

Code: **EFA**

Adopted:

## **Local Wellness Program**

The School recognizes that childhood obesity has become an epidemic in Oregon as well as throughout the nation. Research indicates that obesity and many diseases associated with obesity are largely preventable through diet and regular physical activity. Additional research indicated 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, a comprehensive school nutrition program consistent with state and federal requirements for Schools sponsoring the National School Lunch Program (NSLP) will be implemented. The program shall reflect a commitment to providing adequate time for instruction that promotes healthy eating through nutrition education, serving healthy and appealing foods at school, 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. The Principal or designee will develop administrative guidelines as necessary to implement the goals of this policy throughout the School.

### **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, prekindergarten through grade 8, and coordinated with the School's nutrition and food services operation.

### **Nutrition Guidelines**

It is the intent that the school be proactive in encouraging students to make nutritious food choices. All food and beverage items sold in school as part of the regular or extended school day shall meet the minimum state and federal standards. 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:

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

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Although the School believes that the nutrition and food services operation should be financially self-supporting, it recognizes 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 School's NSLP shall be nonprofit.

The Principal will develop policy that address all food and beverage items sold and/or served to students, including provisions for staff development, family and community involvement and program evaluation. These food and beverage items include competitive foods, snacks and beverages sold from vending machines and school stores, and similar food and beverage items from fund-raising activities and refreshments that are made available at school parties, celebrations and meetings.

#### **Physical Education/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. Every school student in kindergarten through grade 8 shall participate in physical education for the entire school year. Students in kindergarten through grade 5 shall participate for a least 150 minutes during each school week and students in grades 6 through 8 for at least 150 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.

Students with disabilities shall have suitably adapted physical education incorporated as part of the individualized education program (IEP) developed for the student under ORS 343.151. 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.<sup>1</sup>

Physical activity should be included in a school's daily education program for grades pre-K through 8. Physical activity should include regular instructional physical education as well as co-curricular activities and recess. The School will develop and assess student performance standards and program minute requirements<sup>1</sup> in order to meet the Oregon Department of Education's physical education content standards and state law<sup>1</sup>.

### **Reimbursable School Meals**

The School may enter into an agreement with the Oregon Department of Education (ODE) to operate reimbursable school meal programs. The School 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)).

HB 3141 (effective 2017-2018 school year)

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### **School Employee Wellness**

The School encourages school staff to pursue a healthy lifestyle that contributes to their improved health status, improved morale and a greater personal commitment to the school's overall wellness program. Many actions and conditions that affect the health of school employees may also influence the health and learning of students. The physical and mental health of school employees is integral to

promoting and protecting the health of students and helps foster their academic success. The schools' employee wellness program will promote health and reduce risk behaviors of employees and identify and correct conditions in the workplace that can compromise the health of school employees, reduce their levels of productivity, impede student success and contribute to escalating health-related costs such as absenteeism.

The School will work with community partners to identify programs/services and resources to compliment and enrich employee wellness endeavors.

### **Other School-Based Activities**

The School will promote 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.

### **Evaluation of the Local Wellness Policy**

The School will involve staff, parents, students, representatives of the school food authority, public health professionals, school administrators and the public in the development, implementation and periodic review and yearly update of this policy. The School shall establish a Wellness Advisory Committee to advise the School in the creation of the local wellness policy. The policy will be reviewed a minimum of every three years. In an effort to measure the implementation of this policy the School designates the Principal as the person who will be responsible for ensuring that the school meets the goals outlined in this policy. The School will make available to the public annually, an assessment of the implementation, including the extent to which the schools are in compliance with policy, how the policy compares to model policy and a description of the progress being made in attaining the goals of this policy.

#### **Legal Reference(s):**

<a href="#">ORS 329.496</a>	<a href="#">OAR 581-051-0100</a>	<a href="#">OAR 581-051-0310</a>
<a href="#">ORS 332.107</a>	<a href="#">OAR 581-051-0305</a>	<a href="#">OAR 581-051-0400</a>
<a href="#">ORS 336.423</a>		

National School Lunch Program, 7 C.F.R. Part 210 (2006).  
School Breakfast Program, 7 C.F.R. Part 220 (2006).  
Healthy, Hunger-Free Kids Act of 2010, Public Law 111-296 Section 204.

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Reviewed/Revised:

## **Local Wellness Program**

The Schools' comprehensive age-appropriate nutrition program will be implemented in accordance with the following requirements:

### **Definitions**

- “Accompaniment foods” means food items served along with another food to enhance palitablity such as butter, jelly, cream cheese, salad dressing, croutons and condiments.
- “Combination foods” means products that contain two or more components representing two or more of the recommended food groups: fruit; vegetable; dairy; protein; or grains.
- “Competitive foods” means any food or drink sold in competition with the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) during the school day.
- “Dietary Guidelines for Americans” means the current set of recommendations of the federal government that are designed to help people choose diets that will meet nutrient requirements, promote health, support active lives and reduce chronic disease risks.

- “Entree item” means an item that is either:
  - A combination food of meat or meat alternate and whole grain rich food; or
  - A combination food of vegetable or fruit and meat or meat alternate; or
  - A meat or meat alternate alone with the exception of yogurt, low-fat or reduced fat cheese, nuts, seeds and nut or seed butters and meat snacks (such as dried beef jerky); or
  - Grains only when served in the SBP.
- “Food service area” means any area on school premises where NSLP is both served and eaten, as well as any areas in which NSLP meals are either served or eaten.
- “Meal period” means the period(s) during which breakfast or lunch meals are served and eaten, and as identified on the school schedule.
- “Nutrition education” means a planned sequential instructional program that provides knowledge and teaches skills to help students adopt and maintain lifelong healthy eating habits.

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- “Oregon Smart Snacks”<sup>1</sup> means the minimum nutrition standards for competitive foods and beverages.
  - Food items, including accompaniment foods, must:
    - Be a grain product that contains 50 percent or more whole grains by weight or have as the first ingredient a whole grain (e.g., flour, flake or meal); or
    - Have as the first ingredient, one of the non-grain major food groups: fruits;

vegetables; dairy or protein foods (e.g., meat, beans, poultry, seafood, eggs, nuts, seeds); or

- Be a combination food that contains one-quarter cup of fruit and/or vegetable; or
- Have one of the food items above as a second ingredient if water is the first ingredient; or
- Contain 10 percent of the Daily Value of a nutrient of public health concern based on the most recent *Dietary Guidelines for Americans* (e.g., calcium, potassium, vitamin D or dietary fiber)<sup>2</sup>; and
- Meet all the competitive food nutrient standards:
  - Calories:
    - Snacks contain no more than:
      - 150 calories as packaged or served for elementary level;
      - 180 calories as packaged or served for middle school level;
      - 200 calories as packaged or served for high school level.
    - Entrees contain no more than 350 calories as packaged or served.
  - Total fat: contains 35 percent or less of total calories from fat per item as packaged or served.
    - Exemptions to the total fat standard are granted for reduced fat cheese and part-skim mozzarella cheese, nuts, seeds, nut or seed butters, products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat and seafood with no added fat.
  - Saturated fat: contains no more than 10 percent of total calories from saturated fat per item as packaged or served.
    - Exemptions to the saturated fat standard are granted for reduced fat cheese and part-skim mozzarella cheese, nuts and products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat.

1 Oregon Department of Education, [www.ode.state.or.us](http://www.ode.state.or.us)

2 Effective for the period through June 30, 2016. Effective July 1, 2016, this criterion is obsolete and may not be used to qualify as a competitive food.

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- Transfat: contains 0 grams of trans fat per item as packaged or served.
- Sugar must be no more than 35 percent by weight.
  - Exempt from the sugar standard are:
    - Dried whole fruits or vegetables;
    - Dried whole fruit or vegetable pieces;
    - Dehydrated fruits or vegetables with no added nutritive sweeteners; and
    - Dried fruits with nutritive sweeteners that are required for processing and/or palatability purposes (i.e., cranberries, blueberries, tart cherries).
- Sodium:
  - Snacks contain no more than 200 mg sodium<sup>3</sup> per item as packaged or served.
  - Entrees contain no more than 480 mg sodium per item as packaged or served.
- Caffeine free, except for naturally occurring trace amounts, for elementary and middle school level.
- Exempt from all nutrients standards on any day are:
  - Fresh, canned and frozen fruits or vegetables with no added

- ingredients except water.
  - Fruit packed in 100 percent juice, extra light or light syrup.
  - Canned vegetables that contain a small amount of sugar for processing purposes.
  - [Sugar-free chewing gum.]
- Entrees in same or smaller portion served on the day or the day following in the National School Lunch Programs:
  - Are exempt from the nutrient standards for:
    - Saturated fat;
    - Transfat;
    - Sodium; and
    - Sugar.
  - Must contain:
    - Calories not to exceed 450 per item as packaged or served; and

2) Total fat not to exceed 36 percent of total calories or 4 grams per 100 calories per item as packaged or served.

3) On July 1, 2016, the sodium standard will reduce to 200 mg per item as packaged or served.

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- Beverages must be:
  - For elementary level students:
    - Plain water, carbonated or uncarbonated, with portion size unlimited;
    - Lowfat milk (unflavored), with portion size not to exceed 8 ounces and 150 calories;
    - Nonfat milk (including flavored), with portion size not to exceed 8 ounces

- and 150 calories;
  - Nutritionally equivalent milk alternatives, portion size not to exceed 8 ounces and 150 calories;
  - Full strength fruit or vegetable juices, portion size not to exceed 8 ounces and 120 calories;
  - Caffeine free, except for naturally occurring trace amounts.
- For middle school level students:
    - Plain water, carbonated or uncarbonated, with portion size unlimited;
    - Lowfat milk (unflavored), portion size not to exceed 10 ounces and 190 calories;
    - Nonfat milk (including flavored), portion size not to exceed 10 ounces and 190 calories;
    - Nutritionally equivalent milk alternatives, portion size not to exceed 10 ounces and 190 calories;
    - Full strength fruit or vegetable juices, portion size not to exceed 10 ounces and 150 calories;
    - Caffeine free, except for naturally occurring trace amounts.

c. Use the nutrient standard for the lowest grade group when mixed grades have open access to competitive foods.

- “School day” means a student education day beginning at midnight and ending at the conclusion of afternoon student activities, such as athletic, music or drama practices, clubs, academic support and enrichment activities.
- “Snack” means a food that is generally regarded as supplementing a meal and includes, but is not limited to, chips, crackers, onion rings, nachos, french fries, doughnuts, cookies, pastries, cinnamon rolls and candy.

### **Nutrition Promotion and Nutrition Education**

Nutrition promotion and nutrition education shall focus on students' eating behaviors, be based on theories and methods proven effective by research and be consistent with state and local School health education standards. Nutrition education at all levels of the School's curriculum shall include, but not be limited to, the following essential components designed to help students learn:

- Age-appropriate nutritional knowledge, including the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements, safe food preparation, handling and storage and cultural diversity related to food and eating;
- Age-appropriate nutrition-related skills, including, but not limited to, planning a healthy meal, understanding and using food labels and critically evaluating nutrition information, misinformation and commercial food advertising; and
- How to assess one's personal eating habits, set goals for improvement and achieve those goals.

In order to reinforce and support nutrition education efforts, the principal is responsible for ensuring:

- Nutrition instruction is closely coordinated with the school's nutrition and food services operation and other components of the school health program to reinforce messages on healthy eating and includes social learning techniques. To maximize classroom time, nutrition concepts shall be integrated into the instruction of other subject areas where possible;

- Links with nutrition service providers (e.g., qualified public health and nutrition professionals) are established to: provide screening, referral and counseling for nutritional problems; inform families about supplemental nutritional services available in the community (e.g., SNAP, local food pantries, summer food services program, child and adult care food program), and implement nutrition education and promotion activities for school staff, Board members and parents;
- In keeping with the Schools nutrition program goals, all classroom reward or incentive programs involving food items are reviewed for approval to ensure that the foods served meet the requirements of the Schools nutrition policy and regulation (i.e., all foods served fit in a healthy diet as recommended in the *Dietary Guidelines for Americans*, and contribute to the development of lifelong healthy eating habits for the School's students);

4. Child Nutrition Staff support nutrition education by marketing healthy meals and providing nutrition information to students and families.

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### **Physical Education/Activity**

In order to insure students are afforded the opportunity to engage in physical activity in the school setting, the following guidelines apply:

- Physical activity will be integrated across curricula and throughout the school day. Movement will be made a part of science, math, social studies and language arts;
- Physical education will be a course of study that focuses on students' development of

motor skills, movement forms and health related fitness;

- Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge;
- All physical education classes will be taught by highly qualified physical education instructors and
- A daily recess period will be provided which will not be used as a punishment or a reward.

6. Physical education instruction shall be a sequential, developmentally appropriate curriculum that is designed, implemented and evaluated to help students develop the knowledge, motor skills, self- management skills, attitudes and confidence needed to adopt and maintain physical activity throughout their lives.

### **Nutrition Guidelines and Food Services Operation**

In order to support the school's nutrition and food services operation as an essential partner in the educational mission of the School and its role in the Schools comprehensive nutrition program, the principal is responsible for ensuring:

- The school encourages all students to participate in the school's NSLP meal opportunities;
- The school notifies families of need-based programs for free or reduced-price meals and encourages eligible families to apply;
- The school's NSLP maintains the confidentiality of students and families applying for or receiving free or reduced-priced meals in accordance with the National School Lunch Act;
- The school's NSLP operates to meet dietary specifications in accordance with the Healthy, Hunger- Free Kids Act of 2010 and applicable state laws and regulations;
- The school sells or serves varied and nutritious food choices consistent with the applicable federal government *Dietary Guidelines for Americans*. Schools contracting out the food service part of their NSLP and SBP shall form a nutrition advisory committee comprised of teachers, students and parents to assist in menu planning. A nutrition

committee comprised of students, family members and school personnel will be encouraged to provide input in menu planning for Schools operating their own food service component of the NSLP and SBP (i.e., food services purchasing, menu planning, food production and meal service). Cultural norms and preferences will be considered;

- Food prices set by the Schools are communicated to students and parents. School pricing strategies will encourage students to purchase full meals and nutritious items;

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- Procedures are in place for providing to families, on request, information about the ingredients and nutritional value of the foods served;
- Modified meals are prepared for students with special food needs:
  - The School will provide substitute foods to students with disabilities upon written parental permission and a medical statement by a physician that identifies the student's disability, states why the disability restricts the student's diet, identifies the major life activity affected by the disability, and states the food or foods to be omitted and the food or choice of foods that must be substituted;
  - Such food substitutions will be made for students without disabilities on a case-by-case basis when the parent submits a signed request that includes a medical statement signed by a physician, physician assistant, registered dietitian or nurse practitioner. The medical statement must state the medical condition or special dietary need that restricts the student's diet and provide a list of food(s) that may be substituted in place of the lunch menu being served.
- Food service equipment and facilities meet applicable local and state standards concerning health, safe food preparation, handling and storage, drinking water, sanitation and workplace safety;
- Students are provided adequate time and space to eat meals in a pleasant and safe environment. School dining areas will be reviewed to ensure:
  - Tables and chairs are of the appropriate size for students;
  - Seating is not overcrowded;
  - Students have a relaxed environment;

- Noise is not allowed to become excessive;
- Rules for safe behavior are consistently enforced;
- Tables and floors are cleaned between meal periods;
- The physical structure of the eating area is in good repair;
- Appropriate supervision is provided.

11. The guidelines for reimbursable school meals 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 sections 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a)), as those regulations and guidance apply to schools.

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