during which students are encouraged (verbally and through provision of space and equipment) to engage in moderate to vigorous physical activity.
- When feasible, recess will occur prior to lunch to ensure appropriate healthful food intake.
- Extended periods of inactivity, two hours or more, are discouraged. When activities, such as mandatory school-wide testing, make it necessary for students

to remain indoors for long periods of time, students will be given periodic breaks during which they are encouraged to stand and be moderately active.

### **Physical Activity Opportunities Before and After School**

- Porcupine School will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs.
- Porcupine School will offer activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.
- Porcupine School will educate and encourage participation in community or club activities.

### **Rewards/Incentives/Consequences**

- Teachers and other school and community personnel will not use physical activity (e.g., running laps, push-ups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.
- Students will not be denied physical activity for purposes of make-up work, testing, etc.

### **Safe Routes to School**

- Porcupine School will provide students with transportation to and from school.

### **Use of School Facilities Outside of School Hours**

- Porcupine School spaces and facilities will be available to students, staff, and community members before, during and after the school day; on weekends; and during school vacations with permission from the Principal, Facilities Manager and Athletic Director based on facilities availability.
- Porcupine School will educate the community, including parents and staff, about utilizing the facility. These spaces and facilities also will be available to community, agencies and organizations offering physical activity and nutrition programs. A check out form will be required upon approval.
- School policies concerning safety will apply at all times.

### **Wellness Council/Committee**

- Porcupine School will develop a Wellness Council/Committee comprised of school personnel, community members, and students to plan, implement, and assess ongoing activities that promote healthy lifestyles, particularly physical activity for all age groups within the school community.

## **Other School-Based Activities Component**

Porcupine School will create an environment that provides consistent wellness messages, is conducive to healthy eating and physical activity; and contributes to forming healthy life-long habits.

### **Professional Development**

- Porcupine School will provide ongoing professional development and education for food service professionals, educators, administrators and other staff.
- Porcupine School will provide nutrition and physical education for students, staff, parents, and, where appropriate, community members during “I Care” night.
- CPR/1<sup>st</sup> Aid will be offered to all staff.

### **Eating Environment**

- Students and staff will have adequate space to eat meals in clean, safe, pleasant surroundings and will have adequate time scheduled as near the middle of the school day as possible to eat, relax, and socialize.
- Safe drinking water and convenient access to facilities for hand washing will be available during all meal periods.
- Consideration will be given for passing time, bathroom break, hand washing, and socializing so as to allow ten minutes for breakfast and twenty minutes for lunch once the student is seated.

### **Recess Before Lunch**

- Porcupine School will schedule recess for elementary grades before lunch when possible so that children will come to lunch less distracted and ready to eat. Activity before lunch also encourages nutrient intake.

### **Rewards, Incentives, and Consequences**

- Rewards and incentives will be given careful consideration as to the messages they send to the students receiving them. The school will also offer nonfood rewards such as field trips, extra free time, pencils, book marks, etc.
- Food, including snack will not be withheld from students as a consequence for inappropriate behavior or poor academic performance.
- Teachers and other school personnel will not prohibit or deny student participation in recess or other physical activity as a consequence for

inappropriate behavior or poor academic performance; nor will they cancel recess or other physical activity for instructional make-up time.

- Scheduled meal time will not be interrupted as a consequence for inappropriate behavior or poor academic performance.

### **Community Access to Facilities for Physical Activity**

- Porcupine School will provide community access to the school's physical activity facilities outside of the normal school day and/or form school partnerships to institute recreation programs utilizing school facilities when possible with permission from the Principal, Facilities Manager and Athletic Director when possible.
- Porcupine School will host a Nutrition class for "I Care Night" and possibly a "Rez Style" Fitness Night.

### **Vending Machines**

- Porcupine School has adopted a no Vending machine policy.

### **Fundraising**

- School fundraising activities will support healthy lifestyles. Such activities may include physical activity (e.g. a memorial walk, Jump Rope for Heart), school support (e.g. selling school memorabilia, raffles) and/or academic achievement (e.g. spelling /science contest).
- The sale of food or beverages as a fund raiser will not take place until one hour after lunch service.
- Porcupine School will encourage fundraising activities that promote physical activity.
- The school will make available a list of ideas for acceptable fundraising activities.

### **Wellness Councils**

- Porcupine School will organize local wellness councils comprised of parents, teachers, administrators, foodservice personnel, and students to plan, implement, and improve nutrition and physical activity within the school environment.

## **Nutrition Standards Component**

Students' life-long eating habits are greatly influenced by the types of foods and beverages available to them. Foods of good nutritional content including fruits, vegetables, low-fat dairy foods, and low-fat grain products will be offered at school during the normal school day.

### **General Guidelines**

- Procedures will be in place for providing information to families, upon request, about the ingredients and nutritional values of the foods served.
- Food and beverages sold or served on school grounds or at school sponsored events during the normal school day will meet the Dietary Guidelines for Americans and the Standards for Food and Beverages set forth in this document.

### **School Meal Program**

- The school food service program will operate in accordance with the National School Lunch Act and the Child Nutrition Act of 1996 as amended and with applicable laws and regulations of the state of South Dakota. All schools will comply with USDA regulations and state policies.
- Porcupine School will offer varied and nutritious food choices that are consistent with the federal government's Dietary Guidelines for Americans. For the purpose of this policy, "Dietary Guidelines for Americans" refers to the current set of recommendations of the federal government that are designed to help people choose diets that will meet nutrient requirements, promote health, support active lives, and reduce chronic disease risks.
- Menus will be planned with input from students, family members, and other school personnel and will take into account students' cultural norms and preferences. Porcupine School will increase the number of home-made lunches that are served and introduce buffalo meat into the menus.
- Students with special dietary needs (e.g. diabetes, celiac sprue, allergies,) will be accommodated as required by USDA regulation.



### **Snacks**

- Healthy snacks will include fresh, dried, nuts, vegetables; 1% or skim milk; and grains meeting the Standards for Food and Beverages set forth in this document.

### **Parties and Celebrations**

- Porcupine School will encourage celebrations that involve healthier food during the school day.
- The school will disseminate a list of healthy party ideas to parents and teachers.

### **School Sponsored Events (such as but not limited to athletic events, dances, or performances)**

- Healthy choices of food and beverages that meet the Standards for Food and Beverages will be offered at r school-sponsored events outside the school day.

## **Standards for Food and Beverages**

### **1. Beverages:**

- a. Provide 100% fruit and vegetable juices and limit portion sizes to 4-12 ounces.
- b. Provide water - non-carbonated and unflavored without added sugar, artificial sweeteners, or caffeine. Each classroom will have Culligan drinking water available.
- c. Provide milk-skim or 1% in portion sizes of 8 ounces.
  1. Flavored milk (chocolate or strawberry), low fat, or skim may be offered in up to 8 ounce serving sizes with no more than 36 grams of sugar in an 8 ounce portion.
- d. Encourage water only as a beverage in the classroom.

### **2. Grains:**

- a. Introduce whole grains once a week.
- b. Offer the recommended requirement per Nutrition Standards.
- c. Limit total calories from fat.
- d. Limit total calories from saturated fat.
- e. Limit sugar content.
- f. Limit the amount of trans fats.

### **3. Fruits and Vegetables:**

- a. Offer fruits and vegetables prepared/packaged without added fat, sugar, or sodium. Low-fat dips and sauces on the side may be served in small portions to make foods more appealing.
- b. Offer 1/2 cup serving sizes of fruits and vegetables. Offer additional fruits and vegetables to help students reach the recommended 5 - 9 servings per day.
- c. Offer a variety of fruits and vegetables, especially colorful ones.

### **4. Entrees**

- a. Offer meat and meat substitutes in portions no greater than 3 ounces.
- b. Offer nonfat and low-fat yogurt in portion sizes of 8 ounces or less.
- c. Offer cheese in portion sizes of 1-2 ounces.

### **5. Condiments and miscellaneous:**

- a. Offer salad dressing containing no more than 6 - 12 grams of fat per ounce.
- b. Continue NO table salt policy.

### **Porcupine School Safe and Drug Free Schools:**

The Safe and Drug-Free Schools, as part of the *No Child Left Behind Act* (Title IV, Part A) provides the infrastructure for the local education agencies in collaboration with communities to create safe, disciplined, and drug-free learning environments. A positive, consistent school climate encourages pro-social behaviors, reduces barriers to learning maximizes student academic engagement time and improved student performance.

Porcupine School, a Bureau of Indian Education funded school located on the Pine Ridge Indian Reservation in Shannon County which is the third poorest county in the nation with a poverty rate of 80% lies in the southwest corner of South Dakota. Porcupine School serves between 200-250 students that may come from single parent, low income, and foster care. The staff at Porcupine School not only deal with academics, but also a variety of emotional, physical, and nutritional needs of the students.

The Porcupine School currently has a Guidance Counselor and Student/Family Resource Coordinator which provides on-site counseling, staff development, and parent involvement activities. The counselor also coordinates with outside resources that will best fit the needs of our students.

The Porcupine School signed an agreement with the "*Wakanyeji Pawicayapi*", (Wrap Around the Family") which provides a holistic therapy with the family

The Porcupine School participates in several community based programs, (In-Med training, Gear-up, Life and Learning plan, Classrooms that Care, Lakota Manhood and Lakota Womenhood) the fits into the 40 hours of Safe and Drug Free for Students.

The Porcupine School offers opportunities for staff to participate in Safe and Drug Free trainings to meet the requirements of the 10 hours required by Title IV.

The Porcupine School empathizes a safe and drug free school, to help nourish the students in every aspect of life Physical, Mental, Spiritual and Nutritional.

### **Intervention/Prevention Programs for Porcupine Students:**

- The Circle of Hope
- Meth Awareness
- Conflict Resolution
- Referral(s) to IHS Mental Health Services
- Counseling with students on a as needed basis
- Learning Prevention Using Lakota Values
- "I Care" Curriculum
- Bully Proofing Your School
- South Dakota Gear Up

### **Cultural/Spiritual Aspect of Healing:**

- Inipi (Sweat Lodge Ceremony)
- Learning Prevention Using the Lakota Values
- Cultural Ceremonies (as way of healing)
- Blessing of the school beginning and ending

### **Transition:**

- Red Cloud High School
- Pine Ridge High School
- Little Wound High School
- Bennett County High School
- Pine Ridge Job Corp
- Oglala Lakota College
- Chadron State College
- South Dakota School of Mines and Technology
- Western Dakota Tech

### **Drug and Alcohol Referral(s):**

- Social Services LOWO
- Department of South Dakota Social Services
- Oglala Sioux Tribe Anpetu Luta Program
- Oglala Sioux On-Trac Program
- Wakanyeja Pawicayapi

### **Parent Involvement:**

- Monthly "I Care" Nights
- Parent Participation in classrooms
- Parental Surveys

### **Professional Development:**

- Team Building
- Child Protection
- Safe and Drug Free in the Workplace
- Child Preparedness Plan
- Sexual Harassment

**Grade by Grade Comprehensive K-12 Drug and Violence Program**

Please report your K-12 (or grades served by your school) comprehensive drug and violence program(s) using the table format below. Report curricula, supplemental activities, and support services funded in part or in whole by SDFSCA funds.

Note: A **Comprehensive** local school program provides drug and violence prevention at every grade level, K-12. SDFSCA funds are intended to **supplement** local drug and violence prevention activities.

Grade Level	Classroom Based Curricula	Supplemental Activities	Support Services	Primary Types of Funding
K-1	"I Care"		Counseling Support	Title IV
K-2	"I Care"		Counseling Support	Title IV
1 <sup>st</sup>	"I Care"		Counseling Support	Title IV
2 <sup>nd</sup>	"I Care"	Circle of Hope	Counseling Support	Title IV
3 <sup>rd</sup>	"I Care"	Circle of Hope	Counseling Support	Title IV
4 <sup>th</sup>	"I Care"	Circle of Hope	Counseling Support	Title IV
5 <sup>th</sup>	"I Care"	Circle of Hope Lakota Man/Womenhood, Inipi(Sweatlodge)	Counseling Support IHS	Title IV
6 <sup>th</sup>	"I Care"	Lakota Man/Womenhood Inipi(Sweatlodge) Wakanyeji Pawicayapi	Counseling Support IHS	Title IV
7 <sup>th</sup>	"I Care"	Lakota Man/Womenhood Gear-Up Inipi(Sweatlodge) Wakanyeji Pawicayapi	Counseling Support IHS	Title IV
8 <sup>th</sup>	"I Care"	Lakota Man/Womenhood Gear-Up Inipi(Sweatlodge) Wakanyeji Pawicayapi	Counseling Support IHS	Title IV

**Data Collected:** NASIS Report and Counselor Report(s)

**Goal:** Decrease the incidents on bullying behavior, violence and substance abuse by 2%

Objective	Activity	Tool/Method of Measurement	Extent each goal was Achieved	Documentation Attached
Develop a support mechanisms for students to become positive individuals	Circle of Life curriculum (helps teach middle school students about not getting HIV/AIDS)	Increase awareness	To see if students make healthy choices once they have the class	Letter to April Hodges
De-escalate bullying behaviors	Conflict Resolution Traditional Lakota Values	Decrease incidents that involve bullying	Decrease bullying behavior	Counseling Log NASIS data

**Safe and Drug Free Schools and Communities Committee:**

Name	Position	Organization	Role on Committee
Jerry Lessert	Principal	Porcupine School	Decision maker
Becky Mayhew	Counselor	Porcupine School	Counselor
Carol Vaughn	SPED Teacher	Porcupine School	Teacher
Elfreda Janis	School Reform/Data	Porcupine School	Data
Gary Lays Bad	Parent	Parent Porcupine School	Input
Jeff Iron Cloud	Community Representative	Wakanyeji Pawicayapi	Input