

Oregon Trail School District
Wellness Policy Review
 10/1/2016

Goals:

Yes No Partial

1) Nutrition Education:

- Nutrition Education Topic at each grade level
- will incorporate the Oregon's Department of Education's health education content standards
- Nutrition education topics shall be integrated into the health education curriculum taught in K-12

X		
X		
X		
X		

available monthly on District web site

-Menu and nutritional content available to families

2) Physical Activities:

- Physical wellness activities at every grade level

X		
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PE is available at all grade levels

3) Other School Based Activities:

- provide list outlining healthy food choice alternatives

X		
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available on district webpage

Nutritional Guidelines:

1) School Meals:

- meet the USDA nutritional requirements
- School and School principals encourage families to participate in NSLP and SBP meal opportunities
- School Board will implement separate policy concerning reimbursable school meal programs

X		
X		
X		

district meets required standards

3) Food and Beverages sold individually:

- No Foods of FMNV sold during school hours
- snacks sold must meet ODE HB2650 standards
- at least 2 fruits and/or vegetables should be offered at meal times
- no competitive food sales during the schools meal periods
- ala carte entrée portion is equal to or smaller that the school meal portions

X		
X		
X		
X		
X		

4) Staff Development

- nutrition staff given opportunities to participate in development activities promoting nutritional issues

X		
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are provided training based on staff job duties

5) School Sponsored fundraising Activities

- encourage fundraising activities that promote physical activity
- District will provide list of ideas for acceptable fundraising activities

X		
X		

Jog-a-thons
 Items available on webpage for school use

Covered under Curriculum policy/law

Covered under NSLP policy/law

In Excess of wellness policy requirement is bolded