

Multnomah Education Service District

Code: EFA
Adopted: 11/15/05
Revised/Readopted: 10/27/14; 1/20/15; 6/20/17;
5/17/22, Update Date

Local Wellness Program

The ESD 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 ESD nutrition program consistent with state and federal requirements for ESDs 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 ESD schools, developing food-use guidelines for staff and establishing liaisons with nutrition service providers, as appropriate.

The input of staff (including, but not limited to, physical education and school health professionals), students, parents, the public, the Board, school administrators, representatives of the school food authority and public health professionals will be encouraged in the development of wellness policy. ~~The Board shall establish a Wellness Advisory Committee to advise the ESD in the creation of the local wellness policy.~~ The superintendent will develop guidelines as necessary to implement the goals of the local wellness plan and ensure compliance of such policy.

WELLNESS POLICY IMPLEMENTATION, MONITORING, ACCOUNTABILITY AND COMMUNITY ENGAGEMENT

Implementation Plan

The ESD shall develop and maintain a plan to manage and coordinate the implementation of this wellness policy.

The plan will:

1. Delineate roles, responsibilities, actions and timelines specific to each school;
2. Include information about who will be responsible to make what change, by how much, where and when;
3. Include specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, and in food and beverage marketing; and
4. Include specific goals and objectives for nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

In an effort to measure the implementation of this policy, the Board designates the superintendent as the person who will be responsible for ensuring each school meets the goals outlined in this policy.

Record Keeping

The ESD will retain the following records to document compliance with the requirements of the wellness policy at the ESD's administrative offices.

1. The written wellness policy;
2. Documentation demonstrating that the policy has been made available to the public;
3. Documentation of efforts to review and update the local wellness policy, including an indication of who is involved in the update and the methods the ESD uses to make stakeholders aware of their ability to participate;
4. Documentation to demonstrate compliance with the annual public notification requirements;
5. The most recent assessment on the implementation of the local wellness policy;
6. Documentation demonstrating the most recent assessment on the implementation of the local wellness policy has been made available to the public.

Annual Notification of Policy

The ESD 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 the policy. The ESD will make this information available through the ESD website and/or ESD-wide communications. The ESD will also publicize the name and contact information of the ESD or school official(s) leading and coordinating the policy, as well as information on how the public can get involved with the local wellness policy.

Triennial Progress Assessments

At least once every three years, the ESD will evaluate compliance with the local wellness policy, to assess the implementation of the policy and produce a triennial progress report that will include:

1. The extent to which schools under the jurisdiction of the ESD are in compliance with the policy;
2. The extent to which the ESD's policy compares to model wellness policy; and
3. A description of the progress made in attaining the goals of the ESD's policy.

The ESD will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The ESD will update or modify the local wellness policy based on the results of the triennial assessments and/or as ESD priorities change; community needs change; wellness goals are met; new health science, information and technology emerge; and new federal or state guidance or standards are issued. The local wellness policy will be assessed and updated as indicated at least every three years following the triennial assessment.

Community Involvement, Outreach and Communications

The ESD will actively communicate ways in which the community can participate in the development, implementation and periodic review and update of the local wellness policy through a variety of means appropriate for the ESD. The ESD will also ensure that communications are culturally and linguistically appropriate to the ~~community~~, and community and accomplished through means similar to other ways that the ESD and individual schools are communicating important school information with parents.

NUTRITION PROMOTION AND NUTRITION EDUCATION

Nutrition promotion and nutrition education positively influence lifelong eating behaviors by using evidence-based practices, developmentally appropriate instruction, and consistent nutrition messaging across the school environment.

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

1. Nutrition education is provided throughout the student's school years as part of the ESD's age-appropriate, comprehensive nutrition program, and is aligned and coordinated with the Oregon Health Education Standards and school health education programs;
2. Nutrition education will be integrated into relevant subjects and will include opportunities for students to build practical skills such as identifying healthy food choices, understanding nutrition labels, and recognizing the influence of food marketing;
3. Nutrition education will incorporate culturally inclusive examples and, when feasible, hand-on learning opportunities such as tastings and garden-based activities;
4. Parents and families are encouraged through school communications to send healthy snacks/meals and reusable water bottles with their student to school;
5. Families and community organizations are involved, to the extent practicable, in nutrition education.

Students and staff will receive consistent nutrition messages throughout the school environment. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by staff, teachers, parents, students and the community.

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

1. Information about availability and location of a Summer Food Service Program (SFSP) is distributed;
2. Nutrition promotion materials are published on the ESD website;
3. Marketing strategies, such as signage and resources, will be utilized to promote healthy food and

beverages throughout the school.

~~Nutrition promotion and nutrition education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, by creating food environments that encourage healthy nutrition choices and by encouraging participation in school meal programs. Students and staff will receive consistent nutrition messages throughout the school environment. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by staff, teachers, parents, students and the community.~~

School Meals

All participating schools within the ESD take part in the 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). Meals served through the district's food services program shall comply with the National School Lunch Program and School Breakfast program for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served.

~~All schools within the ESD participate in the 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).~~

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals.

Water

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

Competitive Foods and Beverages

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 the nutrition standards set by the USDA and the Oregon Smart Snacks Standards¹. 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

All foods 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, classroom snacks brought by parents, rewards and incentives.

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.

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 set by the USDA and the Oregon Smart Snacks Standards.

“Food and beverage marketing” 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.

PHYSICAL ACTIVITY AND PHYSICAL EDUCATION

Physical activity should be included in the school’s daily education program for grades pre-K through 12 and include regular, instructional physical education, as well as co-curricular activities and recess. Schools will provide physical education that fosters lifelong habits of physical 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. The ESD will develop and assess student performance standards and program minute requirements² in order to meet the ODE’s physical education content standards and state law³.

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;

1. Staff encourages and provides support for parental involvement in their children’s physical education;
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;
3. 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 a least 120⁴,150⁵ minutes during each school week, and students in grades 6 through 8 for at least 180⁶, and students 9 through 12 for at least 225⁷ minutes per school week;
4. Instruction, provided by adequately prepared teachers, 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.⁸;
5. At least 50 percent of the weekly physical education class time shall be devoted to actual physical activity;
6. 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 well-rounded education;
7. 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 withheld as a

punishment;

8. Staff are encouraged to use physical activity as a reward when feasible;

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

10. Materials promoting physical activity are sent home with students.

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, or other special needs shall have suitably adapted physical education incorporated as part of their individualized health plan, developed by the ESD.⁹

Employee Wellness¹⁰

The ESD encourages 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 staff may also influence the health and learning of students. The physical and mental health of staff is integral to promoting and protecting the health of students and helps foster their academic success. The ESD's Employee Wellness Program will promote health, reduce risky behaviors of employees and identify and correct conditions in the workplace that can compromise the health of staff, reduce their levels of productivity, impede student success and contribute to escalating health-related costs such as absenteeism.

Other Activities that Promote Student Wellness

The ESD will integrate wellness activities throughout the entire school environment (ESD-wide), not just in the cafeterias, other food and beverage venues and physical activity facilities. The ESD will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complimentary, not duplicated and work toward the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

END OF POLICY

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

~~Physical activity during the school day (including, but not limited to, recess, classroom physical activity breaks or physical education) will not be withheld as punishment for any reason.~~

~~The Board realizes that a quality physical education program is an essential component for all students to learn about and participate in physical activity. The ESD will develop and assess student performance standards and program minute requirements² in order to meet the ODE's physical education content standards and state law³. 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~~

¹Oregon Department of Education, Oregon Smart Snacks Standards

²The physical education minute requirements revised in Senate Bill 4 (2017), now have a two-year delay on implementation for elementary schools, and a four-year delay on implementation for middle schools.

³Ibid. p. 4

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²The physical education minute requirements revised in Senate Bill 4 (2017), now have a two-year delay on implementation for elementary schools, and a four-year delay on implementation for middle schools.

³Ibid. p. 4

⁴These are the minimum PE requirements in elementary schools for school year 2019-2020.

⁵These are the minimum PE requirements in elementary schools for school year 2020-2021.

⁶These are the minimum PE requirements in middle schools (or grades 6 through 8) for school year 2021-2022.

⁷These are the minimum PE requirements in middle schools (or grades 6 through 8) for school year 2022-2023.

⁸This language is not required to be in policy, but this is a required action pursuant to ORS 329.496.

⁹Ibid. p. 5

¹⁰This language is optional and is not required by state or federal law.

a least 120⁴,150⁵ minutes during each school week, and students in grades 6 through 8 for at least 180⁶, 225⁷ 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 (Oregon Revised Statute (ORS) 329.045). Teachers of physical education shall regularly participate in professional development activities.⁸

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

Other Activities that Promote Student Wellness

The ESD will integrate wellness activities throughout the entire school environment (ESD-wide), not just in the cafeterias, other food and beverage venues and physical activity facilities. The ESD will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complimentary, not duplicated and work toward the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

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Legal Reference(s):[ORS 329.531](#)[ORS 327.537](#)[ORS 329.496](#)[ORS 334.125](#)[ORS 336.423](#)[OAR 581-051-051-0100](#)[OAR 581-051-051-0305](#)[OAR 581-051-051-0306](#)[OAR 581-051-051-0310](#)[OAR 581-051-051-0400](#)

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 - MESD Nutrition and Food Services

[EFA AR\(2\) – Employee Wellness Program](#)