

Local Wellness Program

Nutrition Education:

Students will receive nutrition education that aims to develop the knowledge and skills necessary for life-long nutritious eating patterns consistent with current U.S. Dietary Guidelines for Americans that prevent nutrition related health risks.

Instruction will

- Be part of a comprehensive health program that is sequential, age-appropriate and skill based.
- Use the State Health Education Standards to develop the Common Curriculum Goals on Healthy Eating.
- Be offered every year, K - 8, with a minimum of [50]hours of direct instruction completed by grade 8,
- Be included in the required personal health courses offered in high school.

Recommended Practices:

- Classroom Instruction must promote current nutritional guidelines and skills to make choices for healthy behaviors.
 1. Direct instruction will be part of a comprehensive health program supported by integration into other appropriate curricular areas.
 2. Instruction will include application activities involving parental interaction.
- Teachers will have opportunities to receive training.
 1. Teacher Training must allow staff to be current in nutritional content and instructional methods.
 2. In-service experiences should cover topics to ensure mastery of current content, standards and methods.

Examples:

 1. State In-service Day Health Education Conference, Nutrition Sessions
 2. Health Education: Nutrition Education Curriculum product training.
 3. District sponsored Nutrition Training.

Nutrition Guidelines for Food Service Operations:

In order to support the school's nutrition and food service operation as an essential partner in the educational mission of the district and its role in the districts' comprehensive nutrition program the superintendent/building principal or his or her designee is responsible for ensuring:

Recommended Practices:

1. The school encourages all students to participate in the school's NSLP and SBP meal opportunities.
2. The school notifies families of need-based programs for free or reduced priced meals and encourages eligible families to apply.
3. The school's NSLP and SBP maintain the confidentiality of students and families applying for or receiving free or reduced-proceed meals in accordance with the National School Lunch Act.
4. The school's NSLP and SBP operate to meet nutritional standards in accordance with the Healthy Meals for Healthy Americans act of 1994 as amended and applicable state laws and regulations.
5. The school sells or serves varied and nutritious food choices consistent with the applicable federal government dietary gridlines for Americans, A nutrition committee comprised of students, family members and school personnel will be encouraged to provide input in menu planning for the district culture norms and preference will be considered.
 - a. Use Organic/local resources when possible.
6. Food prices set by the district are communicated to students and parents. District pricing strategies will encourage students to purchase full meals and nutrition items.
7. Procedures are in place for providing to families, on request, information about the ingredients and nutritional value of the foods served.
8. Modified meals are prepared for students with special food needs:
 - a. The district will provide substitute foods to the student with disabilities upon written parental permission and a medical statement but he physician that identifies the student's disability, states why the disability restricts the student's diet, identifies the major life activity affected by the disability, and states the food or foods to be omitted and the food or choice of foods that must be substituted.
 - b. Such food substitutions will be made for students without disabilities on a case-by-case basis when the parent submits a signed request that includes a medical statement signed by a physician, physician assistant, registered nurse or nurse practitioner. The medical statement must state the medical condition or special dietary need that restricts the student's diet and provide a list of food's that may be substituted in place of the lunch or breakfast menu being served.
9. Food service and equipment and facilities meet applicable local and state standards concerning health and safe food preparation, handling, and storage drinking water, sanitation, and workplace safety.
10. Students are provided with adequate time and space to eat meals in a pleasant and safe environment. School dining areas will be reviewed to ensure:
 - a. Tables and chairs are the appropriated size for students
 - b. Seating is not overcrowded.
 - c. Students have a relaxed environment
 - d. Noise is not allowed to become excessive
 - e. Rules for safe behavior are consistently enforced

- f. Tables and floors are cleaned between meal periods
 - g. The physical structure of the eating area is in good repair
 - h. Appropriate supervision is provide
11. The guidelines for reimbursable school meals shall not be less restrictive the regulations and guidance issued b the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the child nutrition act (42 U.S.C. 1779 and sections 9 (f) (1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f) (1), 1766 (a), as those regulations and guidance apply to schools.
 12. Recommend offering salad/soup, sandwich bar to PEHS students.

Foods of Minimal nutritional value (FMNV)

1. In keeping with federal regulations, the district controls the sale of FMNV and all competitive foods.
2. Through federal regulations permit FMNV to be sold in food service area before and after school meal periods, and outside of food service areas any time, the district will minimize such sales.

Other foods Offered or Sold

1. The district recognizes that federal government standards requiring school to provide NSLP and SBP meals consistent with the applicable dietary guidelines for Americans do not apply to competitive foods sold or served outside the food service areas as defined in this regulation.

Physical Activity:

A quality physical education program prepares all students, including those having special needs, for an active and healthy life. A comprehensive physical activity program encompasses a variety of opportunities for students to be physically active. Students learn the benefits from involvement in physical activity and its contributions to a healthy life.

1. Instruction will:
 - a. Be a course of study consistent with Oregon standards for physical education and with a focus on developing the knowledge and skills necessary for a lifetime of regular physical activity.
 - b. Provide an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge that promote lifelong fitness and health.
2. Recommended Practices:
 - a. Time allotted for physical activity is consistent with research, national and state standards that indicate students need at least 60 minutes of physical activity during their entire day.
 - b. All physical education classes are taught by state-certified physical education instructors.
 - c. Physical education includes instruction of activities as well as team sports to encourage lifelong physical activity.
 - d. Adequate equipment and facilities are available for all students to participate in physical education.

- e. Schools are encouraged to provide community access to use the school's physical activity facilities outside the normal school day.
- f. Schools encourage families and community members to institute programs that support physical activity, such as walk or bike to school programs.
- g. That Graduation requirements be increased to 2 credits of physical education with the option of one credit being satisfied through the successful completion of 3 OSAA sanctioned athletic sports
- h. Recommend PE requirement of 90 minutes/week K-6grades and 180min/week 7-8th grades.

Mental Health Education:

In order to insure that all students have a safety net access to adequate mental health counseling in this rural community the district recognizes the need to make such professionals available to all students of the district. Students may be referred to the building administration or his/her designee by staff, parents, or others and through self referral by the individual student.

Recommended Practices:

1. services shall include but are no limited to:
 - a. personal intervention and crisis counseling,
 - b. family intervention counseling
 - c. Individual, large, and small group drug and alcohol counseling.
 - d. Individual, large and small group counseling on harassment.
 - e. Individual behavioral counseling.
 - f. Individual recommendations and referral to qualified long term care.
2. Other services provided by the counselor /therapist include:.
 - a. Staff professional development on Mental Health management and Crisis.
 - b. Oversight for the mental health crisis plan.
3. Recommend staff be trained to recognize/review signs of child abuse.
4. Recommend suicide prevention instructions.

Health Education:

The state of Oregon and the District requires that students will receive one year of health education to be completed in their high as a requirement for graduation. The district also recognizes the need to begin health education at the earliest point in the educational career possible so as to develop a positive attitude towards healthy lifestyles and the informed choices concerning personal decisions relating to individual health. Instruction in health education will be sequential from kindergarten through the high school health class with emphasis placed on the following areas as age and gender appropriate:

1. Instruction in First Aid, CPR, and AED at the appropriate developmental level
2. Instruction in the transmission and prevention of communicable and non-communicable diseases including;
 - a. Communication of an Infectious disease Management Plan.

- b. The Instruction of basic health and sanitation practices
3. Instruction in effect of Drug, Alcohol, and Tobacco on health.
4. Instruction in Sex Education including:
 - a. Anatomy and function of the Reproductive System
 - b. Preventive health practices
 - c. Sexually transmitted diseases
 - d. Healthy relationships
5. Instruction in Suicide prevention.

Recommended Practices

1. Beginning with the graduating class of 2008 all students will receive instruction in first aid, CPR, and AED
2. Staff and employees will receive training in Blood Born Pathogens