

## Gresham-Barlow SD 10

Code: EFA  
Adopted: 6/01/06  
Revised/Readopted: 6/08/17; 11/01/23

### Local Wellness

The district is committed to the optimal development of every student and believes that a positive, safe and health-promoting learning environment is necessary for students to have the opportunity to achieve personal, academic, developmental and social success.

To help ensure students possess the knowledge and skills necessary to make healthy choices for a lifetime, 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 that fosters healthy eating through nutrition education and promotion, serving healthy and appealing foods at district schools, developing food-use guidelines for staff and establishing liaisons with nutrition service providers, as appropriate.

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#### POLICY IMPLEMENTATION, MONITORING, ACCOUNTABILITY AND COMMUNITY ENGAGEMENT

##### Implementation

The district shall manage and coordinate the implementation of this local wellness policy.

Implementation will consist of, but not be limited to, the following:

1. Delineating roles, responsibilities, actions and timelines specific to each school;
2. Generating and disseminating information about who will be responsible to make what change, by how much, where and when;
3. Establishing standards for all foods and beverages provided (but not sold) to students during the school day on participating school campuses;
4. Establishing standards and nutrition guidelines for all foods and beverages sold to students during the school day on participating school campuses that meet state and federal nutrition standards for NSLP and SBP, competitive foods, permit marketing of same that meets the competitive food nutrition standards, and promotes student health and reduces child obesity; and
5. Establishing specific goals for nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

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The Board designates the superintendent or designee responsible for ensuring each school meets the goals outlined and complies with this policy.

### **Notification of Policy**

The district will inform the public about the content and implementation of the local wellness policy, and post the policy and any updates to the policy on the district website annually. Included will be, if available, the most recent assessment of the implementation, and a description of the progress being made in attaining the goals of the policy.

The district will publicize the name and contact information of the district or school official(s) leading and coordinating the policy and information on how the public can get involved with the local wellness policy. This information will be published on the district's website and in district communications.

### **Triennial Progress Assessments**

At least once every three years, the district will evaluate the implementation of this policy and its progress with a triennial assessment and produce a progress report that will include:

- ~~1.~~ 1. The extent to which schools under the jurisdiction of the district are in compliance with the policy;
- ~~2.~~ 2. The extent to which the district's policy compares to model local school wellness policy<sup>{1}</sup>; and
- ~~3.~~ 3. A description of the progress made in attaining the goals of the district's policy.

The district will publish the triennial progress report on the district website when available. The district will update or modify the policy based on results of the triennial assessment.

### **Community Involvement, Outreach and Communications (Review of, and Updating Policy)**

The district will communicate information about opportunities in community news, on the district's website, on school websites, and/or in district or school communications. The district will ensure that communications are culturally and linguistically appropriate to the community.

Parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the Board, school administrators, and the general public will be solicited to participate in the periodic review and update of the local school wellness policy.

### **NUTRITION PROMOTION AND NUTRITION EDUCATION**

Nutrition promotion and nutrition education positively influence lifelong eating behaviors by using evidence-based strategies and techniques and nutrition messages and by creating food environments that support healthy nutrition choices.

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<sup>1</sup> {Model Wellness Policy resource published by the Alliance for a Healthier Generation. OSBA makes no representation of its compliance by providing this resource.}

**Commented [LF1]:** The NSLP requires the local wellness plan to include a statement about required annual notification.

**Commented [LF2]:** Identify how and when the triennial progress assessments are completed and how the assessment results will be published.

To promote nutrition education in the schools, the principal is responsible for ensuring the following goals are implemented:

**Commented [LF3]:** The NSLP requires the local wellness policy to include goals on promotion of nutrition education – to later be evaluated.

4. <sup>{2}</sup> [Students and staff will receive consistent nutrition messages throughout the school environment;

5. <sup>1</sup> Nutrition education is provided throughout the student's school years as part of the district's age-appropriate, comprehensive nutrition program[ (which includes the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements, safe food preparation, and handling and storage related to food and eating)], and is aligned and coordinated with the Oregon Health Education Standards and school health education programs;

6. <sup>2</sup> Nutrition education will include culturally relevant, participatory activities that include social learning strategies and activities that are aligned and coordinated with the Oregon Health Education Standards and school health education programs;

7. <sup>3</sup> Teachers will receive curriculum-specific training;

8. Parents and families are encouraged through school communications to send healthy snacks/meals and [reusable] water bottles with their student to school;

9. Families and community organizations are involved, to the extent practicable, in nutrition education;

10. Nutrition education homework that students can do with their families is assigned (e.g., reading and interpreting food labels, reading nutrition-related newsletters, preparing healthy recipes);

11. Materials on how to assess one's personal eating habits, set goals for improvement and achieve those goals;

Nutrition promotion, including marketing and advertising nutritious foods and beverages to students, will be implemented consistently through a comprehensive and multi-channel approach, (e.g., in the classroom, cafeteria and at home) by staff, teachers, parents, students and the community.

To ensure adequate nutrition promotion, the following goals will be implemented:

1. <sup>{3}</sup> <sup>1</sup> Information about available meal programs is distributed prior to or at the beginning of the school year and at other times throughout the school year;

2. <sup>2</sup> Information about availability and location of a Summer Food Service Program (SFSP) is distributed;

<sup>2</sup> {The goals listed are examples; districts are required to include goals in the policy. Districts are encouraged to evaluate needs and resources and to develop specific goals. Districts are required to "review and consider evidence-based strategies and techniques" (7 CFR 210.31(c)(1)). Model Wellness Policy resource published by the [Alliance for a Healthier Generation](#). OSBA makes no representation of its compliance by providing this resource.}

<sup>3</sup> {The goals listed are examples; districts are required to include goals in the policy. Districts are encouraged to evaluate needs and resources and to develop specific goals. Districts are required to "review and consider evidence-based strategies and techniques" (7 CFR 210.31(c)(1)). Model Wellness Policy resource published by the [Alliance for a Healthier Generation](#). OSBA makes no representation of its compliance by providing this resource.}

- 3- **3.** Nutrition promotion materials are sent home with students, published on the district website, and distributed at parent-teacher conferences;
- 4- **4.** Parents and families are encouraged through school communications to send healthy snacks/meals and reusable water bottles with their student to school.

### School Meals

All schools within the district participate in U.S. Department of Agriculture (USDA) child nutrition programs, administered through the Oregon Department of Education (ODE), including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), Summer Food Service Program (SFSP), Supper programs or others. The district also operates additional nutrition-related programs and activities including Farm-to-School programs, Breakfast in the Classroom, Mobile Breakfast carts or Grab 'n' Go Breakfast.

The district's available meal program(s) will operate to meet meal pattern requirements and dietary specifications in accordance with the Healthy, Hunger-Free Kids Act and applicable federal laws and regulations.

The [principal(s)] will support nutrition and food services operation as addressed in Board policy EFAA – District Nutrition and Food Services and its accompanying administrative regulation EFAA-AR – Reimbursable Meals and Milk Programs.

**Commented [LF4]:** The NSLP requires the local wellness policy to identify how schools will comply with nutrition services requirements.

### Water

Free, safe, unflavored, drinking water will be available to all students throughout the school day and throughout every school campus. The district will make drinking water available where school meals are served during mealtimes.

### Competitive Foods and Beverages

The district **controls** the sale of all competitive foods. All foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed Smart Snacks Standards<sup>4</sup>.

**Deleted:** shall approve

**Deleted:** These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores, and snack or food carts.

### Celebrations and Rewards/Incentives

All foods and beverages offered on the school campus are encouraged to meet the nutrition standards set by the USDA and the Oregon Smart Snacks Standards. This includes, but is not limited to, celebrations, parties, and classroom snacks brought by parents.

### Fund Raising

Foods and beverages that meet or exceed the nutrition standards set by the USDA and the Oregon Smart Snacks Standards may be sold through fund raisers on the school campus during the school day. Such requests to conduct a fund raiser will be submitted to the principal for approval before starting.

<sup>4</sup> Oregon Department of Education,

## Food and Beverage Marketing in Schools

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the nutrition standards for competitive foods set by the USDA.

## PHYSICAL ACTIVITY AND PHYSICAL EDUCATION

Physical activity should be included in the school's education program for grades pre-K through 12 and include regular, instructional physical education, as well as co-curricular activities and recess.

A quality physical education program is an essential component for all students to learn about and participate in physical activity. The district will develop and assess student performance standards and program minute requirements in order to meet ODE's physical education content standards and state law.

In order to ensure students are afforded the opportunity to engage in physical education and physical activity in the school setting, the following goals are established:

5. <sup>{5}</sup> 1. [Physical education will be a course of study that focuses on students' physical literacy and development of motor skills;
6. ~~Staff encourages and provides support for parental involvement in their children's physical education;~~
7. 2. Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate knowledge, skills and confidence to become physically literate;
8. 3. Instruction, provided by adequately prepared teachers, i.e., licensed or endorsed to teach physical education, will meet the state adopted academic content standards for physical education (Oregon Revised Statute (ORS) 329.045). Teachers of physical education shall regularly participate in professional development activities annually;
9. <sup>{6}</sup> ~~Every public school student in [pre-]kindergarten through grade 8 shall participate in physical education for the entire school year. Students in kindergarten through grade [5] [6] shall participate for at least 150 minutes during each school week, and students in grades [6] [7] through 8 for at least an average of 150 minutes during each school week, as calculated over the duration of a school year;~~
10. ~~Physical activity will be integrated across curricula and throughout the school day. Movement will be made a part of all classes or courses as part of a well-rounded education;~~
11. ~~Physical activity during the school day (including, but not limited to, recess, classroom physical activity breaks or physical education) will not be used as a punishment or a reward;~~

Commented [LF5]: The NSLP requires a local wellness policy to include goals, to later be evaluated.

<sup>5</sup> {The goals listed are examples; districts are required to include goals in the policy. Districts are encouraged to evaluate needs and resources and to develop specific goals. Districts are required to "review and consider evidence-based strategies and techniques" (7 CFR 210.31(c)(1)). Model Wellness Policy resource published by the [Alliance for a Healthier Generation](#). OSBA makes no representation of its compliance by providing this resource.}

<sup>6</sup> {Districts are required to provide the specified number of physical education minutes, but are not required to include them as goals or in this policy. If the district operates K-5 elementary schools, select "5" in the first bracket and "6" in the second bracket. If the district operates K-6 elementary schools, select "6" in the first bracket and "7" in the second bracket.}

12. ~~[7] At least 50 percent of the weekly physical education class time in grades K through 8 shall be devoted to actual physical activity;~~

13. ~~Physical activity is a planned part of all school-community events;~~

14. ~~Materials promoting physical activity are sent home with students and published on the district website.]~~

[8] A student with a disability shall have suitably adapted physical education incorporated as part of their individualized education program (IEP) developed 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 their individualized health plan, developed by the district.]

### **Other Activities that Promote Student Wellness**

The district will integrate wellness activities throughout the entire school environment (districtwide). The district will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicated and work toward the same set of goals promoting student well-being, optimal development and strong educational outcomes.

The district will provide the following activities and encourage the following practices which promote local wellness:

15. ~~Seoliosis screenings;~~

16. ~~1. Safe Routes to Schools Program;~~

17. ~~Physically active family and community engagement activities for families to learn about healthy eating or to practice being active together (e.g., skate night, fun run, dance night);~~

18. ~~2. Nonfood-related fund raisers;~~

19. ~~3. Physical activity energizers during transitions from one subject to another;~~

20. ~~Intramural sports;~~

21. ~~Monthly/Weekly school walks;~~

22. ~~Assemblies which focus on wellness issues such as the importance of breakfast, healthy beverages, and how students and staff can incorporate 60 minutes of physical activity into their day;~~

23. ~~4. Use of alternates to food as rewards in the classroom;~~

<sup>7</sup> {This language is not required to be in policy, but this is a required action pursuant to ORS 329.496.}

<sup>8</sup> {This language is not required to be in policy, but this is a required action pursuant to ORS 329.496.}

24. Creation of connections between out-of-school time (OST) programs that involve staff members from OST programs, both school- and community-based, in school initiatives that address healthy eating, such as school wellness teams or wellness committees;
25. Integration of social, emotional and mental health supports into school programs (e.g., promote a positive school climate where respect is encouraged and students can seek help from trusted adults);
26. Communication between classroom teachers and nutrition staff, so that menus and nutrition promotion can be tied into classroom learning and coursework;
27. Include wellness as a standing agenda item for school-based meetings (e.g., staff meetings, site council meetings, PTO).

#### DEFINITIONS

1. “Competitive food” means all food and beverages other than meals reimbursed under programs authorized by the Richard B. Russell National School Lunch Act and the Child Nutrition Act available for sale to students on the school campus during the school day.
2. “Food and beverage marketing”<sup>9</sup> is defined as advertising and other promotion in schools. Food and beverage marketing often includes an oral, written or graphic statement made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product.
3. “Oregon Smart Snacks Standards”<sup>10</sup> means the State’s minimum nutrition standards for competitive foods and beverages (ORS 336.423).
4. “School day” means, for the purpose of competitive food standards implementation, the period from the midnight before, to 30 minutes after the end of the official school day, i.e., at the conclusion of afternoon student activities, such as athletic, music or drama practices, clubs, academic support and enrichment activities.
5. “School campus” means, for the purpose of competitive food standards implementation, all areas of property under the jurisdiction of the school that are accessible to students during the school day.

#### END OF POLICY

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#### Legal Reference(s):

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<sup>9</sup> This term includes, but is not limited to, the following: brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container; displays, such as on vending machine exteriors; corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: Immediate replacement of these items is not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is financially possible over time so that items are in compliance.); corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, student assignment books or school supplies displayed, distributed, offered or sold by the district; advertisements in school publications or school mailings; free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

<sup>10</sup> Oregon Department of Education, [Oregon Smart Snacks Standards](#)

[ORS 327.531](#)  
[ORS 327.537](#)  
[ORS 329.496](#)  
[ORS 332.107](#)

[ORS 336.423](#)  
[OAR 581-051-0100](#)  
[OAR 581-051-0305](#)

[OAR 581-051-0306](#)  
[OAR 581-051-0310](#)  
[OAR 581-051-0400](#)

Healthy, Hunger-Free Kids Act of 2010, 42 U.S.C. §1758b (2018).  
National School Lunch Program, 7 C.F.R. Part 210 (2022).  
School Breakfast Program, 7 C.F.R. Part 220 (2022).  
[House Bill 3199](#) (2023).

**Cross Reference(s):**

EFAA - District Nutrition and Food Services



## DRAFT - Naming of New Facilities

The Board shall be responsible for naming any building, site or other facility which is the property of the district.

In considering names for facilities, the board will use an equity framework and give preference to names associated with the community. Names of historical persons, places and events may be considered. ~~Names of living persons will not be considered.~~ **Names of persons who are living or have been deceased for less than three years will not be considered.**

Pursuant to OAR 581-021-0047, facilities will not use names associated with or significant to a Native American Tribe unless the school district enters into an approved written agreements with that federally recognized Native American Tribe in Oregon.

Recommendations from parent groups, students and residents of the district will be considered. The superintendent will, upon request of the Board, prepare a list of possible names for new facilities. The Board may establish a committee for screening, reviewing and suggesting names.

### **Naming of Areas or Spaces in a School or District Facility**

Areas or spaces in a school or district facility (ie: library, gym, cafeteria, field) may be named after an individual with approval from the Board for a period of 5 years. Names of persons who are living or have been deceased for less than three years will not be considered. At the end of the approved period, the Board may approve an extension of the named space for an additional 5 years if the purpose of naming the area remains relevant and in alignment with school & district priorities. Such requests will identify the area/space to be named, the purpose, and will be provided to the Superintendent or Board of Directors in writing for consideration.

### **Special Honorary Plaque**

A plaque in honor of an individual's special contribution or accomplishment may be placed in a school or district facility with approval from the Board for a period of 5 years. At the end of the approved period, an extension of an additional 5 years may be granted if the recognition remains relevant and in alignment with school & district priorities. Plaques may honor living or deceased persons. Such requests will identify the location of the plaque, the reason for the recognition, and will be provided to the Superintendent or Board of Directors in writing for consideration.