

Local Wellness Program

Introduction

1. Scappoose School District's (the District) comprehensive Local Wellness Program, Policy EFMA, will be implemented in accordance with the following requirements:
 - a. Each facility in the District will have a Wellness Team that will be appointed by the principal of that facility.
 - b. Each Wellness Team will be comprised of the Principal, or designee and at least;
 - (1) one staff member; and
 - (2) one community member.
 - c. The Wellness Team will implement and monitor the program.
 - d. The principal of each facility will report to the District Superintendent on the activities and goals of the Local Well ness Program and the Well ness Team.

Definitions

1. Dietary Guidelines for Americans: the current set of recommendations of the federal government that are designed to help people choose diets that will meet nutrient requirements, promote health, support active lives and reduce chronic disease risks.
2. MET: Metabolic Equivalent of Task: used to estimate the amount of oxygen used by the body during physical activity. 1 MET = the energy (oxygen) used by the body as you sit quietly, perhaps reading a book or talking on the phone. The harder your body works during the activity the higher the MET. Any activity that burns 3 to 6 MET's is considered moderate-intensity physical activity. Any activity that burns > 6 MET's is considered vigorous-intensity physical activity.
3. Foods and Beverages Sold Individually: Foods and beverages sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte lines, fundraisers, student stores, etc.
4. Foods of Minimal Nutritional Value (FMNV): Foods and beverages that the United States Department of Agriculture (USDA) School Food and Nutrition Service defines as having no real nutritional value, including but not limited to: soda, gum, hard candies, marshmallow candies, licorice, candy coated popcorn, etc.

Nutrition Education and Promotion

1. The District will offer Nutrition Education to students in K-12 as part of a sequential, comprehensive Health Education Program that meets the Oregon Department of Education content and assessment standards, and will be supported by all staff working in the District.
2. The District will teach, encourage and support healthy eating by students through nutrition education and promotion that will:
 - a. utilize theories and methods proven effective by research, to provide students with the knowledge and skills necessary to promote and protect their health;
 - b. be part of health education classes, as well as part of classroom instruction in other subjects;
 - c. include enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, school gardens, and hands-on learning and may include nutrition-based materials provided by the USDA, and other appropriate resources including Web sites;
 - d. include personal assessment of eating habits and personal goal setting;
 - e. promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
 - f. emphasize caloric balance between food intake and energy expenditure (physical activity/exercise);
 - g. link with school meal programs, other school foods, and nutrition-related community services, with nutrition promotion to be encouraged by means of posters and attractive bulletin boards displayed in the food service areas;
 - h. include teaching media literacy with an emphasis on food marketing;
 - i. include training in nutrition for teachers and other staff;
 - j. include training in modeling healthful habits for students.

Physical Activity Opportunities and Physical Education

1. The District will offer Physical Education to students in K-12 as part of a sequential, comprehensive Physical Education Program that meets the Oregon Department of Education content and assessment standards, and will be supported by all staff working in the District.
2. The District will teach, encourage and support physical education that will:
 - a. provide students in grades K-3 with physical education for 30 minutes a day for at least 2 times a week (60 minutes/week) for the elementary school year;

- b. provide students in grades 4-6 with physical education 30 minutes each day. Their program is designed to have 3 to 4 days of moderate activity (as measured by METs) and 1 to 2 days of vigorous activity (as measured by METs);
 - c. provide students in grades 7-8 with daily physical education for 70 minutes for two semesters at each grade level;
 - d. provide students in grades 9-12 with daily physical education for 70 minutes for at least 2 semesters over 4 years; [It is strongly recommended that students complete more than the required 2 semesters over 4 years.]
 - e. discourage withholding physical education as a disciplinary measure.
3. The District will provide recess periods as well as equipment and facilities for recess periods that will:
 - a. provide all elementary students with at least 30 minutes of supervised moderate physical activity per day, preferably outdoors.
 - b. provide all middle school students with at least 15 minutes of supervised moderate physical activity per day, preferably outdoors.
 - c. be withheld only on an occasional basis, as part of an individual or school-wide academic or behavior plan.
4. The District will encourage and support physical activity opportunities before and after school by recommending that:
 - a. all elementary, middle and high schools offer extracurricular physical activity programs, such as intramural programs or physical activity clubs;
 - b. all schools will work towards developing positive relationships with community sport programs being offered to students. This will include encouraging students to participate in the programs, facilitating positive relationships with the coaches and organizers of the programs, and providing use of facilities for practice and/or games;
 - c. appropriate school spaces and facilities are available in accordance with the Building Use Permit: before and after the school day, on weekends, and during school vacations, to students, staff, and community members, agencies and organizations offering physical activity and nutrition programs.

Food Service Operation

1. The district will provide management in all areas of Food Service Operation, which will:

- a. require food service equipment and facilities to meet applicable local and state standards concerning health, safe food preparation, handling and storage, drinking water, sanitation and workplace safety;
 - b. provide meals that are appealing and attractive to the students;
 - c. provide adequate time and space for students to eat meals in a pleasant and safe environment;
 - d. provide information to parents and students about nutritional content of meals;
 - e. follow the recommendations of the Dietary Guidelines for Americans 2005;
 - f. explore the integration of local, organic foods based on availability, acceptability and price.
2. In order to ensure that all children have a healthy breakfast either at home or at school, the district will operate a School Breakfast Program (SBP) that will meet all federal and state requirements, and to the extent possible, will:
- a. arrange schedules and utilize methods to serve school breakfasts that encourage participation;
 - b. notify students of the availability of a School Breakfast Program;
 - c. encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means;
 - d. provide students with at least 10 minutes to eat after sitting down for breakfast.
3. In order to ensure that all children have a healthy lunch either brought from home or provided at school, the district will operate a National School Lunch Program (NSLP) that will meet all federal and state requirements, and to the extent possible, will:
- a. schedule meal periods at appropriate times and provide students with at least 20 minutes to eat after sitting down for lunch;
 - b. ensure that students are able to get a meal from the cafeteria and be allowed to eat during an event or activity;
 - c. ensure that students are encouraged to finish meals before hurrying out to recess;
 - d. explore the possibility of implementing a “recess before Lunch” program.

Nutrition Guidelines

1. The standards required by this section apply to food and beverage items sold in a school during the regular or extended school day at all times when the activities in the school are primarily under the control of the school district board. This includes, but is not limited to, the time before or after classes are in session and the time when the school is being used for activities such as clubs,

yearbook, band or choir practice, student government, drama rehearsals or child care programs. These standards do not apply to food and beverage items sold in a school at times when the school is being used for school-related events or non-school-related events for which parents and other adults are a significant part of an audience or are selling food or beverage items before, during or after the event, such as a sporting event or another interscholastic activity, a play or a band or choir concert. These standards do not apply to food and beverage items that are part of the National School Lunch Program (NSLP) and the School Breakfast Program (SBP)

- a. An entree item that is sold individually:
 - (1) May not contain more than four grams of fat per 100 calories;
 - (2) May not contain more than 450 total calories;
- b. A beverage that is sold individually may be only:
 - (1) Water, available in all schools, kindergarten through grade 12;
 - (2) fruit or vegetable juice, provided the beverage item is 100 percent juice with no added sweeteners, contains not more than 120 calories per eight ounces and contains 10 percent or more of the recommended Daily Values as listed on the food label for three or more vitamins or minerals, with serving size limited to:
 - (a) 8 ounces for kindergarten through grade 5 schools;
 - (b) 10 ounces for grade 6 through 8 schools;
 - (c) 12 ounces grade 9 through 12 schools.
 - (3) milk or a nutritionally equivalent milk alternative, provided the beverage item is fat free or low fat and, if flavored, contains no more than 150 calories per eight ounces, with serving size limited to:
 - (a) 8 ounces for kindergarten through grade 5 schools;
 - (b) 10 ounces for grade 6 through 8 schools;
 - (c) 12 ounces grade 9 through 12 schools.
 - (4) a no-calorie or low-calorie beverage if the beverage contains no more than 10 calories per eight ounces, available only in grade 9 through 12 schools.
 - (5) a beverage that is not more than 12 ounces and contains no more than 66 calories per eight ounces, available only in grade 9 through 12 schools.
- c. Snack items may be sold only in a single-serving size and:
 - (1) May not have more than 35 percent of the total calories from fat. This requirement does not apply to snack items that are legumes, nuts, nut butters, seeds, eggs, non-fried vegetables and cheese;

- (2) May not have more than 10 percent of the total calories from saturated fats. This requirement does not apply to snack items that are nuts, eggs and cheese;
 - (3) May not have more than 35 percent sugar by weight. This requirement does not apply to fruit and vegetables;
 - (4) May not contain more than 0.5 grams of trans fat per serving;
 - (5) May not contain more than 150 total calories if sold in a kindergarten through grade 5 school;
 - (6) May not contain more than 180 total calories if sold in a grade 6 through 8 school;
 - (7) May not contain more than 200 total calories if sold in a grade 9 through 12 school.
- d. Non-Food Rewards: Rewards offered to students in schools should not be food. A wide variety of alternative rewards can be used to provide positive reinforcement for children's behavior and academic performance.
- e. Celebrations: Teachers are encouraged to limit class parties involving food to no more than one party per class per month.
- (1) Food served at parties should focus on healthful offerings, such as fruits, vegetables, and whole grains.
 - (2) If the party involves non-healthful foods, teachers are encouraged to follow portion size guidelines.
 - (3) If a party is in-lieu of lunch (e.g., a pizza party), teachers are encouraged to provide milk as the beverage along with a fruit and/or vegetable.
- f. School-Sponsored Events: Food and beverages offered or sold at school-sponsored events outside the school day will offer healthy options for meals or for foods and beverages sold individually.
- g. School Stores and Concession Stands: Offerings at school stores or concession stands operated on school campuses by the district or parent groups will include healthful options in beverages and snack and food items.
- h. School Vending Machines: Food and drink in all vending machines on school property will meet the Recommended Nutrition Standards and Portion Size guidelines for competitive foods.
- i. Fundraising: The district will encourage fundraising activities that promote physical activity and provide healthful food and beverage options.

Foods of Minimal Nutritional Value and Competitive Food Sales

1. The District will, in keeping with federal regulations, control the sale of Foods of Minimal Nutritional Value (FMNV) and all competitive foods by:
 - a. requiring district schools to minimize such sales to 1/4 of all food items and beverages sold by any organization or entity at any location on district premises or at district sponsored events, including but not limited to:
 - (1) vending machine offerings;
 - (2) student stores;
 - (3) school or district events.
 - b. requiring the sale of all other foods, other than FMNV, in competition with the district's NSLP/SBP meals to be permitted in school food service areas during school meal periods only when all income from the food sales accrues to the benefit of the district's nutrition and food services operation.

Staff Development

1. The District will encourage and support ongoing pre-service and professional development training opportunities for staff that will:
 - a. provide Nutrition and food services personnel opportunities to participate in professional development activities that address strategies for promoting:
 - (1) healthy eating behavior;
 - (2) food safety;
 - (3) maintaining safe, orderly and pleasant eating environments;
 - (4) other topics directly relevant to the employee's job duties.
 - b. provide new food service staff members with no less than one half day and no more than one day of training specific to their job duties; such training is made available including, but not limited to, the following:
 - (1) personnel management;
 - (2) financial management and record keeping;
 - (3) cost and labor-efficient food purchasing and preparation;
 - (4) sanitation and safe food handling, preparation, and storage;

- (5) planning menus for students with special needs and students of diverse cultural backgrounds;
 - (6) customer service and student and family involvement;
 - (7) marketing healthy meals;
 - (8) principles of nutrition education, including selected curriculum content and innovative nutrition teaching strategies;
- c. provide opportunities for staff to assess their own eating practices and increase awareness of behavioral messages they provide as role models.

Family and Community Involvement

1. The District will encourage and support family and community involvement in wellness education by ensuring participation in the following areas:
 - a. Nutrition Education
 - (1) Send home nutrition information and cafeteria menus (recommended: monthly);
 - (2) Post nutrition tips on school websites;
 - (3) Provide nutrition facts for school menus when requested;
 - (4) Encourage parents to pack healthy lunches and snacks and refrain from including beverages and foods that do not meet or exceed the nutrition recommendations in the US Dietary Guidelines for Americans;
 - (5) Provide ideas for healthy snacks;
 - (6) Provide ideas for healthy celebrations I parties, rewards, and fundraising.
 - b. Physical Education
 - (1) Provide information about physical education and other school based physical activity opportunities before, during, and after the school day;
 - (2) Support parents' efforts to provide their children with opportunities to be physically active outside of school;
 - (3) Offer support and information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

Program Evaluation

1. The District will evaluate the effectiveness of the local well ness program,
 - a. to promote healthy eating, increase physical activity among students and
 - b. to implement program changes as necessary to increase its effectiveness,
 - c. to ensure that:
 - (1) Board policy and this administrative regulation are implemented as written;
 - (2) All building, grade-level nutrition education curricula and materials are assessed for accuracy, completeness, balance and consistency with state and local district educational goals and standards;
 - (3) Nutrition education is provided throughout the student’s school years as part of the district’s age-appropriate, comprehensive nutrition program;
 - (4) Teachers deliver nutrition education through age-appropriate, culturally relevant, participatory activities that include social learning strategies and activities;
 - (5) Teachers and school nutrition and food services personnel have undertaken joint project planning and action;
 - (6) In each school the wellness team will work with the principal or designee and report to the superintendent on how well each school is complying;
 - (7) Families and community organizations are involved, to the extent practicable, in nutrition education;
 - (8) Physical activity will be provided throughout the student’s school years as part of the district’s age appropriate, comprehensive physical education program.