



LOCAL WELLNESS PROGRAM

POLICY:

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 disease 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 or designee shall prepare and implement a comprehensive district nutrition program consistent with state and federal requirements for districts sponsoring National School Lunch Program (NSLP) and/or the School Breakfast Program (SBP). The program shall reflect the Board's commitment to providing adequate time for instruction that promotes 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 input of staff (including but not limited to, physical education and school health professionals), students, parents, the public, representatives of the school food authority and public health professionals will be encouraged. The superintendent or designee will develop administrative regulations as necessary to implement the goals of this policy throughout the district.

Nutrition Promotion and Nutrition Education:

Nutrition promotion supports the integration of nutrition education throughout the school environment. Nutrition education topics shall be integrated within the sequential, comprehensive health education program taught at every grade level, pre-kindergarten through grade 12, and coordinated with the district's nutrition and food services operation.

Nutrition Guidelines:

It is the intent of the Board that district schools be proactive in encouraging students to make nutritious food choices. All food and beverages sold or served on district grounds or at district-sponsored events as part of the regular or extended school day shall meet the minimum state and federal standards. 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. Exceptions to this requirement include items that are part of the USDA National School Lunch Program or School Breakfast Program. Other exceptions are foods and beverages provided in the following instances:

- 1.) When the school is the site of school-related events or events for which parents and other adults are a significant part of an audience; or

- 2.) The sale of food or beverage items before, during or after a sporting event, interscholastic activity, a play, band or choir concert.

Although the Board believes that the district's nutrition and food services operation 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 nutrition 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 that address all foods and beverage items sold and/or served to students in district (i.e., competitive foods, snacks and beverages sold from vending machines, schools including provisions for staff development, family and community involvement and program evaluation, school stores, and fund-raising activities and refreshments that are made available at school parties, celebrations and meetings), including provision for staff development, family and community involvement and program evaluation.

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 daily education program. Physical activity should include regular instructional physical education as well as co-curricular activities, extra curricular 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.

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)(91) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a)(0)).

Evaluation of the Local Wellness Policy:

In an effort to measure the implementation of this policy, the Board designates the superintendent or designee to ensure the district meets the goals outlined in this policy.

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Legal Reference(s):

ORS 329.496

ORS 332.107

ORS 336.423

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National School Lunch Program, 7 CFR Part 210 (2006)

School Breakfast Program, 7 CFR Part 220 (2006)

Healthy, Hunger-Free Kids Act of 2010, Public Law 111-296 Section 204.