

# North Santiam School District

Code: **EFA**  
Adopted: 5/18/06  
Revised/Readopted: 12/18/14; 3/17/16  
Orig. Code(s): EFA

## Local Wellness Program

*(ON HOLD for April 2017 Policy Update release.)*

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. Additional research indicated 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.

To help ensure students possess the knowledge and skills necessary to make healthy choices for a lifetime, the district **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 (including, but not limited to, physical education and school health professionals), students, parents, 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.

Through collaboration among administrators, staff, community partners, parents and students, the district will identify goals for promotion of wellness at each school building.

### Nutrition Promotion and Nutrition Education

Nutrition promotion supports the integration of nutrition education throughout the school environment. Nutrition education topics shall be integrated within the sequential, comprehensive health education program taught at every grade level, 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 the district be proactive in encouraging students to make nutritious food choices. All food and beverages 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 (NSLP) or School Breakfast Program (SBP). 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 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 and SBP shall be nonprofit.

The superintendent or designee is directed to develop administrative regulations to implement this policy that address all food and beverage items sold and/or served to students in 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 fund-raising activities and refreshments that are made available at school parties, celebrations and meetings.

### **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 students in grades K through 12. Physical activity may include regular instructional physical education as well as co-curricular activities, and/or recess. The district will develop and assess student performance standards and program minute requirements in order to meet the Oregon Department of Education's (ODE) physical education content standards and state law.

Students with disabilities shall have suitably adapted physical education incorporated as part of the individualized education program developed for the student under Oregon Revised Statute (ORS) 343.151. A student who does not have an individualized education program (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 district or public charter school.

### **Reimbursable School Meals**

The district may enter into an agreement with the 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)).

### **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.

### **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 Local Wellness Policy**

The superintendent shall establish a district Health and Wellness Advisory Committee to oversee each school's health and wellness goals and activities. The advisory committee will review this policy every three years in an effort to measure its implementation and to ensure that each school meets the goals outlined. The food service director will submit a summary assessment of the implementation of this policy to be printed in the district's annual report.

**END OF POLICY**

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### **Legal Reference(s):**

ORS 329.496  
ORS 332.107  
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.