

Springfield School District 19

Code: **EFA**
Adopted: 6/12/06
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Orig. Code(s): EFA

Local Wellness Program

The Board is committed to providing school environments that promote the physical, social, and emotional well being of its students and staff. While the Board acknowledges that childhood overweight and obesity have become an epidemic in Oregon as well as throughout the nation, it will strive through this policy to lay a foundation for addressing a broader range of issues relating to wellness. The Board supports a coordinated approach to school health. The intent behind the adoption of a wellness program is to help students achieve their healthy body composition, achieve academic potential, and acquire skills for lifelong well being.

Research indicates that obesity and other diet-related chronic diseases are largely preventable through improved nutrition and physical activity. The Board recognizes that developing healthy eating habits and increasing physical activity are essential for students to grow, learn, and thrive.

To help students possess the knowledge and skills necessary to make healthy choices for a lifetime, the superintendent or designee shall prepare and implement a comprehensive district wellness program consistent with state and federal requirements for districts sponsoring the National School Lunch Program (NSLP) and/or the School Breakfast Program (SBP).

The program shall reflect the Board's commitment to providing 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 service providers, as appropriate. The program will address diet and exercise needs of its diverse population.

The superintendent or designee will appoint a Wellness Council to assist in the development of administrative procedures, as necessary, to implement the goals of this policy throughout the district. This council should include students, parents, teachers, food service professionals, health professionals, and other interested community members who can help in implementing, monitoring, and reviewing district-wide nutrition and physical activity policies and procedures.

Goals include:

1. Provide, through Food Service Program child nutrition professionals, access to a variety of affordable, nutritious, and appealing foods that meet the health and nutritional needs of all students. Meal planning will reflect and accommodate religious, ethnic, and cultural diversity of the student body. Students will have clean, safe, pleasant, and sufficient settings for eating.
2. Ensure that foods and beverages sold or served at schools meet or exceed the recommendations of the U.S. Dietary Guidelines for Americans.
3. Link health education with the District Food Service Program.

4. Offer wellness educational opportunities for families.
5. Support, encourage, and create additional opportunities for students in grades K-12, to be physically active on a regular basis.

Nutrition Education

Nutrition education topics shall be integrated within a sequential, comprehensive health education program that is consistent with the state-adopted health education curriculum goals, content standards, and grade level benchmarks.

Nutrition education activities should be enjoyable, developmentally appropriate, culturally relevant, and participatory.

Qualified childhood nutrition specialists and registered dietitians will be consulted for training, nutrient and menu analysis, as well as classroom outreach. Continuing professional development will be provided to Food Services staff. The district will make every effort to train school staff about the importance of nutrition so they too can become advocates. Consistency of messages throughout the school is of vital importance.

The district will promote, through a rigorous education awareness program, the importance of providing improved student choices in competitive food venues.

Nutrition Guidelines

It is the intent of the Board that district schools take a proactive effort to encourage students to make nutritious food choices. 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.

Although the Board believes that the district's Food Service Program should be financially self-supporting, it recognizes that the nutrition program is an essential educational and support activity. Budget neutrality or profit generation must not take precedence over the nutritional needs of its students. In compliance with federal law, the district's NSLP and SBP shall be nonprofit.

The superintendent or 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.

Physical Education/Activity

The Board realizes that a quality physical education program is an essential component of a successful wellness program. Students should learn about the importance of being physically active. Physical activity includes regular instructional PE, competitive and non-competitive co-curricular activities, recess, and other activities that provide exercise. Physical activity will be included in a school's daily education program as required by Oregon law. The district will continue to make facilities available to students, staff community members and organizations.

Every public school student in kindergartner through grade 8 shall participate in physical education for the entire school year. Students in kindergartner through grade 5 shall participate for a least 150 minutes during each school week and students in grades 6 through 8 for at least 225 minutes per school week. At least 50 percent of the weekly physical education class time shall be devoted to actual physical activity. Instruction, provided by adequately prepared teachers, will meet the state adopted academic content standards for physical education, ORS 329.045. Teachers of physical education shall regularly participate in professional development activities.

Student with disabilities shall have suitably adapted physical education incorporated as part of the individualized education program developed for the student under ORS343.151. A student who does not have an IEP but has chronic health problems, other disabling conditions or other special needs that preclude them from participating in regular physical education instruction shall have suitably adapted physical education incorporated as part of an individualized health plan developed for the student by the school district or public charter school.¹

In order to meet the Oregon Department of Education's physical education content standards, the district will develop and assess student performance standards. The district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk or bike to school.

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 or designee 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)(0)).

¹HB 3141 (effective 2017-2018 school year)

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 served. Educational workshops, screens and literature related to healthy food choices and physical activity may be offered to families.

Evaluation of the Local Wellness Policy

The superintendent or designee, working with the District Wellness Council, 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 (e.g., competitive foods, snacks and beverages sold from vending machines, school stores, and fund-raising activities; refreshments that are made available at school parties, celebrations and meetings); staff development; family and community involvement; and program evaluation.

The superintendent or designee, working with the District Wellness Council and the Board will review this policy biennially with solicited input from parents, students, and representatives of the Food Services Program, school administrators, and the public.

In an effort to measure the implementation of this policy, the Board designates the superintendent as the person 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](#)

HB 2650 (2007)

[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).