

## **Local Wellness Program**

The Board recognizes that health children are the foundation of a healthy society. It is the district's role, as part of the larger community, to model and actively practice, through policies and procedures, the promotion of family health, physical activity and good nutrition. To help ensure students possess the knowledge and skills necessary to make healthy life-long choices, the district shall implement a wellness program, to include:

1. Nutrition education;
2. Nutrition guidelines;
3. Marketing and promotion;
4. Drinking water access;
5. Physical activity;
6. School site health review;
7. Implementation of the Local Wellness Policy.

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 services providers, as necessary. The input of staff, students, parents, the public, representatives of the Wellness Committee and public health professionals will be encouraged.

### **Nutrition Education**

Nutrition education topics shall be integrated within the sequential, comprehensive health education program currently taught in Kindergarten through Grade 12, and coordinated with the district's nutrition and food services operation. Staff and teachers who provide nutrition education shall have appropriate training, and district health education curriculum shall be based upon and comply with Oregon standards for nutrition and physical activity. When possible, attractive, current nutrition education materials are prominently displayed in the cafeteria and are changed periodically throughout the year.

### **Nutrition Guidelines** (including food procurement recommendations)

District schools will take a proactive effort to encourage students to make nutritious food and beverage choices.

The administration 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 meet minimum standards as set forth in state law and meals served feature fruits and vegetables and other healthy foods from local sources to the greatest extent possible. Input will be solicited and provided to the district schools by the Wellness Advisory Committee, which is made up of community members, parents, students and staff.

The school district also supports opportunities for students to access fruits and vegetables and other healthy foods from regional sources, including access to school garden produce whenever available, in accordance with applicable laws. The school district shall encourage all school fund raising efforts to be supportive of healthy eating and physical activity. The school district will discourage the use of food as a reward for academic performance or good behavior and will not withhold food and beverages (including school meals) as punishment. When food is provided as part of a celebration, the principal will make every effort to approve foods provided include healthy options.

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 will be encouraged to not take precedence over the nutrition needs of its students.

The superintendent or their designee is directed to develop administrative regulations to implement this policy, including such provisions as may be necessary to address all food and beverages sold and/or served to students at school (i.e., competitive foods, snacks, and beverages sold from vending machines, school stores, and fund-raising activities and refreshments that are made available at school parties, celebrations and meetings), including provisions for staff development, family and community involvement and program evaluation.

### **Marketing and Promotion Guidelines**

The district supports and encourages the creation of school gardens and encourages linking the cafeteria and garden with the classroom to provide hands-on experiences for all grade levels, whenever possible. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually. School-based marketing of brands promoting predominately foods and beverages of minimal nutritional value is discouraged.

District schools will encourage and with the assistance of the Wellness Advisory Committee will ask that nutritious/healthy foods and beverages be available and served as the primary protocol for all events/activities that take place on district school grounds. These foods would include fresh fruits, vegetables, whole grains, and products low in fat content.

### **Drinking Water**

The district will promote the consumption of water as an essential nutrient in overall good health, and will provide all students and employees with access to clean and safe drinking water free of charge at all district facilities. Students will be permitted to carry water bottles while at school. Building administrators are directed to develop individual school guidelines to implement this policy.

## **Physical Activity**

The district recognizes that physical activity is an integral part of a child's education which helps develop the student's physical, mental, emotional, and social well-being. The district schools will provide opportunities for students to engage in healthful levels of physical activity by integrating movement into daily programs from grades K through 12. Physical activity includes regular instructional physical education as well as co-curricular activities and recess; recess shall complement physical education classes. Whenever possible, K-8 students shall participate in recess before lunch break.

Opportunities for physical activity may be incorporated into other subject lessons; and classroom teachers may provide short physical activity between lessons or classes as needed and appropriate. School staff shall not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment. If recess must be held indoors due to inclement weather, students will have recess in a gym or other open area that allows for physical activity, to the extent possible. The district will develop and assess student performance standards in order to meet the Oregon Department of Education's physical education content standards.

In order to support physically active youth, the district shall encourage safe and accessible walking and biking to school. To the extent possible, each school's outdoor physical activity spaces and facilities shall be available to school and neighborhood communities outside the school day to promote and encourage physical activity.

## **School Site Health Review**

The district recognizes that the location of a school directly impacts the health of students through proximity to healthy food options and physical activity opportunities. Therefore, the Board shall consider health impacts when opening, closing, or reconfiguring a campus.

## **Implementation of the Local Wellness Policy**

The district will establish a Wellness Advisory Committee to advise the district in the implementation and evaluation of the local wellness policy. The Wellness Advisory Committee shall assist in the implementation of the Wellness Policy and Administrative Directives by providing recommendations to the Board and Superintendents based on best practices and research-based efforts on issues related to student wellness. The Committee shall also periodically share resources and opportunities supporting programs to individual schools when possible. The Wellness Advisory Committee shall be comprised of no more than 15 members and shall represent:

1. Parents from each school;
2. Teachers from each school;
3. Administrative liaison from each school;
4. Food service representative from each school; and
5. Students who are juniors or seniors.

The committee shall meet at least four times per year, and shall develop and present a written report on the status of this policy and present to the school board annually. The district also requires each school to have a designee (principal) responsible for ensuring that: (a) the local wellness program is communicated to school staff, students, and families at least one time per year, and (b) such wellness guidelines is enforced throughout all school calendar events on a consistent basis. In an effort to measure the implementation of these wellness guidelines the board designates the school principals as the persons who will be responsible for ensuring the district meets the goals outlined in this program.

The district shall communicate the wellness policy annually to students, their families, school staff, and the school board (i.e., via the student handbook, the district website and through an annual board meeting presentation).

END OF POLICY

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**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).

Healthy, Hunger-Free Kids Act of 2010, Public Law 111-296 Section 204.