School Wellness Policy

Sacred Heart School
Medford, Oregon

POLICY CODE: EFA

LOCAL WELLNESS PROGRAM

Sacred Heart School 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 Principal 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/or the School Breakfast Program (SBP). The program shall reflect the school's commitment to providing adequate time for instruction to promote healthy eating through nutrition education, serving healthy and appealing foods at school 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. The Principal will develop administrative regulations as necessary to implement the goals of this policy throughout the district.

Nutrition Education

Nutrition education topics shall be integrated within the sequential, comprehensive health education program taught at every grade level, pre-kindergarten through grade 8, and coordinated with the district's nutrition and food services operation.

Nutrition Guidelines

It is the intent of the School that they will take a proactive effort to encourage students to make nutritious food choices. The Principal shall ensure 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.

Although the school believes that the 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 and SBP shall be nonprofit.

Physical Activity

The school 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 weekly education program from grades pre-K through 8. Physical activity should include regular instructional physical education as well as co-curricular activities, and recess. The district will develop and assess student performance standards in order to meet the Oregon Department of Edu**c**ation'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 Principal 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).

Evaluation of the Local Wellness Policy

The Principal will review this policy with input from parents, students, representatives of the school food authority, school administrators and the public. In an effort to measure the implementation of this policy the Principal will be the person who will be responsible for ensuring the district meets the goals outlined in this policy.

Legal Reference(s):

ORS 332.107

OAR 581-051-0100
OAR 581-051-0305
OAR 581-051-0310
OAR 581-051-0400

National School Lunch Program, 7 CFR Part 210 (2001).
School Breakfast Program, 7 CFR Part 220 (2001).
Child Nutrition and WIC Reauthorization Act of 2004 § 204, 42 U.S.C. § 1751 (2004).

Adopted: 8/06