

Local Wellness Policy

The Board recognizes that 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 district shall prepare and implement a district nutrition 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 input of staff, students, parents, the public, representatives of the school food authority and public health professionals will be encouraged.

NUTRITION PROMOTION AND EDUCATION

Nutrition promotion supports the integration of nutrition education throughout the school environment. Nutrition education topics shall be integrated into the health education curriculum taught in the K-12 program as well as other subject areas as appropriate, and will incorporate the Oregon Department of Education's health education content standards.

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 (excludes food and beverages sold as part of the NSLP and/or SBP or times when the school is being used for school or non-school related events where parents and other adults are a significant part of an audience such as sporting event, interscholastic activity, a play, band or choir concert and food or beverage items are sold before, during, or after the event) shall meet minimum standards as set forth in state law.

BOARD STATEMENT ON FINANCIAL NEUTRALITY vs. NUTRITIONAL NEEDS:

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 that contributes to student health and wellness. 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 food services program shall be non-profit.

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 from grades K-12. Physical activity should include structured regular instructional physical education as well as co-curricular activities as well as non-structure recess time. The district will develop and deliver instruction to students following the Oregon Department of Education's physical education content standards. The district will make school facilities available to the community and student groups outside of school hours to promote and encourage physical activity and good nutrition.

GUIDELINES FOR REIMBURSABLE MEALS:

The district may enter into an agreement with the ODE to operate reimbursable school meal programs. The Board will adopt separate policy and the superintendent will develop administrative regulations as necessary to implement the 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)).

OTHER 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, screenings and literature related to healthy food choices and physical activity may be offered to families.

REVIEW OF WELLNESS POLICY:

The Board will be presented an assessment of this Local Wellness Policy's implementation bi-annually, which will be made available to the public.

END OF POLICY

Legal Reference(s):

ORS 332.107
OAR 581-051-0100
OAR 581-051-0305
OAR 581-051-0310
OAR 581-051-0400
HB 2650

National School Lunch Program, 7CFR Part 210 (2001)
School Breakfast Program, 7CFR Part 220 (2001)
Section 204, PL 108-265 Child Nutrition Reauthorization (2004)