

Local Wellness Program

The Board supports the concept of a nutritious school meal program. is committed to providing intellectually stimulating school environments that promote and protect student's health, social and emotional well-being, and ability to learn by supporting healthy eating, physical activity and other behaviors that contribute to student wellness. Good health fosters student attendance and education. Students and adolescents need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive.

To meet this commitment, the district will be guided by the following policy goals:

1. The health of our students is essential to their academic success. When faced with conflicting priorities or issues of implementation, this policy will be interpreted in a way that favors student health.
2. All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a daily basis.
3. Schools that participate in the federal school meals program will provide students access to a variety of affordable, nutritious, and appealing foods that meet the students' health and nutrition needs.
4. The school district supports a coordinated approach to school health which includes: comprehensive school health education, physical education, school nutrition services, counseling, healthy school environment, school-site health promotion for staff, and family and community involvement.
5. The district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide wellness policies.

Nutrition Education

All food and beverage items (except those as part of the United States Department of Agriculture's National School Lunch Program and/or School Breakfast Program or 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 sporting event, interscholastic activity, a play, band or choir concert), sold in a K-12 public school as part of the regular or extended school day shall meet minimum standards as set forth in state law.

Nutrition Standards

It is the intent of the Board that district schools take a proactive effort to encourage students to make nutritious food choices. The superintendent or designee 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 food services program should be financially self-supporting, it recognizes, however, that the nutrition program is an essential educational and support activity.

Therefore, decisions regarding the sale of foods in addition to the National School Breakfast and Lunch Program meals will be based on nutrition goals, not solely revenue. In compliance with federal law, the district's lunch and breakfast programs 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 education program. Physical activity should include regular instructional physical education, and when age appropriate, participation in 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 guidelines for reimbursable school meals 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)).

Implementation of the Local Wellness Policy

The superintendent is directed to develop the necessary administrative regulations to fully 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.

Evaluation of the Local Wellness Policy

The Board will review this policy with input from teachers, parents, students, representatives of the food service program, school administrators and the public. In an effort to measure the implementation of this policy the Board designates the superintendent and school principals 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](#)

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).

Cross Reference(s):

EFAA - Child Nutrition Programs

EFAE - Child Nutrition - Hearing Procedure/Appeal Process

EFAH - Child Nutrition - Collection Procedures and Accountability System

EFAL - Child Nutrition - Second Meals