

Wellness Policies on Physical Activity and Nutrition

Local Wellness Program

The Board recognizes that childhood obesity has become an epidemic in Oregon as well as throughout the nation. However, research indicates that obesity and subsequent diseases are largely preventable through diet and regular physical activity. 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. To help ensure students possess the knowledge and skills necessary to make healthy choices for a lifetime, the wellness committee shall prepare and the superintendent shall implement a comprehensive district nutrition program consistent with the state and federal requirements for districts sponsoring the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). 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 Sherman County School, developing food-use guidelines for staff and establishing liaisons with nutrition service providers, as appropriate. The input of staff, parents and the public, will be encouraged.

1. The school district will engage students, parents, teachers, and food service.
2. All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
3. Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
4. Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
5. To the maximum extent practicable, our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program including after-school snacks, Summer Food Service Program, Fruit and Vegetable Snack Program, and Child and Adult Care Food Program).
6. Our school will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

Nutritional Quality of Foods and Beverages Sold School Meals - Lunch & Breakfast

Meals served through the National School Lunch and Breakfast Programs will:

1. be appealing and attractive to children;
2. be served in clean and pleasant settings;
3. meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
4. offer a variety of fruits and vegetables, fresh, cooked and canned whenever possible beef will be locally grown;
5. drinking water will be available in the cafeteria;
6. entrees will follow healthy guide lines for lower fat and sugar consumption serve only low-fat (1%) milk;
7. the student store will not be open during lunch serving times;
8. ensure that half of the served grains are whole grain;
9. Sherman County School will engage students and parents, through taste-tests of new food items and identify new, healthful, and appealing food choices.

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

1. District/School, to the extent possible will operate the School Breakfast Program.
2. District/School will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, “grab-and-go” breakfast, or breakfast during morning break or recess.
3. District/School will notify parents and students of the availability of the School Breakfast Program.
4. District/ School will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-priced Meals.

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, Sherman County School may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students.

Daily Recess

All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Meal Times and Scheduling

Sherman School District:

Should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.;

1. should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
2. will schedule lunch periods to follow recess periods (in elementary schools);
3. will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
4. should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).
5. will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;

Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Sharing of Foods and Beverages

Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Elementary, Middle/Junior High and High Schools

All foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

Beverages

Allowed: water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA);

Not allowed: soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine.

Fundraising Activities

To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Sherman County School will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities.

Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Sherman County School will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

Rewards and Celebrations

Parents and teachers will be encouraged to have fun crafts and physical games (exercise), and healthy snacks.

1. Ideas for snacks are: baby carrots, cheese sticks, cuties/halo oranges.
2. Pretzels, crackers, grapes, plain popcorn, dried fruit, apple, pears, sliced vegetables, applesauce in individual containers, raisins or craisins, unsweetened cereal, rice cakes

Nutrition and Physical Activity Promotion

The District believes that a quality physical education program is an essential component of a complete and comprehensive Wellness Program and that all students should learn about and participate in physical education/activities both now and for lifelong health and well-being. The physical education program should emphasize knowledge and skills for a lifetime of regular physical activity. It should also encompass teaching self-management skills, movement skills and promote participation in physical activity outside of school.

Regular Physical Education Courses:

1. Kindergarten thru 6th grade will have 90 minutes a week of formal physical education classes. Of which at least 75% of the class time be devoted to active participation.
2. Grades 7-8 will have 1 class period of physical education each day (for one semester). The period will be 51 minutes in length. Of which at least 75% of the class time be devoted to active participation.
3. Grades 9-12 will take one year of daily physical education to meet the state requirement. In addition, students can opt to take an additional year of physical education or a Weights and Conditioning class.
4. All of these courses should be taught by a qualified Physical Education Instructor. In addition, elementary classroom teachers, certified health instructors, under the direction of the certified Physical Education Instructor, may be used to provide more physical education/ movement opportunities.
5. Beyond regular physical education courses students may participate in regularly scheduled physical activity thru recess at the elementary level and co-curricular programs in grades 5-12.
6. In addition the district will develop and assess student performance standards and program requirements in order to meet the Oregon Department of Education's physical education content standards.

After School Programs:

1. To promote physical activity the district provides programs such as SKORE. This program provides physical activity and movement opportunities thru units such as wrestling, cheer, and martial arts.
2. At the elementary level students are encouraged to participate in after school and weekend sports programs. In addition, school sponsored co-curricular sports programs are offered for all students grades 5-12.

Community Outreach:

1. The district will schedule Family Physical Education Nights to provide families an opportunity to participate together in physical activities.
2. Parents will be encouraged to exercise with their children after school and weekends through an exercise incentive program headed by the school physical education department.
3. Use of School Facilities Outside of School Hours.
4. School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

Nutrition Education and Promotion Elementary Education-

1. Students will be taught how to recognize the importance of variety and moderation in food selection and consumption.
2. Choose a variety of foods from all food groups at school and home. Encouraging foods from the groups of dairy, fruit, vegetables and whole grain.
3. Teaching how healthy eating habits can lead to wellness at school as well as at home. Students will learn to identify the dietary practices that can lead to chronic disease and health risks.
4. Teaching decision-making skills when choosing school breakfast and/or lunch options.

Jr High and High School Health Classes

The students will be encouraged to:

1. Eat healthy by learning about basic nutrients, how to read and use food labels and how this leads to healthy nutritional habits.
2. To not practice the use fad diets and over training. They will be and replaced with proper eating which includes fresh vegetables and fruits, whole grain breads and pasta, proper fat and carb intake. Remembering that by learning about The Food Pyramid and how proper portion sizes are also important they can practice healthy food consumption.
3. Students need to practice good physical hygiene and self-care which is an important part of a healthy life style.
4. Exercise goals will be set along with proper management of target heart rates, basic fitness tests, learning about lifelong fitness activities and ways to improve overall health.
5. Students will learn how performance-enhancing drugs, smoking, illegal drugs and excessive drinking can lead to unhealthy habits and lifelong poor health.

Sherman County School Community and Parent engagement will include;

Role of OSU Sherman County Extension

Oregon State University Sherman County Extension Service will serve as a community partner and healthy living resource for the Sherman School and its wellness plan. Through Extension's Family & Community Health programs, a variety of printed materials, in-class nutrition education, and cafeteria-based outreach will be provided. At the beginning of the school year, OSU will provide 2-sided color flyers on "Healthy Celebrations" and "Rethink Your Drink" to encourage parents and staff to consider healthier options for parties and gatherings. Each month, Extension will provide "Food Hero" flyers that will provide nutritional information and recipes on a featured healthy food item. Extension staff will work with kitchen personnel to provide a monthly tasting table in the cafeteria to encourage students to try a greater variety of fruits and vegetables. Extension staff will be available by request to classrooms to provide short-term nutrition programming, such as 6-8 week lessons on food, nutrition and healthy living. To help teachers provide additional physical activity breaks in classrooms, Extension can provide "Balanced Energy Physical Activity" (BPAT) Toolkits to interested staff.

Parents/Community

School-wide surveys and focus groups to investigate and discuss parent's needs, interests, and ways they would like to be involved in their child's and school's health initiatives.

1. bulletin board welcoming families including languages spoken by all families, parent talents and skills relating to health and nutrition, and upcoming health and nutrition events
2. seek and participate in professional development activities for staff to learn to work with parents and promote parent engagement.

The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Sherman County School should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district/school will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the school community.

The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

Monitoring and Policy Review

Monitoring

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. At Sherman County School, the superintendent or designee will ensure compliance with those policies in the Sherman School District. School food service staff, at the school, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent. In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

END OF POLICY

Legal Reference(s):

[ORS 329.496](#)
[ORS 332.107](#)
[ORS 336.423](#)

[OAR 581-051-0100](#)
[OAR 581-051-0305](#)
[OAR 581-051-0306](#)

[OAR 581-051-0310](#)
[OAR 581-051-0400](#)

SB 4 (2017)

Healthy, Hunger-Free Kids Act of 2010, 42 U.S.C. §1758b.
National School Lunch Program, 7 C.F.R. Part 210.
School Breakfast Program, 7 C.F.R. Part 220.

Cross Reference(s):

EFAA - District Nutrition and Food Services
EFAJ - Child Nutrition - Meals Served Visiting Students
EFAL - Child Nutrition - Second Meals
EFC - Vending Machines and School Stores