

**Lake Oswego
School District 7J**

Code: **EFA**
Adopted: 6/5/06
Readopted: 6/08/09
Orig. Code(s): 5340

Local Wellness Program

In accordance with the Child Nutrition and WIC Reauthorization Act of 2004, the district has developed the following policy to establish a district environment that enhances the learning and development of lifelong wellness practices.

1. Nutrition Education

- a. Child Nutrition Programs shall comply with federal, state and local requirements. Child Nutrition Programs are accessible to all student.
- b. Nutrition Education, based on the most recent Dietary Guidelines for Americans, shall be integrated within the sequential comprehensive health education program.
- c. Procedures shall be put in place for providing the public with information about the ingredients and nutritional value of selected foods available by Food Services.

2. Nutrition Guidelines

- a. In keeping with the Federal Regulations, LOSD shall minimize the sale of Foods of Minimal Nutritional Value and all competitive foods.
- b. Schools shall take a proactive approach to encourage students to make nutritious food choices.
- c. Budget neutrality or profit generation shall not take precedence over the nutrition needs of the students.
- d. All food and beverages made available on campus (including any vending, concessions, ala carte, student stores, parties and fundraisers) shall be consistent with the current USDA Dietary Guidelines for Americans and meet minium standards as prescribed by state law.
- e. Food rewards are discouraged and nonfood rewards shall be suggested and promoted.

3. Physical Activity Goals

- a. Physical activity shall be encouraged and promoted in a school's daily education program from grades pre-K through 12.
- b. Schools shall provide a physical and social environment that encourages safe and enjoyable activity for all students.

4. Development and Implementation of Wellness Plan

One or more persons shall be designated at each school charged with operational responsibility for ensuring that the school meets the local wellness policy.

The regular physical education program will be adapted on a short-term basis to allow students with temporary physical disabilities to participate to the extent appropriate to their condition.

Students with long-term or permanent physical disabilities shall be provided with an adaptive physical education program designed to maintain an increase physical strength, coordination, agility, and skills. Design of such a program shall be the responsibility of the physical education teacher who would otherwise serve that student, in cooperation with the building specialist in persons with disabilities education. Goals and objectives of such a physical education program shall be written into the IEP for that student, if appropriate.

END OF POLICY

Legal Reference(s):

[ORS 332.107](#)
[ORS 336.423](#)

[OAR 581-051-0100](#)
[OAR 581-051-0305](#)

[OAR 581-051-0310](#)
[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).

Cross Reference(s):

EFAA - District Nutrition and Food Services