

NORWIN 
SCHOOL DISTRICT

HEALTH, WELLNESS
& NUTRITION POLICY
AND
ACTION PLANS



2016 - 2021

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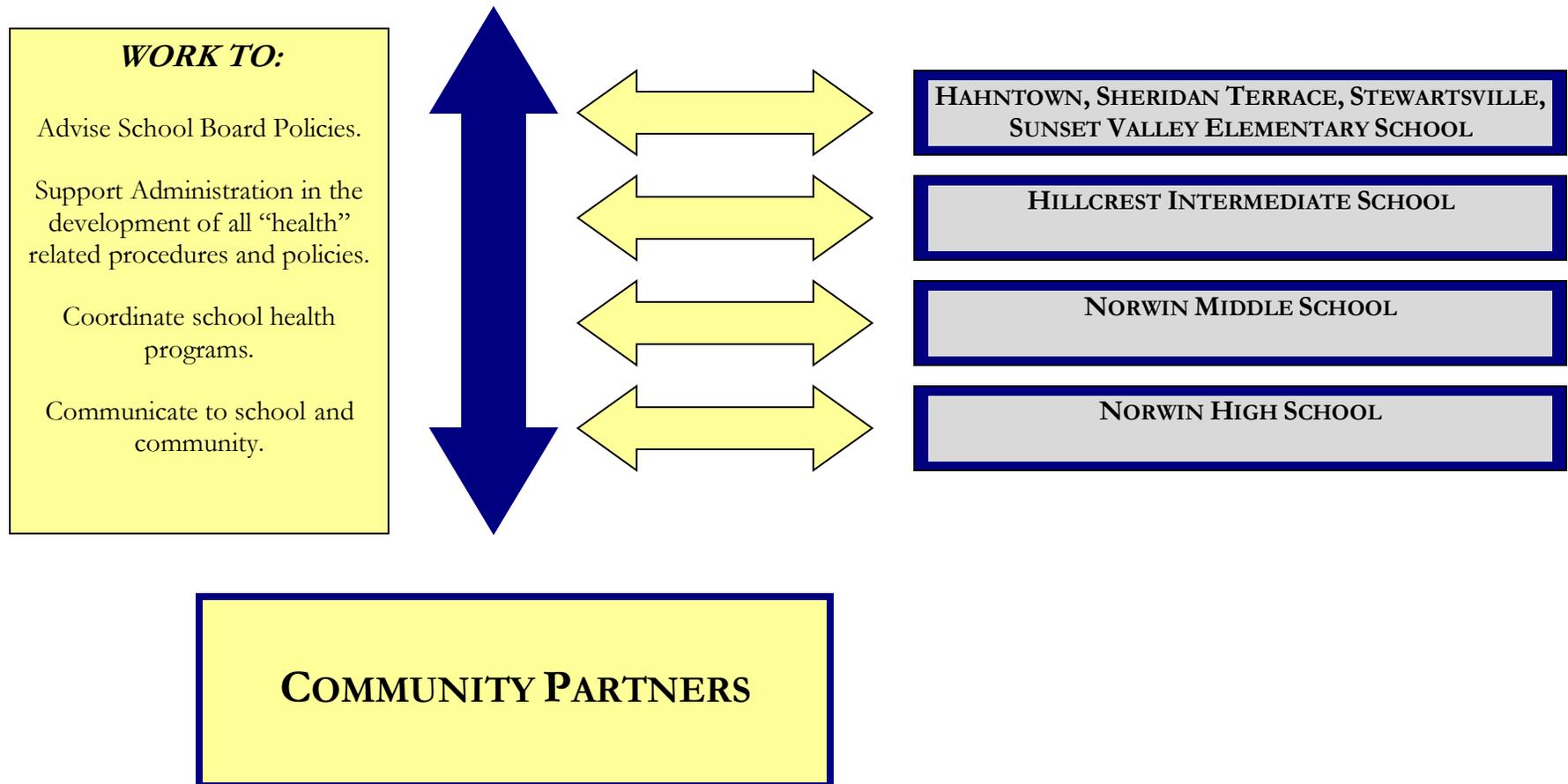
HEALTH, WELLNESS & NUTRITION **MISSION STATEMENT**

The mission of the Norwin School District Health, Wellness & Nutrition Policy Committee is to promote active and healthy lifestyles for students, parents, staff and community.

Purpose

The purpose of the Health, Wellness, and Nutrition Board Policy is to ensure nutrition standards and education, health education and physical activity, drug and alcohol awareness and prevention, and other educational activities that promote health, wellness, and nutrition. Health, wellness, and nutrition programs and services will be evaluated on a regular basis through key stakeholders and the results shall be effectively communicated.

NORWIN SCHOOL DISTRICT HEALTH, WELLNESS & NUTRITION FRAMEWORK



HEALTH, WELLNESS & NUTRITION

DISTRICT APPROVED POLICY



NORWIN SCHOOL DISTRICT

Policy No.: 246

Section: PUPILS

Revised: March 21, 2016

Title: HEALTH, WELLNESS,
AND NUTRITION

Adopted: May 15, 2006

POLICY

246. HEALTH, WELLNESS, AND NUTRITION

Purpose

The Norwin School District recognizes that student health, wellness, and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes student health education, wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and healthy lifestyle practices that can improve student achievement.

The Norwin School District also recognizes the need to provide positive role models to its students and is committed to creating an environment that promotes health, wellness, nutrition, and physical fitness activities to District staff and to community members.

Authority

To ensure the health and well-being of all students, the Board establishes that the District shall provide to students:

- A. A comprehensive nutrition program consistent with federal and state requirements.
- B. Access, at reasonable cost, to foods and beverages that meet established nutritional guidelines.
- C. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
- D. Curriculum and programs for grades K-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.

Delegation of Responsibility

The Superintendent or designee shall be responsible to monitor District schools, programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.

Each building principal or designee shall report to the Superintendent or designee regarding compliance in his/her school.

The Superintendent or designee shall, at the end of each semester, report to the Board on the District's compliance with law and policies related to student wellness. The report may include:

- A. Assessment of school environment regarding student wellness issues.
- B. Evaluation of food services program.
- C. Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.
- D. Listing of activities and programs conducted to promote nutrition and physical activity.
- E. Recommendations for policy and/or program revisions.
- F. Feedback received from District staff, students, parents/guardians, community members and Health, Wellness, and Nutrition Committee.

An assurance that District guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law shall be provided to the District annually by the Director of Food and Nutrition Services.

Guidelines

A. Health, Wellness, and Nutrition Committee

The Board shall appoint a Health, Wellness, and Nutrition Committee comprised of at least one (1) of each of the following: School Board member, District administrator, District Food Service representative, student, parent/guardian, member of the public, teacher, school nurse and health professional. Other individuals may be appointed at the discretion of the Board.

The Health, Wellness, and Nutrition Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing a Student Wellness Policy that complies with law to recommend to the Board for adoption.

The Health, Wellness, and Nutrition Committee may examine related research and laws, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues. The Health, Wellness, and Nutrition Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.

The Health, Wellness, and Nutrition Committee shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.

B. Nutrition Education

The goal of nutrition education is to teach, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.

Nutrition education will be provided within the sequential, comprehensive health education program in accordance with State Board of Education curriculum regulations and the academic standards for health, safety, and physical education, and family and consumer sciences.

Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.

Nutrition education lessons and activities shall be age-appropriate and shall be integrated into other subjects to complement, but not replace, academic standards based on nutrition education.

Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.

The staff responsible for providing nutrition education shall be certified teachers and shall participate in appropriate professional development at minimum, twice per school year.

District staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition, at minimum twice per school year.

Nutrition education shall extend beyond the school environment by engaging and involving families and communities in wellness activities, nutritional education and/or physical fitness at minimum twice per year.

C. Physical Activity In and Outside the Classroom

District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.

District schools shall determine how they will contribute to the effort to provide students opportunities to accumulate at least forty-five to sixty (45 to 60) minutes of age-appropriate

physical activity on all or most days of the week. That time will include physical activity within and outside the school environment.

- Outside the school environment, such as:
 - o Outdoor play at home, sports, etc.
- Within the school environment, such as;
 - o Incorporating movement activities with morning announcements or by holding 60 seconds of physical activity between subject transitions in the K-6 educational setting.
 - o 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 screen-time activities.
 - o Opportunities for physical activity will be incorporated into other subject lessons.
 - o Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

The building level Health, Wellness, and Nutrition Committee will meet once each semester to plan and share wellness, nutrition, and physical fitness activities with parents, so that students can participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits. Age-appropriate physical activity opportunities, such as recess; before and after school; during lunch; clubs; intramurals; and interscholastic athletics, may be provided to meet the needs and interest of all students, in addition to planned physical education.

A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.

District schools shall partner with parents/guardians and community members to institute programs that support physical activity.

Students and the community shall have access to physical activity facilities outside school hours.

D. Physical Education

Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.

A comprehensive physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity shall be implemented.

A varied and comprehensive curriculum that leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.

A sequential physical education program consistent with State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented.

Students shall be moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.

Safe and adequate equipment, facilities and resources shall be provided for physical education courses.

Physical education shall be taught by personnel certified to teach health and physical education.

Appropriate professional development shall be provided for physical education staff at minimum twice per school year. Teaching staff may be included when appropriate.

Physical education classes shall have a teacher-student ratio comparable to those of other courses.

Physical activity shall not be used as a form of punishment.

E. Other School-Based Information

District schools shall provide adequate space, as defined by the District, for eating and serving school meals.

Students shall be provided a clean and safe meal environment.

Students shall be provided adequate time to eat: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.

Meal periods shall be scheduled at appropriate hours, as defined by the District.

Drinking water shall be available at all meal periods and throughout the school day.

Students shall have access to hand washing or sanitizing before meals and snacks.

The Director of Food and Nutrition Services shall administer the school meals program.

Professional development shall be provided for District nutrition staff at minimum twice per school year.

Access to the food service operation shall be limited to authorized staff.

Nutrition content of school meals shall be available to students and parents/guardians on the District website.

Students and parents/guardians may be involved in menu selections through various means (i.e. surveys, contacting Director of Food and Nutrition Services), with final determination made by the Director of Food and Nutrition Services.

To the extent possible, the District shall utilize available funding and outside programs to enhance student wellness.

The District shall provide appropriate training to all staff on the components of the Health, Wellness and Nutrition Policy at the beginning of each school year and as changes are made.

Goals of the Health, Wellness and Nutrition Policy shall be considered in planning all school based activities and outside community activities that utilize District facilities.

Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness and shall follow the District's policy on fundraising.

Administrators, teachers, food service personnel, students, parents/guardians, and community members shall be encouraged to serve as positive role models through District programs, communications and outreach efforts.

The District shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods (i.e. District web page, newsletters).

The District will expand cross-curricular activities with student data collection of movement growth (i.e. STEM/STEAM Activities).

The District will explore the additional purchase and use of pedometers and pulse monitors associated with student movement activities and data collection.

F. Nutrition Guidelines

All foods available in District schools during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.

Foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative.

G. Health Promotion for Staff and Community

Staff and community will be provided with health education and wellness programs at minimum twice per school year.

Staff and community will have access to school facilities for wellness activities during, before, and after school hours.

Health education and wellness programs will be communicated to staff and community through the District website.

Staff and community will have access to health, wellness, and nutrition resources located in the school libraries.

HEALTH, WELLNESS & NUTRITION ACTION PLANS



Nutrition Education

Measurable Goal #1

At minimum, biannually, provide educational materials and/or programs such as Excela Health to parents regarding proper food choices (nutrition content, portion sizes, etc.)

How Goal will be Implemented

1. Use the District newsletter, *IN Norwin* Magazine, and the District Website to provide health, wellness and nutrition information to community.
2. Continue to add nutrition information on the District Food Service webpage.
3. Use school activities as a way to communicate wellness information to parents (Open House, Orientations, etc.).
4. Offer nutrition education programs to parents or provide parents with information about local nutrition education programs (American Red Cross, American Diabetic Association, local hospitals, etc.).
5. Offer nutrition information through PTA, PAC, and other parent involved groups.

Timeline

Goal Start: Year 1

Goal End: Ongoing

Person(s) Responsible for Implementing Goal

Health, Wellness and Nutrition Building Committees, Principals, Food Service Director and *IN Norwin* Magazine Editor

Evidence of Progress

Health, Wellness and Nutrition information published in *IN Norwin* Magazine and on webpage, agendas from activities or professional development

Measurable Goal #2

Provide a sequential and comprehensive health education program that meets the Pennsylvania State Board of Education requirements and Academic Standards for Health, Safety, Physical Education and Family Consumer Sciences. The curriculum will be age appropriate and support healthy eating and physical activity.

How Goal will be Implemented

1. District curriculum, K-12, in health, physical education, safety and family consumer science will be aligned to PA Academic Standards and posted on the District webpage.

Timeline

Goal Start: Year 1

Goal End: Ongoing

Person(s) Responsible for Implementing Goal

Respective curriculum directors, department heads and teachers

Evidence of Progress

Curriculum posted on District webpage

Measurable Goal #3

Provide Health, Wellness and Nutrition professional development, a minimum of twice per year, to the health and physical education staff.

How Goal will be Implemented

1. Annually, at the beginning of the school year, the health and physical education department will identify areas of interest and need in wellness and nutrition content.
2. At department meetings and/or professional development days, provide health and physical education teachers information on topics of choice.
3. Implement CPR classes with AED access.
4. Establish fitness classes through the fitness centers and certified instructors.
5. Establish free wellness classes to senior citizens.
6. Implement mountain biking classes through recreation programs.

Timeline

Goal Start: Year 1

Goal End: Ongoing

Person(s) Responsible for Implementing Goal

Health and physical education department head and teachers, Building Health, Wellness and Nutrition Committees and Building Principals

Evidence of Progress

Completed professional development survey

Measurable Goal #4

Annually, provide nutritional information to students in a variety of formats.

How Goal will be Implemented

1. Nutritional information for cafeteria items will be posted for students as handouts and/or posters.
2. Lunch menus that include nutritional guidelines will be posted in cafeteria lines and in classrooms.

Timeline

Goal Start: Year-1

Goal End: Ongoing

Person(s) Responsible for Implementing Goal

Food Service Director

Evidence of Progress

Posted information

Measurable Goal #5

Schools will participate in selected wellness and nutrition activities sponsored by the Pennsylvania Department of Education and the Pennsylvania Advocates for Nutrition and Activity (PANA)

How Goal will be Implemented

1. Share programs and activities available from PDE and PANA with the Health, Wellness and Nutrition Committee at District level meetings.
2. Determine and plan for programs of participation.

Timeline

Goal Start: Year 1

Goal End: Ongoing

Person(s) Responsible for Implementing Goal

Building level Health, Wellness and Nutrition Committees and Building Principals

Evidence of Progress

Enacted Programs

Nutrition Guidelines

Measurable Goal #1

Continue to offer a wide variety of fruit and vegetables with every meal.

How Goal will be Implemented

1. Food service department will purchase, prepare, and serve an assortment of fresh, dried, and canned fruits and vegetable items daily.

Timeline

Goal Start: Year 1

Goal End: Ongoing

Person(s) Responsible for Implementing Goal

Director of Food & Nutrition and kitchen manager

Evidence of Progress

Visual inspection of service lines during meal periods.

Measurable Goal #2

All vending machines and products will comply with National standards.

How Goal will be Implemented

1. All vending items will be healthy choices for snacks and after school meals.
2. Pepsi machines throughout buildings need to conform to this policy.

Timeline

Goal Start: Year 1

Goal End: Ongoing

Person(s) Responsible for Implementing Goal

Director of Food & Nutrition

Evidence of Progress

Visual inspections of all vending machines.

Physical Activity

Measurable Goal #1

Biannually, the District will provide parents with age-appropriate after-school activities and will work with parents and the community to institute programs that support physical activity.

How Goal will be Implemented

1. Wellness Committee and respective building level wellness committees will discuss options for physical activities.
2. Information will be provided in the *IN Norwin* Magazine and through building level newsletters.
3. Develop a “Healthy Heart Expo” at the High School level through Excela Health.

Timeline

Goal Start: Year 1

Goal End: Ongoing

Person(s) Responsible for Implementing Goal

Building Level Health, Wellness and Nutrition Committees, Respective Principals

Evidence of Progress

Information posted and/or sent home

Measurable Goal #2

Provide year round access of fitness centers for staff and community usage.

How Goal will be Implemented

1. Annually, develop and advertise a schedule for the fitness center training and use.

Timeline

Goal Start: Year 1

Goal End: Ongoing

Person(s) Responsible for Implementing Goal

Assistant Superintendent of Secondary Education and Athletic Director

Evidence of Progress

Posted schedule

Physical Education

Measurable Goal #1

Provide a sequential and comprehensive physical education program that meets the Pennsylvania State Board of Education requirements and Academic Standards for Health and Physical Education.

How Goal will be Implemented

1. K-12 health and physical education curriculum will be aligned to PA Standards and posted on the District website.

Timeline

Goal Start: Year 1

Goal End: Ongoing

Person(s) Responsible for Implementing Goal

Physical education department head, Technology Coordinator

Evidence of Progress

Posted curriculum

Health Promotion for Students, Staff and Community

Measurable Goal #1

Maintain, at minimum, three walking trails, throughout the main campus and work at developing additional trails.

How Goal will be Implemented

1. Maintain three trails with varying difficulty levels and develop maps with trail routes for community, student and staff use.
2. Publicize maps for stakeholders on District website and provide press releases regarding trails and location of maps.
3. Maintain start, end and mile markers along trail route(s).
4. Expand the trail routes on campus and at venues throughout the District and collaborate with local agencies to facilitate mapping.
5. Encourage continued use of the walking trails by students, educators, and the community.

Timeline

Goal Start: Year 1

Goal End: Ongoing

Person(s) Responsible for Implementing Goal

Health, Wellness and Nutrition Committee, Physical Education Department Head

Evidence of Progress

Maintaining trail, published maps, press releases

Measurable Goal #2

Expand our recreation program to include recreation intramurals.

How Goal will be Implemented

1. Determine availability of gym space in between sports' seasons.
2. If space allows, develop a list of intramurals to offer in recreation.
3. Hire people to supervise intramural program.
4. Advertise to students.

Timeline

Goal Start: Year 1

Goal End: Ongoing

Person(s) Responsible for Implementing Goal

Athletic Director, High School and Middle School Principals, Designee of the principals

Evidence of Progress

Feasibility study for program, program fruition if feasible.

Measurable Goal #3

Building level wellness committees will meet a minimum of once per 9 weeks, working towards the implementation of the school district established health, wellness and nutrition policy.

How Goal will be Implemented

1. Respective building administrator will elicit building level health, wellness and nutrition members at the beginning of each school year and develop a meeting schedule.
2. The building committee will review the District Health, Wellness and Nutrition Policy and develop activities aligned with it.

Timeline

Goal Start: Year 1

Goal End: Ongoing

Person(s) Responsible for Implementing Goal

Respective Building Administrator

Evidence of Progress

List of committee members, meeting agendas and sign-in sheets

Measurable Goal #4

Twice annually, offer high school and middle school fitness center training to staff.

How Goal will be Implemented

1. At the beginning of the school year, identify one date each semester to hold training sessions.
2. Secure trainers.
3. Advertise for training sessions.

Timeline

Goal Start: Year 1

Goal End: Ongoing

Person(s) Responsible for Implementing Goal

Assistant Superintendent of Secondary Education

Evidence of Progress

Training flyers and training sign-in sheets

Measurable Goal #5

Offer staff initiatives to Increase Physical Activity.

How Goal will be Implemented

1. Building committees will identify a program/plan/competition for their staff to encourage a healthier live style.

- ie: Biggest Loser, Pedometers, or group exercises prior to or after school

Timeline

Goal Start: Year 1

Goal End: Ongoing

Person(s) Responsible for Implementing Goal

Building Health, Wellness and Nutrition Committee and Principals

Evidence of Progress

Staff participation in scheduled building programs.

Other School Based Activities

Measurable Goal #1

The District will maintain and provide hand sanitizing materials in cafeterias in grades K-12.

How Goal will be Implemented

1. Include cost of maintenance in annual budget.
2. Create a schedule of maintenance.

Timeline

Goal Start: Year 1

Goal End: Ongoing

Person(s) Responsible for Implementing Goal

Supervisor of Custodial Services and Security

Evidence of Progress

Budgeted sanitizer and schedule of maintenance

Measurable Goal #2

Annually, review the health, wellness and nutrition policy and action plans with District personnel and post the guideline on the District website.

How Goal will be Implemented

1. At the August Team meeting, administrators and directors will receive reminders to add the wellness to the beginning of year items to review with staff.
2. Provide a PDF of wellness guidelines to the technology department for placement on District website.

Timeline

Goal Start: Year 1

Goal End: Ongoing

Person(s) Responsible for Implementing Goal

Respective Administrators and Directors, Technology Coordinator

Evidence of Progress

Meeting agendas

Measurable Goal #3

Annually, review potential grants that may be of consideration to broaden and support the District wellness and nutrition programs

How Goal will be Implemented

1. Search for potential grants and share with Health, Wellness and Nutrition Committee.
2. If feasible, share with Superintendent and Board.
3. If approved, apply for grant.

Timeline

Goal Start: Year 1

Goal End: Ongoing

Person(s) Responsible for Implementing Goal

Health, Wellness and Nutrition Committee and Building Level Health, Wellness and Nutrition Committees

Evidence of Progress

Grant application(s)

Measurable Goal #4

On a quarterly basis, review and update, as needed, the Food Service webpage on the District website.

How Goal will be Implemented

1. At quarterly meetings, the Health, Wellness and Nutrition Committee and Food Service Director will review webpage and suggest changes, additions and revisions.

Timeline

Goal Start: Year 1

Goal End: Ongoing

Person(s) Responsible for Implementing Goal

Health, Wellness and Nutrition Committee, Food Service Director, Technology Coordinator

Evidence of Progress

Updates on webpage

HEALTH, WELLNESS & NUTRITION CURRENT PRACTICES



CURRENT HEALTH, WELLNESS & NUTRITION PRACTICES

The Norwin School District has always taken a proactive stance toward Health, Wellness & Nutrition for students, staff and community. Listed below are current practices (2016-2021).

DISTRICT-WIDE

- ◆ Field Day
- ◆ eNest/SAP Program
- ◆ Great Apple Crunch Program
- ◆ Go for the Greens Program
- ◆ Turn Off TV Week
- ◆ Health, Wellness and Nutrition Building Committees
- ◆ Red Ribbon Week Activities
- ◆ Partnerships with:
 - St. Vincent
 - American Heart Association

ELEMENTARY BUILDINGS

- ◆ Hahntown
 - Walk Across America Program
 - PTA Fitness Club
 - Nature Trail
 - Walk Around the School
 - “Brain Breaks” – gonoodle.com
- ◆ Sheridan Terrace
 - PTA Sponsored Events:
 - Fitness Club - Fitness Fridays, Math Olympics, Special Person’s Luncheon with healthy meal, Family Game Knight, Parent Child Book Club and Robotics evening
 - Staff Wellness Initiative – Weight Loss and Exercise (soup luncheons in February and salad luncheons in March)
 - Gym Time – P.E. teacher away from building
 - Book Study – “Whole Body Teaching” (used in classrooms)
 - Movement breaks every 15-20 minutes between learning stations
 - “Take the Long Way” – Cafeteria program for walking
 - Recess options to use back field for “cardio play” (soccer, tag, etc.)
- ◆ Stewartsville
 - NO Junk Food Week
 - Daily Marathon Minute During Announcements
 - Healthy Snack Friday
 - Gym Time – P.E. teacher away from building
 - Support Norwin’s Relay for Life – Relay for Recess
 - WOW – Workout Wednesdays (6 week program)
 - Frequent movement breaks with exercise
- ◆ Sunset Valley
 - Wellness Week Focusing on Nutrition, Exercise and Healthy Habit
 - The Marathon Minute During Announcements – wellness week
 - Staff Healthy Breakfast – wellness week

INTERMEDIATE LEVEL

- ◆ Jump Rope-a-Thon
- ◆ Salad Bar Option at Lunch
- ◆ Nature Trail
- ◆ Total Gym Machines
- ◆ Outdoor Exercise Equipment (Near MS)
- ◆ Go for the Greens Program
- ◆ X-Box 360 movement exercises
- ◆ Morning Exercises

MIDDLE LEVEL

- ◆ Fitness Center for staff and students
- ◆ Quarterly committee meetings
- ◆ Thomas Nega Drug-Free Lifestyle Grant – tobacco and alcohol awareness
- ◆ FCS Classes planning effective meal selections – focus on food pyramid
- ◆ Showcase in building - provides healthy eating tips, nutrition value and fun healthy facts
- ◆ Blackburn Center Partnership
- ◆ Physical Education required every other day for the entire year
- ◆ Staff Weight Loss Competition
- ◆ Fitness Club
- ◆ Intramurals
- ◆ Polar Training in physical education curriculum
- ◆ Vending machines contain water, juice and Gatorade only (Turned on after school hours only.)
- ◆ Nature Trail
- ◆ Salad Bar Option at Lunch
- ◆ Healthy snacks for PSSA
- ◆ Climbing Wall

HIGH SCHOOL LEVEL

- ◆ Grab and Go breakfast
- ◆ R.O.T.C. classes
- ◆ Staff participation in weight loss competitions (ie: Biggest Loser)
- ◆ SAP Program
- ◆ Fitness center for student, staff, and community use
- ◆ Physical education classes required each year
- ◆ Personal fitness education and training in the sophomore year
- ◆ Bike for Life Program—mountain bicycles in physical education classes
- ◆ Nature Trail
- ◆ Outdoor exercise equipment (Near MS)
- ◆ Twenty-two interscholastic sports
- ◆ Salad bar option at lunch
- ◆ Healthy vending options for students

COMMUNITY

- ◆ High School Fitness Center for community use
- ◆ Knight Walker Program
- ◆ Nature Trail
- ◆ Outdoor exercise equipment (Near MS)
- ◆ All-weather track available for walking/running