

Local Wellness Program

The Board recognizes 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. It is the intent of the Board that district schools take a proactive effort to encourage students to make nutritious food choices and be physically fit. To help ensure students possess the knowledge and skills necessary to make healthy choices for a lifetime, the superintendent shall prepare and implement a district nutrition program. The program shall include guidelines for nutrition education, physical education, and meal offerings at district schools. The program will include food-use guidelines for staff, school activities, and nutrition service providers, as appropriate. The development of the program will include input from staff, students, parents, the public, nutrition service providers, and/or public health professionals. The superintendent or the superintendent's designee will develop administrative regulations as necessary to implement the goals of and develop the guidelines for this policy.

1. Goals for Nutrition Education and Physical Activity

- a. Nutrition: Nutrition education topics shall be integrated within the sequential, comprehensive health education program taught at every grade level, pre-kindergarten through grade 12, and coordinated with the district's nutrition and food services operation.
- b. Physical Activity: Physical education and 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.

2. Nutrition Guidelines

The superintendent shall ensure that nutritious foods are available as an affordable option whenever food is sold or served on district property or at district-sponsored events; that schools limit the sale or serving of foods or snacks high in fat, sodium or added sugars; and competition with nutritious meals served by the school nutrition and food services operation is minimized.

Although the Board believes that the district's nutrition and food services operation should be financially self-supporting, it recognizes 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.

3. Reimbursable School Meals

The district does not participate in the National School Lunch Program or School Breakfast Program. The district at some future date may choose to 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 execute such an agreement 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)).

4. Program Evaluation and Public Involvement

The Board will review this policy bi-annually with input from parents, students, representatives of the district food program, school administrators and the public. In an effort to measure the implementation of this policy the Board designates the superintendent or superintendent's designee(s) as the individual(s) who will be responsible for ensuring that 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](#)

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).