

## Wellness Program

The Board recognizes that childhood obesity has become an epidemic in Oregon as well as throughout the nation. Research indicates that obesity and many diseases associated with obesity are largely preventable through diet and regular physical activity. Additional research indicated that healthy eating patterns and increased physical activity are essential for students to achieve their academic potential, full physical and mental growth and lifelong health and well-being. To help ensure students possess the knowledge and skills necessary to make healthy choices for a lifetime, the superintendent shall prepare and implement a comprehensive district nutrition program consistent with state and federal requirements for districts sponsoring the National School Lunch Program (NSLP) and/or the School Breakfast Program (SBP). The program shall reflect the Board's commitment to providing adequate time for instruction to promote healthy eating through nutrition education, serving healthy and appealing foods at district schools, developing food-use guidelines for staff and establishing liaisons with nutrition service providers, as appropriate. The input of staff, students, parents, the public, representatives of the school food authority and public health professionals will be encouraged.

### Nutrition Education

Nutrition education topics shall be integrated within the sequential, comprehensive health education program taught at every grade level, prekindergarten through grade 12, and coordinated with the district's nutrition and food services operation.

### Nutrition Guidelines

It is the intent of the Board that district schools take a proactive effort to encourage students to make nutritious food choices. To achieve that objective, all NSLP and SBP meals will be built around the following 8 Recommended Daily Allowances (RDA's) for Health Americans.

1. No more than 30 percent of calories from fat. (Includes vending machine foods, except peanuts and sunflower seeds).
2. No more than 10 percent of calories from saturated fat. (Includes vending machine foods, except peanuts and sunflower seeds.)

Age appropriate Recommended Daily Allowances (RDA's) of the following nutrients:

- a. Calories
- b. Protein
- c. Calcium
- d. Vitamin A
- e. Iron

f. Vitamin C

Although the Board believes that the district's nutrition and food services operation should be financially self-supporting, it recognizes, however, that the nutrition program is an essential educational and support activity. Therefore, budget neutrality or profit generation must not take precedence over the nutrition needs of its students. In compliance with federal law, the district's NSLP and SBP shall be nonprofit.

During school hours the availability of beverages for sale shall be limited to only 100% fruit and vegetable juices, sports drinks, milk, water and flavored water at all schools with choices from these drinks based on individual building decision. If sports drinks are sold, they will not be allowed more than 15 grams of sugars per eight fluid ounces.

Other alternatives such as fresh fruit and vegetables and healthy snacks will be offered at breakfast and lunch by food service.

**Physical Activity**

The Board realizes that a quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's daily education program from grades pre-K through 12. Physical activity should include regular instructional physical education as well as co-curricular activities, and recess. The district will develop and assess student performance standards in order to meet the Oregon Department of Education's physical education content standards.

**Reimbursable School Meals**

The district may enter into an agreement with the Oregon Department of Education (ODE) to operate reimbursable school meal programs. The superintendent will develop administrative regulations as necessary to implement this policy and meet the requirements of state and federal law. These guidelines shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and section 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a)(0)).

**Other School-Based Activities**

The district will promote district and community based activities that foster healthy eating and create environments that promote physical activity. These activities may include scoliosis screenings, intramural sports, foodless fundraisers, use of alternate to food as rewards in the classroom, limiting the amounts of foods with no nutritional value that are sold in vending machines and assemblies which focus on wellness issues. Families and the community will be encouraged to provide healthy food choices in all situations where food is served. Educational workshops, screenings and literature related to healthy food choices and physical activity may be offered to families.

### **Evaluation of the Local Wellness Policy**

The Board will review this policy with input from parents, students, representatives of the school food authority, school administrators and the public. In an effort to measure the implementation of this policy the Board designates the district principals 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 581-051-0305](#)

[OAR 581-051-0310](#)

[OAR 581-051-0400](#)

National School Lunch Program, 7 CFR Part 210 (2001).

School Breakfast Program, 7 CFR Part 220 (2001).