

WELLNESS PROGRAM

I. PHYSICAL ACTIVITY

A. All physical education classes will be taught by appropriately certified teachers.

1. Physical Education K-8

All students in grades K-8, including students with disabilities, special health-care needs and in alternative educational settings, will have the opportunity for physical activity in PE class and/or recess, for an average of 150 minutes per week for elementary and 225 minutes per week for middle school.

2. Physical Education 9-12

All high school students in grades 9-12, including students with disabilities, will earn the state required one credit of physical education.

B. Schools are encouraged to explore other staff facilitated approaches to expand the opportunities for physical activities before school, after school and during lunch periods.

C. Daily Recess

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

2. Teachers are encouraged to limit the amount of recess withheld as a consequence for poor behavior or used as time to do school work.

3. Schools should discourage extended periods (i.e. periods of two or more hours) of inactivity.

D. Integrating Physical Activity into the Classroom Setting

1. For students to receive the nationally-recommended amount of daily physical activity (i.e. at least 60 minutes/day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end, it is recommended that:

a. Classroom teachers provide short physical activity breaks between lessons or classes as appropriate;

b. Opportunities for physical activity will be incorporated into other subject lessons;

c. Classroom health education complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television.

As a part of the overall instructional program, teachers and other school personnel will limit the use of physical activity (i.e. running laps, push-ups etc.) or the withholding of physical activity opportunities, (e.g. recess, physical education), as a consequence for poor behavior.

E. Safe Routes to School

1. The school district will assess whether improvements are needed to make it safer and easier for students to walk or bike to school and will address the needed improvements to the extent appropriate.
2. When appropriate, the district will work together with local public works, public safety, and/or police departments in these efforts.
3. The school district will explore the availability of federal "safe routes to school" funds, administered by the state department of transportation, to finance such improvements.

II. NUTRITION EDUCATION

A. Instructional Program Design

Nutrition education topics shall be integrated within the sequential, comprehensive health education program taught at all levels. Nutrition education shall focus on students' eating behaviors, be based on theories and methods proven effective by research and be consistent with the state and district health education standards. Refer to the Beaverton School District Health Education Curriculum Maps for details. Nutrition education shall be designed to help students learn:

1. Nutritional knowledge, including but not limited to the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements and safe food preparations, handling and food storage.
2. Nutrition-related skills, including but not limited to planning a healthy meal, understanding and using food labels, critically evaluating nutrition information and commercial food advertising, assessing one's personal eating habits, setting appropriate nutritional goals, and strategies to achieve those goals.

Nutrition education instruction shall stress the appealing aspects of healthy eating and include participatory, developmentally appropriate activities. The program shall include strategies designed to engage families as partners in their children's education.

B. Staff Qualifications

1. Staff responsible for nutrition education will be trained and appropriately certified teachers. Staff responsible shall be adequately prepared and participate in professional development activities to effectively deliver nutrition education as planned. Preparation and professional development activities shall provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits. School administrators will inform teachers about opportunities to attend training on nutrition.

C. Staff as Role Models

1. School staff is encouraged to model healthy eating behaviors.

D. Coordination of Programs

1. The food service program shall be closely coordinated with nutrition instruction. The school cafeteria shall serve as a laboratory to allow students to apply critical thinking skills taught in the classroom. Food service staff shall also work closely with those responsible for other components of the school health program to achieve common goals.

E. Implementation

1. The instructional program design, staff qualifications and staff as role model portions of this section are effective upon adoption. The coordination of the food service program with the nutrition instruction is effective fall 2008.

III. NUTRITION GUIDELINES

Board policy states that, "It is the intent of the Board that district schools take a proactive approach to provide students with nutritious food choices." The following nutrition guidelines address:

- Meals and snacks served as part of the National School Lunch and Breakfast programs.
- All foods sold individually, (i.e. foods sold outside of reimbursable meals, such as through vending machines, cafeteria a la carte lines, fund raisers, school stores, school sponsored events, etc.)
- All foods served at school-sponsored events or given as rewards at school.

A. School Meals

1. Meals served through the National School Lunch and Breakfast Programs will:
 - 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 only low-fat (1%) and fat-free milk and nutritionally-equivalent non dairy alternatives (to be defined by USDA);
 - f. ensure that half of the served grains come from whole grain sources.
2. Customer Input: Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices.
3. Nutrition Information: In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu board, placards, or other point-of-purchase materials.
4. Breakfast - 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:
 - a. Schools will operate the School Breakfast Program;
 - b. Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including service in the cafeteria or breakfast in the classroom, "grab-and-go" breakfast, or breakfast during a morning break or recess;
 - c. Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program;
 - d. Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

5. Summer Food Service Program: Schools in which more than 50% of students are eligible for free or reduced-price school meals will coordinate these programs to provide access to the Summer Food Service Program attendance areas. The Summer Food Service Program will serve meals for at least six weeks between the last day of the academic school year and the first day of the following school year, and preferably throughout the entire summer vacation.
- B. Foods & Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte lines, fundraisers, school/student stores, etc.)

1. Elementary Schools

Given young children's limited nutrition skills, food at meal times in elementary schools should be sold as balanced meals; If available, foods and beverages sold individually should be limited to those foods and beverages that meet the nutrition and portion size standards outlined for the Middle Schools below.

2. Middle Schools

All foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students 30 minutes before or after the school day, shall meet the following nutrition and portion size standards.

- a. Beverages

- i. Allowed: water without added caloric sweeteners; 100% fruit and vegetable juices; flavored or unflavored low-fat or fat-free fluid milk or nutritional equivalent nondairy beverages (to be defined by USDA) that contain no more than 150 calories per eight ounces.
- ii. Not allowed: soft drinks containing caloric or non-caloric sweeteners; sports drinks; iced teas; fruit or vegetable based drinks that contain less than 100% real juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

- b. Foods

- i. A food item sold individually (one serving): will have no more than 35% of its calories from fat (excluding cheese, nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined; will have no more than 35% of its weight from added sugars; will contain no more than 350 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, other snack items; will contain no more than 800 mg of sodium per serving for pastas, meats and soups; and will contain no more than 800 mg of sodium for pizza, sandwiches, and main dishes.
- ii. A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

- c. Portion Sizes

- i. Limit portion sizes of foods and beverages sold individually to those listed below:

- One and one half ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
 - One ounce for cookies;
 - Two ounces for cereal bars, granola bars, pastries, muffins, and other bakery items;
 - Four and one-half fluid ounces for frozen desserts.
- ii. Limit portion sizes of foods and beverages sold individually to those listed below:
- Eight ounces for non-frozen yogurt;
 - Twelve fluid ounces for beverages;
 - The portion size of a la carte entrees and side dishes will not be greater than the size of comparable portions offered as part of school meals;
 - Fruit and non-fried vegetables are exempt from portion-size limits.

3. High Schools

All foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students 30 minutes before or after the school day, will meet the following nutrition and portion size standards:

a. Beverages

- i. Allowed: water; 100% fruit and vegetable juices; unflavored or flavored low-fat or fat-free fluid milk and nutritionally equivalent nondairy beverages (to be defined by USDA); sports drinks that do not contain more than 66 calories per eight ounces; a no or low-calorie beverage that contains no more than 10 calories per eight ounces; decaffeinated coffee drinks that contain at least 50% milk; tea.
- ii. Not allowed: soft drinks containing caloric sweeteners; iced teas with caloric sweeteners; fruit or vegetable based drinks that contain less than 100% real fruit juice or that contain additional caloric sweeteners.

b. Foods

- i. A food item sold individually (one serving):
- will have no more than 35% of its calories from fat (excluding cheese, nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;
 - will have no more than 35% of its weight from added sugars; will contain no more than 350 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods and other snack items;
 - will contain no more than 800 mg of sodium per serving for pastas, meats and soups; and will contain no more than 800 mg of sodium for pizza, sandwiches, and main dishes.
- ii. A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 100% fruit juice and that do Not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light Syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

c. Portion Sizes

i. Limit portion sizes of foods and beverages sold individually to those listed below:

- one and one half ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
- one ounce for cookies;
- two ounces for cereal bars, granola bars pastries, muffins, and other bakery items;
- four and one half fluid ounces for frozen desserts.

ii. Limit portion sizes of foods and beverages sold individually to those listed below:

- eight ounces for non-frozen yogurt;
- Excluding water, twelve fluid ounces for beverages not covered by District beverage agreements; for beverages covered by the beverage agreement, portion sizes will be consistent with the District beverage agreements until its expiration on June 30, 2011.
- the portion size of a la carte entrees and side dishes will not be greater than the size of comparable portions offered as part of school meals;
- fruits and non-fried vegetables are exempt from portion-size limits.

4. Implementation

The beverage standards and 50% of all food items offered will meet standards in fall 2007.

The beverage standards and 100% of food items offered in fall 2008 will meet standards.

IV. OTHER SCHOOL BASED ACTIVITIES DESIGNED TO PROMOTE WELLNESS

The goal of the wellness policy is to create a District environment conducive to good health. A critical piece of that goal includes working towards increased use of locally grown or produced products, as well as organic foods.

A. Fundraising Activities

To support children's health and school nutrition-education efforts, school fundraising activities during the school day, or through programs for students 30 minutes before or after the school day will use foods that meet the above District nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for healthful fundraising activities.

B. Snacks

1. Snacks served during the school day or in after-school care or enrichment programs will meet at least the USDA after-school snack nutrition guidelines. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The District will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.
2. If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the Nation School Lunch Program.

C. Reward/Consequences for Poor Behavior

1. Schools will not routinely use foods or beverages as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as consequences for poor behavior.

D. Celebrations

1. Schools are encouraged to limit celebrations that involve food during the school day to no more than one party per class per term. Each party may include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). The district will make available a list of healthy party ideas to parents and teachers.

E. School-Sponsored Events (such as but not limited to, athletic events, dances or performances.)

1. Food and beverages offered or sold at school-sponsored events outside the school day will include healthy options for meals or for foods and beverages sold individually.

F. Staff Functions

1. Food and beverages offered or sold at Staff functions/events during the school day will include healthy options for foods and beverages.

G. Eating Environment

The National Association of State Boards of Education recommends that students should be provided adequate time to eat sitting down; at least 10 minutes for breakfast and 20 minutes for lunch. Lunch periods will be scheduled as near the middle of the school day as possible. The district will support the piloting of recess before lunch scheduling at elementary schools. Dining areas will have enough space for seating all students, scheduled for a given meal period.

H. Communications with Parents

1. The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children by:
 - a. Encouraging parents to purchase school meals or pack healthy meals and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages.
 - b. Providing information about nutrition, physical education and other school-based physical activity opportunities before, during, and after the school day and support parents' efforts to provide their children with opportunities to be physically active outside of school.
2. The information above may be made available through:
 - a. The District website
 - b. Newsletters
 - c. Other take-home materials
 - d. Special events
 - e. Physical education homework
 - f. Health class homework
 - g. School handbooks
 - h. School menus

V. MONITORING AND POLICY REVIEW

A. Monitoring

The Superintendent or designee will ensure compliance with the district-wide wellness policy and administrative regulations.

1. In each school, the principal or designee will ensure compliance with the policy and applicable administrative regulations and will report on the school's compliance to the school district superintendent or designee.
2. Nutrition Services staff, at the school or District level, will evaluate compliance with the nutrition portions of the Wellness Policy and Administrative Regulations within school food Service areas and will report on this matter to the Superintendent or designee.
3. The Superintendent or designee will report annually at the May School Board meeting on district-wide compliance with the District's Wellness Policy and Administrative Regulations, based on input from schools and the Nutrition Services Department within the District. This report will be provided to the school board and also made available to all school health councils, parent/teacher organizations, school principals, Wellness Team and school health services personnel in the District.

B. Policy Review

To assist with implementation of the District's Wellness Policy and Administrative regulations, each school in the District will conduct a baseline assessment of the school's compliance with the wellness policy and administrative regulations.

1. The results of those school assessments will be compiled at the District level to identify And prioritize needs.
 2. Assessments will be repeated every three years to help review policy compliance, assess progress toward compliance and determine areas of needed of improvement.
 3. As part of that review, the District will review the nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education practices and program elements.
- C. The District, assisted by school representatives, will, as necessary, review the Wellness Policy and Administrative Regulations and propose modifications consistent with best practice and federal and state regulatory provisions.