

Parkrose School District 3

Code: EFA-AR

Adopted: October 2006

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PARKROSE DISTRICT WELLNESS POLICY

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

Definitions:

1. "Accompaniment foods" means food items served along with another food to enhance palitablity such as butter, jelly, cream cheese, salad dressing, croutons and condiments.
2. "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.
3. "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.
4. "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.
5. "Entree item" means an item that is either:
 - a. A combination food of meat or meat alternate and whole grain rich food; or
 - b. A combination food of vegetable or fruit and meat or meat alternate; or
 - c. 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
 - d. Grains only when served in the SBP.
6. "Food service area" means any area on school premises where NSLP or SBP meals are both served and eaten, as well as any areas in which NSLP or SBP meals are either served or eaten;
7. "Meal period" means the period(s) during which breakfast or lunch meals are served and eaten, and as identified on the school schedule.
8. "Nutrition education" means a planned sequential instructional program that provides knowledge and teaches skills to help students adopt and maintain lifelong healthy eating habits.
9. "Oregon Smart Snacks"¹ means the minimum nutrition standards for competitive foods and beverages.
 1. Food items, including accompaniment foods, must:
 1. 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

¹Oregon Department of Education, www.ode.state.or.us

2. 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
3. Be a combination food that contains one-quarter cup of fruit and/or vegetable; or
4. Have one of the food items above as a second ingredient if water is the first ingredient; or
5. 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)²; and
6. Meet all the competitive food nutrient standards:
 1. Calories:
 1. Snacks contain no more than:
 1. 150 calories as packaged or served for elementary level;
 2. 180 calories as packaged or served for middle school level;
 3. 200 calories as packaged or served for high school level.
 2. Entrees contain no more than 350 calories as packaged or served.
 2. Total fat: contains 35 percent or less of total calories from fat per item as packaged or served.
 1. 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.
 3. Saturated fat: contains no more than 10 percent of total calories from saturated fat per item as packaged or served.
 1. 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.
 4. Transfat: contains 0 grams of trans fat per item as packaged or served.
 5. Sugar must be no more than 35 percent by weight.
 1. Exempt from the sugar standard are:
 1. Dried whole fruits or vegetables;
 2. Dried whole fruit or vegetable pieces;
 3. Dehydrated fruits or vegetables with no added nutritive sweeteners; and
 4. Dried fruits with nutritive sweeteners that are required for processing and/or palatability purposes (i.e., cranberries, blueberries, tart cherries).
 6. Sodium:
 1. Snacks contain no more than 230 mg sodium³ per item as packaged or served.

²Effective 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.

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

2. Entrees contain no more than 480 mg sodium per item as packaged or served.
 7. Caffeine free, except for naturally occurring trace amounts, for elementary and middle school level.
 8. Exempt from all nutrients standards on any day are:
 1. Fresh, canned and frozen fruits or vegetables with no added ingredients except water.
 2. Fruit packed in 100 percent juice, extra light or light syrup.
 3. Canned vegetables that contain a small amount of sugar for processing purposes.
 4. Sugar-free chewing gum.
 9. Entrees in same or smaller portion served on the day or the day following in the National School Lunch or School Breakfast Programs:
 1. Are exempt from the nutrient standards for:
 1. Saturated fat;
 2. Transfat;
 3. Sodium; and
 4. Sugar.
 2. Must contain:
 1. 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.
2. Beverages must be:
1. For elementary level students:
 1. Plain water, carbonated or uncarbonated, with portion size unlimited;
 2. Lowfat milk (unflavored), with portion size not to exceed 8 ounces and 150 calories;
 3. Nonfat milk (including flavored), with portion size not to exceed 8 ounces and 150 calories;
 4. Nutritionally equivalent milk alternatives, portion size not to exceed 8 ounces and 150 calories;
 5. Full strength fruit or vegetable juices, portion size not to exceed 8 ounces and 120 calories;
 6. Caffeine free, except for naturally occurring trace amounts.
 2. For middle school level students:
 1. Plain water, carbonated or uncarbonated, with portion size unlimited;
 2. Lowfat milk (unflavored), portion size not to exceed 10 ounces and 190 calories;
 3. Nonfat milk (including flavored), portion size not to exceed 10 ounces and 190 calories;
 4. Nutritionally equivalent milk alternatives, portion size not to exceed 10 ounces and 190 calories;
 5. Full strength fruit or vegetable juices, portion size not to exceed 10 ounces and 150 calories;

6. Caffeine free, except for naturally occurring trace amounts.
3. For high school level students:
 1. Plain water, carbonated or uncarbonated, with portion size unlimited;
 2. Lowfat milk (unflavored), portion size not to exceed 12 ounces and 225 calories;
 3. Nonfat milk (including flavored), portion size not to exceed 12 ounces and 225 calories;
 4. Nutritionally equivalent milk alternatives, portion size not to exceed 12 ounces and 225 calories;
 5. Full strength fruit or vegetable juices, portion size not to exceed 12 ounces and 180 calories;
 6. Low or no calorie beverage is less than 5 calories per 8 ounce serving or less than or equal to 10 calories per 20 fluid ounces, portion size not to exceed 20 ounce serving;
 7. Other beverages are not to exceed 40 calories per 8 fluid ounces (or 60 calories per 12 fluid ounces) with portion size not to exceed 12 ounces.
3. Use the nutrient standard for the lowest grade group when mixed grades have open access to competitive foods.
10. “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.
11. “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 Education

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 district health education standards. Nutrition education at all levels of the district’s curriculum shall include, but not be limited to, the following essential components designed to help students learn:

1. Age-appropriate nutritional knowledge, including the following:
 - 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.
2. Age-appropriate nutrition-related skills, including, but not limited to the following:.,
 - Planning a healthy meal;
 - Understanding and using food labels;

- Critically evaluating nutrition information, misinformation and commercial food advertising; and age-appropriate advertisements, informed consumerism, warn against false advertising about food.

3. How to assess one's personal eating habits, set goals for improvement and achieve those goals.

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

4. 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;
5. 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;
6. In keeping with the district's nutrition program goals, the school district will strive to provide alternatives for the use of food as a reward or punishment in the classroom. When food is provided by the school as part of a celebration, the principal will approve foods provided, and healthy options will be included (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 district's students). The district will ensure that all schools' fund raising efforts support healthy eating choices.
7. Child Nutrition Staff support nutrition education by marketing healthy meals and providing nutrition information to students and families. This information will be provided in print and on the district web site.

Physical Activity

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

1. Physical education will be a course of study that focuses on students' development of motor skills, movement forms, and health related fitness;
2. Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, teaming, and good principles of sportsmanship;
3. All physical education classes will be taught by highly qualified physical education instructors;
4. A daily recess period will be provided;
5. Schools will promote opportunities for active transportation and encourage students to walk or bike to school if safe to do so;
6. Classroom teachers will provide short physical breaks between lessons or classes as appropriate, and offer physical activity opportunities in the classroom throughout the school day.

7. Teachers and other school personnel will not use physical activity (e.g. running laps, push-ups) as punishment in the classroom.
8. Teachers and other school personnel will avoid withholding opportunities for physical activity (e.g. recess, physical education) as punishment.
9. Recess is provided to give students an opportunity for social interaction, vigorous physical activity, time to develop rules for play, and a chance to practice or use skills developed in physical education class.
10. Video media will only be used during instructional hours when the content is related to the curriculum.
11. For additional guidance regarding use of electronic devices during the school day, please see Personal Communication Devices and Social Media, Board Policy JFCB-AR.
12. Alternative exercise choices such as yoga may be taught and practiced.

Drinking Water

The district recognizes that children need an ongoing water supply to keep their bodies functioning optimally, and to avoid dehydration which can interfere with academic performance. Therefore, the district will promote the consumption of water as an essential nutrient that plays a role in overall health, and will provide all students and employees with access to clean, safe and palatable drinking water free of charge at all district facilities (i.e. in the cafeteria/eating areas, hallways, play yards, and faculty lounges), throughout the school day and during extra-curricular activities as much as possible.

Students of elementary schools will be encouraged to carry and use water bottles. The district will encourage all school administrators, educators and building staff to model healthy consumption of drinking water. The district will regularly perform required maintenance on all water fountains in the school setting.

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 district and its role in the district's comprehensive nutrition program, the building principal is responsible for ensuring:

1. The school encourages all students to participate in the school's NSLP and SBP meal opportunities;
2. The school notifies families of need-based programs for free or reduced-price meals and encourages eligible families to apply. There will be multiple opportunities to apply, applications posted on bulletin boards and on the district and school websites.
3. The school's NSLP/SBP maintains the confidentiality of students and families applying for or receiving free or reduced-priced meals in accordance with the National School Lunch Act;
4. The school's NSLP/SBP operates to meet nutrition standards in accordance with the Healthy Meals for Healthy Americans Act of 1994, as amended, and applicable state laws and regulations;
5. 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 wellness advisory committee comprised of teachers, students and

parents to assist in menu planning. Cultural norms and preferences will be considered and honored by incorporating culturally appropriate food items into the weekly menu rotation;

1. The District offers vegetarian options.
 2. The District encourages parents of children with food sensitivities or allergies to provide their own food. The District encourages parents to communicate with their school.
 3. The District limits processed food.
6. Food prices set by the district are communicated to students and parents. District pricing strategies will encourage students to purchase full meals and nutritious items;
 7. Procedures are in place for providing to families, on request, information about the ingredients and nutritional value of the foods served;
 8. Modified meals are prepared for students with special food needs:
 - a. The district will provide substitute foods to students with disabilities upon written parental permission and a medical statement by a National School Lunch Program (NSLP) approved medical source that identifies the following:
 - 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;
 - b. 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 National School Lunch Program (NSLP) medical source. 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 or breakfast menu being served.
 9. 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;
 10. Meals will include healthy foods from regional and local sources to the greatest extent practicable, by supporting partnerships with food suppliers. Parkrose schools will pursue opportunities to offer regionally grown foods at every location in the school site where food is sold, and at all school-sponsored events and activities.
 11. Students are provided adequate time and space to eat meals in a pleasant and safe environment.

School dining areas will be reviewed to ensure:

- a. Tables and chairs are of the appropriate size for students;
- b. Seating is not overcrowded;
- c. Students have a relaxed environment;
- d. Noise is not allowed to become excessive;
- e. Rules for safe behavior are consistently enforced;
- f. Tables and floors are cleaned between meal periods;
- g. The physical structure of the eating area is in good repair;
- h. Appropriate supervision is provided;
- i. School lunch programs are designed to enhance student learning and increase positive behaviors (e.g. recess before lunch, breakfast in the classroom).

12. To the extent possible and with every effort, foods will contain as little high fructose corn syrup as possible. Food will be less packaged and least processed as possible. Fresh foods will be served as much as possible.
13. 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

School Employee Wellness

The district encourages participation in school wellness programs from all employees, employees are not limited to instructional staff (i.e., teachers and instructional assistants) but include administrators and all support staff. The following groups are seen as essential for establishing, implementing and sustaining an effective school employee wellness program: school personnel who implement existing wellness programs in the district, i.e., school employee wellness committee and they may be the district personnel who implement health programs for students such as, but not limited to, school health coordinator, school nurses, psychologist, health and physical educators, nutrition professionals, counselors and other school staff. These groups may include decision makers who have the authority to approve policy and provide administrative support essential for a school wellness program.

Other School Based Activities

The district may provide the following activities and will encourage healthy practices which promote local wellness such as:

1. Scoliosis screenings;
2. Intramural sports;
3. Foodless Fundraisers;
4. Monthly/Weekly school walks;
5. Assemblies which focus on wellness issues such as obesity and obesity related diseases, healthy eating, and the benefits of physical exercise;
6. The use of alternates to food as rewards in the classroom;
7. Limit the amount of foods with no nutritional value that are sold in vending machines; and
8. Support groups for students with issues about weight.

Marketing and Promotion

School based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet nutrition standards for meals or for foods sold individually. School-based marketing of brands promoting predominantly foods and beverages of minimal nutritional value (FMNV) is discouraged. The promotion of healthy foods, including fruits, vegetables, whole grains, low-fat dairy products and low-fat proteins is encouraged. Attractive, current, nutritional education materials will be prominently displayed in the dining area, and changed periodically throughout the year.

Foods of Minimal Nutritional Value (FMNV) and Competitive Food Sales

In keeping with federal regulations, the district controls the sale of all competitive foods. Accordingly, the district will select food items that meet the Oregon Smart Snacks nutrition standards. The superintendent will

strive to ensure that nutritious foods are available as an option whenever food is sold or served on district property or at district sponsored events.

The sale of foods in competition with the district's NSLP/SBP meals shall be permitted when all income from the food sales accrues to the benefit of the district's nutrition and food services operation or school or student organization as approved by the Board.

Other Foods Offered or Sold

Foods offered in classrooms or school-sponsored activities and food and beverage items sold after the school day as part of an approved school fund-raising events shall be nutritious foods as determined by the district's wellness committee, and focus on healthy offerings.

Staff Development

Ongoing professional development training opportunities for staff will be encouraged. Staff responsible for nutrition education will be encouraged to participate in professional development activities to effectively deliver the nutrition education program as planned. Nutrition and food services personnel receive opportunities to participate in professional development activities that address strategies for promoting healthy eating behavior, food safety, maintaining safe, orderly and pleasant eating environments and other topics directly relevant to the employee's job duties. The building principal is responsible to ensure such training is made available including, but not limited to, the following:

1. Personnel management;
2. Financial management and record keeping;
3. Cost- and labor-efficient food purchasing and preparation;
4. Sanitation and safe food handling, preparation and storage;
5. Planning menus for students with special needs and students of diverse cultural backgrounds;
6. Customer service and student and family involvement;
7. Marketing healthy meals; and
8. Principles of nutrition education, including selected curriculum content and innovative nutrition teaching strategies;
9. Assessment by staff of their own eating practices and increased awareness of behavioral messages staff provide as role models.

Family and Community Involvement

In order to promote family and community involvement in supporting and reinforcing nutrition education in the schools, the building principal is responsible for ensuring:

1. Nutrition education materials and cafeteria menus are sent home with students;
2. Parents are encouraged to send healthy snacks/meals to school;
3. Schools will provide families a list of foods that meet the district's snack standards, as well as ideas for healthy treats for celebrations and parties.
4. Parents and other family members are invited to periodically eat with their student in the cafeteria;
5. Families are invited to attend exhibitions of student nutrition projects or health fairs;
6. Nutrition education workshops and screening services are offered;
7. Nutrition education homework that students can do with their families is assigned (e.g., reading an interpreting food labels, reading nutrition-related newsletters, preparing healthy recipes, etc.);
8. School staff are encouraged to cooperate with other agencies and community groups to provide opportunities for student volunteer or paid work related to nutrition, as appropriate;
9. School staff encourages and provides support for parental involvement in their children's physical education;

10. Materials promoting physical activity are sent home with students; and
11. Physical activity is a planned part of school-community events as often as possible.
12. Twice annually, the superintendent will meet with the Parent Advisory Council to discuss school food programs nutrition.

Program Evaluation

In order to evaluate the effectiveness of the local wellness program in promoting healthy eating, increased physical activity among students and to implement program changes as necessary to increase its effectiveness, the superintendent or designee is responsible for ensuring as many evaluation measures as possible are implemented:

1. Board policy and this administrative regulation are implemented as written;
2. All building, grade-level nutrition education curricula and materials are assessed for accuracy, completeness, balance and consistency with state and local district educational goals and standards;
3. Nutrition education is provided throughout the student's school years as part of the district's age appropriate, comprehensive nutrition program;
4. Teachers deliver nutrition education through age-appropriate, culturally relevant, participatory activities that include social learning strategies and activities;
5. Teachers and school nutrition and food services personnel have undertaken joint project planning and action;
6. Teachers have received curriculum-specific training;
7. Families and community organizations are involved, to the extent practicable, in nutrition education;
8. One or more persons within the local educational agency or at each school, as appropriate, will be charged with the operational responsibility of ensuring that the policy and administrative regulations are followed and will develop an evaluation plan to be used to assess the district's level of compliance with the requirements;
9. Teachers provide physical activity instruction and programs that meet the needs and interests of all students;
10. District developed survey of "Healthy Wellness Practices" given annually;
11. Each building will be encouraged to develop and implement a wellness goal each year.

Social Emotional Health Awareness and Education

To the extent possible, the Parkrose School District will promote awareness of and education for the social emotional health of its students, families and staff. Skills such as grit, determination, self-regulation and resiliency will be taught explicitly to our students and evaluated. Parkrose School District categorically rejects any practices that encourage bullying, hopelessness, violence, depression or feelings of not belonging. We will actively promote and encourage students and families to use the services of our School Based Health Center when needed for assistance with issues of physical and social emotional health.