

## **Local Wellness Program - Administrative Regulations**

The district is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

Therefore, it is the policy and accompanying administrative regulations that:

1. The district may engage students, parents, teachers, food service professional, health professionals and others in developing, implementing, monitoring, and reviewing districtwide nutrition and physical activity policy and administrative regulations. This may include input from site councils, booster groups, public hearings, parent groups and shall be coordinated through the District Planning Team and ultimately approval by the Board.
2. All students in grades K-12 will have opportunities, support and encouragement to be physically active on a regular basis. Physical education classes shall conform at a minimum with applicable Oregon state law and Oregon Department of Education guidelines.
3. Students will have access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic and cultural diversity of the student body in meal planning; and will provide clean, safe and pleasant settings and adequate time for students to eat.
4. To the maximum extent possible, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program).
5. Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

To achieve these goals:

1. Health Council

The district Health Council shall be coordinated as a part of and within the District Planning Team. The purpose of the district Health Council shall be to create, strengthen, or work within existing school policies and procedures to develop, implement, monitor, review, and as necessary, revise school nutrition and physical activity policies and refer such to the Board for approval. The Health Council also will serve as a resource to school sites for implementing those policies.

## 2. Nutritional Quality of Foods and Beverages Sold and Served on Campus

### a. School Meals

- (1) Meals served through the National School Lunch and Breakfast Programs will strive to:
  - (a) Be appealing and attractive to children;
  - (b) Be served in clean and pleasant settings;
  - (c) Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
  - (d) Offer a variety of fruits and vegetables;
  - (e) Serve at least two choices of milk including 1 percent and/or fat free milk. Whole milk and other milk may be made available on request;
  - (f) Serve at least half of all grains that are whole grain.

### (2) Breakfast

- (a) To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:
  - (i) Schools will, to the extent possible, operate the School Breakfast Program;
  - (ii) Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, “grab and go” breakfast, or breakfast during morning break or recess;
  - (iii) Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program;
  - (iv) Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

### (3) Free and Reduced-priced Meals

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals. Toward this end, schools may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as “grab and go” or classroom breakfast.

### (4) Meal Times and Scheduling

Schools:

- (a) Will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- (b) Should schedule meal periods at appropriate times, (e.g. lunch should be scheduled between 11:00 a.m. and 1p.m.;

- (c) Should not schedule tutoring, club, or organizational meeting or activities during mealtimes, unless students may eat during such activities;
- (d) Will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- (e) Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

(5) Sharing of Foods and Beverages

Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

- (6) Foods and beverages sold individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria, ala carte lines, student stores, etc.)-
- (7) Elementary Schools

The school food service program will approve and provide all food and beverage sales to students in the elementary schools. Given young children's limited nutrition skills, food in elementary school should be sold as balance meals. Elementary students shall not have beverage or snacks vending available to them. Students will be encouraged to bring healthful lunches if they bring their own lunch. Soda pop or carbonated drinks of any kind will not be allowed in student lunches at the elementary level.

(8) Secondary Schools

In all middle and high schools, all foods and beverages sold individually inside the reimbursable school meal programs (including those sold through ala carte (snack) lines, vending machines, during the school day will meet the following guidelines:

(a) Beverages

- (i) Allowed: All milk products, water, flavored water with less than 10 calories, 100 percent fruit juices, decaf coffee and tea products, cocoa.
- (ii) Not Allowed: Soft drinks, sport drinks, caffeinated tea and coffee, fruit drinks with less than 100 percent real fruit juice.

(b) Foods

- (i) Not allowed: Candy, pop tarts, chips, pastry, doughnuts, any fried pastry, most pre-fried and all fried foods, sugar coated breakfast cereal high in fat and calories, waffle on a stick, foods high in sodium, fat, and added sugars.
- (ii) Allowed: all approved foods through the National School Lunch Program, ice cream (limited occasions), popcorn, yogurts, low calorie energy/granola bars.
- (iii) A choice of at least two fruits and or/non-fried vegetables. Such items could include but are not limited to, fresh fruits and vegetables; 100 percent fruit or vegetable juice; cooked dried or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables. Cooks will work with cook manager to refine menus to meet the above requirements.

b. Fundraising Activities

All fundraising activities shall be approved by the principal. Principals shall strive to have a variety of food and nonfood products available for sale as fundraisers and encourage healthy choices of food products.

c. Student Stores

Student stores shall not be in direct competition with regularly scheduled meal times both in product and in timing. Principals shall approve all products sold in student stores and shall encourage an array of choices that include healthful alternatives.

d. After-school Concession Stands

After-school concession stands are encouraged to offer healthful alternatives but have no restrictions as to products sold. The middle school may continue to operate one soft drink machine in the gymnasium during athletic contests as its only concession stand. It is not to be available to students during the school day.

e. Student Rewards/Celebrations

Schools may continue to use food rewards and have celebrations in classrooms upon principal approval. Principals will encourage healthful reward and celebration food products.

f. Snacks

Snacks served during the school day, in after-school care or enrichment programs, and kindergarten rooms will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water, 100 percent fruit juices, or milk as the primary beverage.

g. Staff Wellness

The district highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The district should establish and maintain a staff wellness committee through the collective bargaining units to develop, promote and oversee a multifaceted plan to promote staff and health and wellness. The plan should be based on input solicited from staff and should outline ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle among staff. The staff wellness committee should report its recommendations to the District Planning Team and to the Board.

### 3. Physical Activity Opportunities and Physical Education

#### a. Daily Physical Education (PE) K-12

All students in grades K-12 will be encouraged to participate in physical education activities each year they are in school. At a minimum students will be required to meeting the physical education requirement set by the Oregon Department of Education.

#### b. Recess

All elementary students will have at least 20 minutes of recess a day, preferably outside, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

#### c. Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

#### d. Physical Activity and Punishment

Teachers, administrators and other district and community personnel will not use physical activity (e.g., running laps, pushups) as punishment.

#### e. Use of District Facilities Outside of School Hours

District facilities should be available to students, staff and community members before, during, and after the school day, on weekend, and during school vacations, when feasible. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. District policies concerning safety will apply at all times.

#### f. Policy Review

The superintendent or designee will develop a summary report every three years on districtwide compliance with the district's established nutrition and physical activity wellness policies and administrative regulations, based on input from schools within the district. That report will be provided to the Board and also distributed to members of the District Planning Team, Site Councils, Cook Manager and Cooks. Schedule: Oct. 2009, Oct 2012, etc.