

Sherwood School District 88J

Code: **EFA**
Adopted: 6/13/06
Readopted: 7/01/08
Orig. Code(s): 6809

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 superintendent shall prepare and implement a comprehensive district nutrition program consistent with 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 district schools during the school day. The superintendent will develop administrative regulations as necessary to implement the goals of this policy throughout the district. Staff is encouraged to follow district Guidelines for Food Services Nutrition for special occasions.

Nutrition Education

Nutrition education topics shall be integrated within the sequential, comprehensive health education program and coordinated with the district's nutrition and food services operation.

Nutrition Guidelines

It is the intent of the Board that district schools take a proactive effort to encourage students to make nutritious food choices. Food and beverage sold or served on district grounds during school hours shall meet administrative regulation requirements for nutritional standards and/or other guidelines as may be recommended by the district. The superintendent shall ensure that nutritious foods are available as an affordable option whenever food is sold during the school day; that schools limit the sale or servicing of foods or snacks high in fat or added sugars; and competition with nutritious meals serviced 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, however, 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. In compliance with federal law, the district's NSLP shall be nonprofit.

The superintendent 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) including provisions for staff development, family and community involvement and program evaluation. Staff is encouraged to follow district guidelines for nutrition for special events or recognition in the classrooms. Sporting events and facility use groups are encouraged to follow the district guidelines for nutrition.

Physical Education

The Board realizes that a quality physical education program is an essential component for all students to learn about and participate in physical activity. The opportunity for physical activity should be included in a student's day. Physical activity should include regular instructional physical education as well as sports, activities, and recess. The district will develop and assess student performance standards in order to meet the Oregon Department of Education's physical education content standards. The district promotes wellness and participation in life-long physical activity for all students.

Reimbursable School Meals

The district may 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 implement this policy 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)(D)).

Other School-Based Activities

The district will promote district and community-based activities that foster healthy eating and create environments that promote physical activity. Families and the community will be encouraged to provide healthy food choices in all situations where food is service. Educational workshops, screenings and literature related to healthy food choices and physical activity may be offered to families.

Evaluation of the Local Wellness Policy

The Board will review this policy annually with the Wellness Advisory Committee, comprised of parents, students, representatives of the school food authority, school administrators and the public, to advise the district in the creation of the local wellness policy. The policy will be reviewed every three years. In an effort to measure the implementation of this policy the Board designates the administration will be responsible for ensuring the district meets the goals outlined in this policy.

END OF POLICY

Legal Reference(s):

[ORS 332.107](#)
HB 2650 (2007)

[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).

Child Nutrition and WIC Reauthorization Act of 2004 § 204, 42 U.S.C. § 1751 (2006).