

Gladstone School District 115

Code: **EFA**
Adopted: 9/12/01
Readopted: 6/09/10; 10/10/12; 2/11/15,
1/13/16

Local Wellness Program

The Board recognizes that 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. Childhood obesity has become a nationally recognized concern. 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 promotes 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 (including but not limited to, physical education and school health professionals), students, parents/guardians, the public, representatives of the school food authority and public health professionals will be encouraged. The superintendent or designee will develop guidelines as necessary to implement the goals of this policy throughout the District.

Nutrition Promotion and Nutrition Education

Nutrition promotion supports the integration of nutrition education throughout the school environment. Wherever health is taught in the district, nutrition education should be part of the curriculum. In addition, health education should be coordinated, whenever possible and appropriate, with the district's nutrition and food services programs.

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. Physical activity should be included in a school's daily education program for grades K through 12. Physical activity should include regular instructional physical education as well as co-curricular activities, intramural and recess. The District will develop and assess student performance standards in order to meet the Oregon Department of Education's physical education content standards.

Other School-Based Activities

The Board is committed to other school-based activities that promote wellness throughout the school district. These may include, but are not limited to, classroom guidance lessons to promote emotional health at the elementary and middle school, drug and alcohol education at all schools, and health education at all schools that promotes student understanding of lifelong fitness, personal hygiene and healthy choice development.

Nutrition Guidelines

It is the intent of the Board that district schools be proactive in encouraging students to make nutritious food choices. All food and beverage items sold to students in a K-12 public school as part of the regular or extended school day shall meet the minimum state and federal standards. Exceptions to this requirement include items that are part of the USDA National School Lunch Program or School Breakfast Program. Other exceptions are foods and beverages provided in the following instances:

1. When the school is the site of school-related events or events for which parents/guardians and other adults are a significant part of an audience; or
2. The sale of food or beverage items before, during or after 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, 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 shall be nonprofit.

The superintendent is directed to develop recommendations to implement this policy, that address all food and beverage items sold and/or served to students district schools, including provisions for staff development, family and community involvement and program evaluation. These food and beverage items include (competitive foods, snacks and beverages sold from vending machines and school stores, and similar food and beverage items from fundraising activities and refreshments that are made available at school parties, celebrations and meetings).

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 guidelines 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).

School Employee Wellness

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

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

Evaluation of the Wellness Policy

The Board will review this policy as necessary with input from staff (including but not limited to, physical education and school health professionals), parents/guardians, students, representatives of the school food authority, public health professionals, school administrators and the public. In an effort to measure the implementation of this policy the Board designates the district principals as the people who will be responsible for ensuring each school meets the goals outlined in this policy. The district 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 this policy.

END OF POLICY

Legal Reference(s):

[ORS 332.107](#)
[ORS 329.496](#)
[ORS 336.423](#)
[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).
Healthy, Hunger-Free Kids Act of 2010, Public Law 111-296 Section 204.

Cross Reference(s):

EFAA - District Nutrition and Food Services
EFAE - Child Nutrition - Hearings Procedure/Appeal Process
EFC - Vending Machines and School Stores