

## Local Wellness Program

### Goals

The Board is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating, physical activity and other behaviors that contribute to student wellness. Good health fosters student attendance and education. Children and adolescents need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive.

To meet this commitment, the district will be guided by the following policy goals:

1. The health/safety of our students is a priority. When faced with conflicting priorities or issues of implementation, decisions will be made that favor student health/safety.
2. All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a daily basis.
3. Schools will provide access to a variety of affordable, nutritious, and appealing foods that meet federal health and nutrition standards for students; and provide clean, safe, and pleasant settings and meet federal guidelines for adequate time to eat.
4. To the maximum extent practicable, all schools in the district will participate in available federal school meal programs.
5. The school district supports a coordinated approach to school health which includes: comprehensive school health education, physical education, school nutrition services, counseling, psychological, and social services, healthy school environment, school-site health promotion for staff, and family and community involvement through site council(s) and dissolving committees.
6. The school district engages students, parents, teachers, food service professionals, and other interested community members in reviewing, developing recommendations for wellness, and as appropriate, monitoring nutrition safety and wellness policies.

### Physical Activity

1. During the School Day

Physical activity includes regular instructional physical education, co-curricular activities, and recess at the elementary level as well as community and local club sponsored physical activities for youth. Substituting any one of these components for the others may not be appropriate but in combination

account for a student's/youth's physical activity. All students shall be encouraged to participate in regular physical activity and provided with appropriate opportunities for participation. All students receive physical education opportunities that implements the state adopted physical education common curriculum goals, content standards and grade level benchmark standards for students instructed by specialists and/or licensed teachers. All students will be encouraged to further participate in physical activity through co-curricular activities as appropriate and recess supervised and/or instructed by district staff and volunteers.

The district will encourage the integration of physical activity with the academic curriculum, based on research findings relating physical activity and learning.

Recognizing the critical importance of sufficient physical activity for students, elementary schools will withhold recess only on an occasional basis as part of an individual or school-wide behavior plan.

## 2. Before and After School Activities

Students will be encouraged to participate in physical activity through participation in after-school programs, including community sponsored organized competitive activities, interscholastic athletics, and club sports. To encourage broad participation in district co-curricular activities, the district will work to reduce financial barriers to participation.

## 3. Parent and Community Support

Schools will encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events. The District will support community sponsored after school physical activities through promotion and access to facilities via District facilities policy.

## **Nutrition Education**

### 1. Fostering Lifelong Healthy Eating Habits

Students will receive nutrition education and be presented with the skills needed to adopt lifelong habits of healthy eating. Students will receive nutrition messages throughout schools, classrooms and cafeterias.

### 2. Nutrition Education Curriculum

District curriculum standards and guidelines will include nutrition education. All students will receive nutrition education that addresses the state adopted health education common curriculum goals, content standards and grade level benchmarks. The aim of the curriculum is for students to acquire knowledge and skills to understand and make healthful nutrition choices that contribute to growth and vitality and help prevent chronic disease. Nutrition education activities should be coordinated with the food service program, the core curriculum and health curriculum, as appropriate, strive to be developmentally-appropriate, culturally-relevant, and participatory.

### 3. Community Involvement

The district will promote family and community involvement (PTA, PAC, Site Council), in supporting nutrition education in the schools.

## **Nutrition Standards**

Decisions regarding the sale of foods in addition to the National School Breakfast and Lunch Program meals will be based on nutrition goals while operating within budget.

### 1. National School Breakfast and Lunch Programs

The district's food service operations will provide nutritious, tasty food that reflects the district's cultural diversity, includes vegetarian options and offers fruits and vegetables as per National School Breakfast & Lunch options. The Superintendent will set nutrition standards that meet or exceed those set by the National School Breakfast and Lunch programs.

To the extent possible, the district will operate the National School Breakfast Program in all schools and employ strategies that encourage participation in the program.

Recognizing the importance of sufficient time to eat and of a pleasant, relaxed eating environment, schools will adopt the federal mandated minimum number of minutes that students have to eat breakfast and lunch and will consider other strategies, such as recess before lunch, that contribute to healthy eating.

### 2. Competitive Foods

Competitive foods include a la carte, fundraising, school stores, classroom parties, foods used during classes as part of the learning process, vending machines and anything that competes with breakfast and/or lunch programs.

Competitive foods used during classroom time shall meet nutrition and portion size guidelines set by the Superintendent, with input from the site council or site councils sub committee.

At a minimum, foods of Minimal Nutritional value, as defined by the U.S. Department of Agriculture shall not be distributed by staff or sold to students on school campuses during the academic day.

The District shall develop "Healthy Snacks" and Healthy Parties" nutrition guidelines as part of the administrative rules and provide parents and teachers with a list of examples of healthy, affordable food choices for snacks and parties.

a. Sale of Competitive Foods

The Board supports an economically self-sustaining, high quality food services program. To this end, no competitive foods that are not under the direct control of district food services operations shall be sold during the school breakfast and lunch service times nor compete with the food services program.

(1) A LA Carte (As appropriate)

In addition to reimbursable meals, the district food service operation sells food a la carte. A la carte offerings shall be selected with the goal offering predominantly high quality, nutritious food.

(2) Fundraising/School Stores

The district encourages fundraising activities that promote physical activity and provide healthy food and beverage options. Food sold at school as a fund-raiser during the school day will meet the Healthy Snacks and Healthy Party Guidelines.

(3) Vending Machines (Once current vendor contract expires)

Vending machines accessible to students on school campuses shall include nutritious food options that meet the Healthy Snack Guidelines.

The district shall use strategies to promote healthy food choices such as setting lower prices for healthier options, and offering a high percentage of nutritious food options.

High Schools will have up to three years to meet this provision and will use this transitional period in the high schools as an opportunity for student involvement and education.

b. Distribution of Competitive Foods

(1) Celebrations

Nutritious foods are encouraged when used as part of a social or cultural event in the schools. During the school day, schools should limit the use of food at celebrations that are not related to the curriculum. Parents and staff are encouraged to provide commercially produced party foods that are consistent with the Healthy Parties Guidelines and to serve such items after the lunch hour whenever possible.

(2) Use of Food As Incentive or Reward

Schools will limit the use of candy as rewards for academic performance or good behavior. Food as an incentive, reward or as part of the curriculum for students should be used judiciously, taking into consideration the nutritional value of the food being served and the frequency of use. The food should be consistent with the goals of the Healthy Snacks and Healthy Parties Guidelines.

(3) After-School events Sponsored by District

Food offerings at concession stands operated on school campuses (such as, but not limited to, athletic events and concessions, after school programs, performances and school dances) shall include healthy options such as water, milk, 100% juice, and nutritious foods as delineated by the Healthy Snacks Guidelines.

## Policy Implementation

The Superintendent is responsible for implementation of this Wellness Policy. To assist in this effort, the superintendent will call on volunteers to serve on site or district Wellness Advisory Committee(s) consisting of parents, community members, staff, students, and administrator(s). The committee(s) will advise the Superintendent on the development of administrative rules related to this policy and provide oversight and advice on implementation of the policy. The committee(s) are charged with providing ongoing recommendations on wellness issues, responding to scientific research. Building administrators will have on-site implementation, enforcement responsibility.

## Evaluation of the Local Wellness Policy

The Board will periodically (at least once every three years) review this policy, with input from site council(s), representatives of the school food authority, school administration and staff/public volunteers. In an effort to measure the implementation of this policy the Board designates the District Principals through the Superintendent as the people who will be responsible for ensuring the District meets the goals outlined in this policy.

END OF POLICY

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### Legal Reference(s):

[ORS 332.107](#)

[OAR 581-051-0100](#)

[OAR 581-051-0310](#)

[OAR 581-051-0305](#)

[OAR 581-051-0400](#)

National School Lunch Program, 7 C.F.R. Part 210 (2006).

School Breakfast Program, 7 C.F.R. Part 220 (2006).

Child Nutrition and WIC Reauthorization Act of 2004 § 204, 42 U.S.C. § 1751 (2006).