

DRAFT FOR READOPTION 10/2011: Edits and additions to policy are noted in bold print and have been approved by the District Wellness Committee and Superintendent Karen Gray.

PARKROSE DISTRICT WELLNESS POLICY

The Parkrose School Board recognizes the important connection between a healthy lifestyle and a student's ability to learn effectively. The Board 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. 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. Research shows that a multi-component, comprehensive approach to school wellness is most effective at improving student health and academic success. The Parkrose School Board supports a health and wellness approach that includes school and community partners, uses school data to drive decision-making, and focuses on evidence-based strategies.

Students need to possess the knowledge and skills necessary to make healthy choices for a lifetime and to learn in an environment that is conducive to making healthy choices. The superintendent 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 Board's commitment to providing adequate 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. The superintendent or designee 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 12, and coordinated with the district's nutrition and food services operation.

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 **served and** sold in a K-12 public school as part of the regular or extended school day shall meet minimum standards as set forth in state law, including food and beverages served as part of the United States Department of Agriculture's National School Lunch Program (NSLP) and/or School Breakfast Program (SLP) .

Exceptions include items that are sold at times when the school is being used for school related events or non-school related events for which parents and other adults are a significant part of an audience or are selling food or beverage items before, during, or after the event such as a sporting event, interscholastic activity, a play, band or choir concert.

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. 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.

The superintendent is directed to develop administrative regulations to implement this policy, including such provisions as may be necessary to address all food and beverages sold and/or served to students at school (i.e., competitive foods, snacks and beverages sold from vending machines, school stores, and fund-raising activities and refreshments that are made available at school parties, celebrations and meetings), including provisions for staff development, family and community involvement and program evaluation.

Physical Education/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. Every public 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 at least 150 minutes during each school week and students in grades 6 through 8 for at least 225 minutes per school week. At least 50 percent of the weekly physical education class time shall be devoted to **moderate to vigorous** 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 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 district or public charter school.

Physical activity should be included in a school's daily education program from grades pre-K through 12. 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 and program minute requirements in order to meet the Oregon Department of Education's physical education content standards and state law.

Reimbursable School Meals

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

Other School-Based 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.

Evaluation of the Parkrose District Wellness Policy

The Board will involve parents, students, representatives of the school food authority, school administrators and the public in the development and review of this policy. In an effort to measure the implementation of this policy, **each school will identify a designee responsible for ensuring that the local wellness policy is implemented. A written report is submitted and presented to the District Wellness Committee once every school year during May. The District Wellness Committee is responsible for evaluating the reports for compliance with district policy. A brief reporting tool developed by the Parkrose District Wellness Committee will be given to school principals to complete, and will include an assessment of the school's implementation of District Wellness Administrative Rules.**

END OF POLICY

Legal Reference(s):

ORS 332.107

HB 2650 (2007)

OAR 581-051-0100

OAR 581-051-0305

OAR 581-051-0310

OAR 581-051-0400

National School Lunch Program, 7 C.F.R. Part 210 (2006).

School Breakfast Program, 7 C.F.R. Part 220 (2006).

Child Nutrition and WIC Reauthorization Act of 2004 § 204, 42 U.S.C. § 1751 (2006).

EFA: Local