

BEND-LA PINE SCHOOLS

Administrative School District No. 1

Deschutes County, Oregon

ADMINISTRATIVE POLICY

Name: Local Wellness Program

Section: Required Policy

Code: EFA-AP

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 superintendent shall prepare and implement a comprehensive district nutrition program consistent with state and federal requirements for districts sponsoring the National School Meals Program (NSMP). The program shall reflect the board's commitment to providing adequate time for instruction to promote healthy eating through nutrition education and healthy and appealing foods at district schools. With the input of staff, students, parents, the public, representatives of the school food authority, school board, and public health professionals, the superintendent or designee will develop administrative regulations as necessary to implement the goals of this policy and ensure compliance of such policy throughout the district.

Nutrition Education

Nutrition education topics shall be integrated within the sequential, comprehensive health education program taught at every school and complemented by the district's nutrition and food services operation.

Nutrition Guidelines

It is the intent of the board that district schools take a proactive effort to encourage students to make nutritious food choices. The superintendent shall strive to ensure that nutritious foods are available as an affordable option whenever food is sold or served on district property or at district-sponsored events. This shall include encouraging parents and volunteers to provide healthy options at informal class and/or school events to celebrate special occasions and fundraisers.

The board believes that the district's nutrition and food services operation should be financially self-supporting and recognizes that the nutrition program is an essential educational and supportive 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 NSMP shall be nonprofit.

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.

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 Standards. 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.

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.

Physical Activity

The board realizes that a quality physical education program is an essential component for all students to reach their academic and physical potential. The district will assess student performance standards in order to meet the Oregon Department of Education's physical education content standards.

Physical activity should be included in a school's education program from grades K through 12. In addition, students are encouraged to participate in co-curricular/extra-curricular activities, recess, and physically active modes of transportation to and from 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), Fresh Fruit & Vegetable Program (FFVP), Summer Food Service Program (SFSP), Supper programs. The district also operates additional nutrition-related programs and activities including Farm-to-School programs and school gardens,

Evaluation of the Local Wellness Policy

At least once every three years, the district 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 district are in compliance with the policy;
2. The extent to which the district's policy compares to model wellness policy; and
3. A description of the progress made in attaining the goals of the district's policy.

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

The district will update or modify the local wellness policy based on the results of the triennial assessments and/or as district 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.

Annual Notification of 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 the policy.

Community Involvement Outreach and Communication

The district 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 district. The district will also ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents.

END OF POLICY

Legal References:

ORS 329 496 OAR 581-051-0100 OAR 581-051-0310

ORS 322 107 OAR 581-051-0305 OAR 581-051-0400

ORS 336 423 OAR 581-051-0306

Healthy, Hunger-Free Kids Act of 2010, 42 U.S.C. §1758b.

National School Lunch Program, 7 C.F.R. Part 210.

School Breakfast Program, 7 C.F.R. Part 220.

ADOPTED: 06/13/06, 7/1/09, 2/11/19

REVIEWED: 5/18/09,5/26/09, 2/8/19