

- Pryor Schools will, to the extent possible, operate the School Breakfast Program;
- Pryor Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast during morning break or recess;
- Pryor Schools will notify parents and student of the availability of the School Breakfast Program.

### ***Free and Reduced-priced Meals***

The District will make every effort to eliminate any social stigma attached to, and prevent the overt identification of student who are eligible for free and reduced-price school meals. Toward this end, schools will utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students.

### ***Qualifications of School Food Service Staff***

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, the District will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

### ***Integrating Physical Activity into the Classroom Setting***

The District recognizes that students need opportunities for physical activity beyond physical education class. Toward that end:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- Opportunities for physical activity will be incorporated into other subject lessons; and
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

### ***Student Health***

The District highly values the health and well-being of every student. The District will take appropriate measures to address student health issues that arise in the school setting. The Superintendent shall develop procedures for addressing student health issues that may arise.

### ***Staff Wellness***

The District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy

lifestyle. The District will establish and maintain a staff wellness committee composed of at least one staff member, school nurse, nutrition specialist or other health professional, athletic director union representative, and employee benefits specialist. The committee will develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan will include an incentive for wellness by giving employees the opportunity to leave for physical activity when the student school day ends if no other obligations interfere. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the staff.

### ***Physical Education (P.E.) K-12***

All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirements. Student will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

### ***Daily Recess***

All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage extended periods (i.e., period of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, the District will give student periodic breaks during which they are encouraged to stand and be moderately active.

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

Arrow Creek Elementary School and Plenty Coups Jr. and Sr. High School will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs including the Outdoor Club. Plenty Coups Sr. High School, and Plenty Coups Jr. High School as appropriate, will offer interscholastic sports programs.

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

School spaces and facilities will be available to students, staff, and community member before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities will also be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times. Agencies will be required to complete a facility use agreement.

### ***Development, Review, and Implementation of the Policy***

The District will involve the staff, and the public, including but not limited to parents, students, school food service staff, physical education teachers, school health professionals, trustees, administrators, and members of the general public in the development, implementation, review, and modification of this policy. The Superintendent or designee is responsible for ensuring compliance with this policy and may develop procedures and regulations to support the implementation of this policy.

The District will assess the implementation of this policy and inform and update the public every three years, at a minimum, regarding compliance with the policy, how it compares to model wellness policies, and progress in attaining the goals of the wellness policy.

Legal References:	P.L. 108-265	Child Nutrition and WIC Reauthorization Act of 2004
	P.L. 111-296	The Healthy, Hunger-Free Kids Act of 2010
	10.55.701, ARM	Board of Trustees

Policy History:

Adopted on:

Reviewed on:

Revised on:

# **PRYOR SCHOOL DISTRICT**

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