

Local Wellness Program

The Board recognizes the importance of wellness in promoting the overall well being of our students. Wellness is a multifaceted issue, which includes nutrition, exercise, lifestyle choices and injury prevention. As a school district we identify opportunities to incorporate wellness into our student educational experience through food offerings, curriculum content and extra curricular activities.

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 District shall prepare and implement a comprehensive nutrition program consistent with state and federal requirements for 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, 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.

Through collaboration among administrators, staff, community partners, parents and students, the District will identify goals for promotion of wellness at each school building.

Health Education

Students will learn about life-long strategies for good health through a comprehensive curriculum that includes physical activity, self-care and injury prevention. Curriculum will be reviewed on a rotational basis as required by the Oregon Department of Education to monitor for aspects of wellness promotion.

Nutrition Education

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

Nutrition Guidelines

It is the intent of the Board that the District takes a proactive effort to encourage students to make nutritious food choices. Food and beverages sold or served on district grounds or at district-sponsored events during the school day shall meet administrative regulation requirements for nutritional standards and/or other guidelines as may be recommended by District. The pricing structure shall encourage the sale of nutritious foods.

In compliance with federal law, the District's NSLP and SBP shall be nonprofit.

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 for students in grades K through 12. Physical activity may include regular instructional physical education as well as co-curricular activities, and/or 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)).

Evaluation of the Local Wellness Policy

The Site Councils at each building will periodically review this policy and report to the Superintendent or designee. In an effort to measure the implementation of this policy the Board designates the Superintendent and Food-Service Supervisor as the people who will be responsible for ensuring the District meets the goals outlined in this policy.

END OF POLICY

Legal Reference(s):

[ORS 332.107](#)

[OAR 581-051-0100](#)

[OAR 581-051-0310](#)

[OAR 581-051-0305](#)

[OAR 581-051-0400](#)

HB 2650 (2007)

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).