Oregon

Local Wellness Policy

Sample Statements

Child Nutrition Programs

Oregon Department of Education

October 2005
Why is there so much emphasis on wellness?

Childhood obesity has become an epidemic in Oregon as well as throughout the nation. Research indicates that obesity and subsequent diseases are largely preventable through diet and regular physical activity.

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, Congress passed in 2004, a new law requiring that schools establish local wellness policies.

What is the law about wellness in our schools?

Federal Law

Public Law 108-265 reauthorized federal Child Nutrition Programs, which includes the National School Lunch Program, School Breakfast Program and Special Milk Program. Section 204 of this law requires that not later than the beginning of the 2006-2007 school year, local educational agencies participating in the school meal programs must establish a local “school wellness policy” that, at a minimum:

1. Includes goals for nutrition education, physical activity and other school-based activities designed to promote student wellness in a manner that the local educational agency determines appropriate;

2. Includes nutrition guidelines for all foods available on the school campus during the school day;

3. Provides an assurance that guidelines for school meals are not less restrictive than those set by the U.S. Secretary of Agriculture;

4. Establishes a plan for measuring implementation of the local wellness policy; and

5. Involves parents, students and representatives of the “school food authority” (i.e. school nutrition program), the school board, school administration and the public in development of the local wellness policy.
What is the Oregon Department of Education doing to help schools meet the wellness policy requirement?

The Oregon State Department of Education (ODE) began working in January 2004 to develop model wellness policy guidelines that:

- Built upon the best wellness policies from across our state and the nation;
- Reflected input from national and Oregon experts in the fields of food service, nutrition education, physical education, and health;
- Considered feedback from the many groups impacted by the wellness policy guidelines; and
- Provided for consensus, flexibility and local control.

ODE worked in conjunction with the Oregon School Boards Association (OSBA) to develop model language for a wellness policy. The sample wellness policies are intended to provide a basis for drafting policy which meets the needs of the local school district and should be considered as open to modification. The entire wellness approach is designed to support schools’ efforts to create a healthier environment for students based on highly credible guidelines, flexibility and local needs. Rarely does one policy statement reflect the needs and concerns of all districts. The web link for these sample policies is: http://www.osba.org/policy/wellness.htm

Other Wellness Activities:

**September – November 2005**
Community Health Partnerships will provide regional statewide training on local wellness policies for school personnel and community members. Nine workshops are currently scheduled.

**Ongoing**
ODE and partners will provide technical assistance to district personnel to support their efforts to adopt and/or adapt the Oregon model wellness guidelines to meet local needs.

**July 2006**
All districts will have a local wellness policy in place. This policy will be incorporated into each district’s 2006-2007 School Nutrition Program agreement renewal with ODE.
Steps to Creating and Implementing a Local Wellness Policy

Step 1 – Identify a Policy Development Team
The law requires parents, students, a representative of the school food authority, the school board, school administrators and the public to all be involved in the policy development process. If possible, collaborate with other existing efforts underway in the school, such as a school health council or a coordinated school health program.

Step 2 – Assess the District's Needs
What is the current situation of nutrition and physical activity needs of the students in your district? Use web resources and existing tools such as the School Health Index to assess existing policies, programs, and areas that need improvement. The School Health Index is located at http://apps.nccd.cdc.gov/shi/default.aspx

Step 3 – Draft a Policy
Based on your needs assessment, draft the policy to contain all the required components: nutrition education, physical activity, and other school-based activities that promote student wellness, nutrition guidelines for all foods available, and a plan for measuring implementation. Consider proposing several policy options. For model language to: http://www.osba.org/policy/wellness.htm

Step 4 – Build Awareness and Support
Support from the schools and community is important for a smooth and successful implementation. Keep the students involved, use the media to spread awareness of the district’s needs, and use community leaders to speak out in favor of the proposed solutions. Identify the potential benefits the policy can have on student learning and academic achievement.

Step 5 – Adopt the Policy
Present the wellness policy to the school board. A public hearing may be necessary, be sure to invite policy supporters such as parents, nurses, and other community members to voice their support. Your case should be persuasive, concise, and include background information.

Step 6 – Implement the Policy
The adoption of a policy does not automatically mean that it will be implemented. Leadership, commitment, communication and support are the keys to success. The policy can implemented all at once or phased in over time. Marketing is also an important tool for policy implementation.

Step 7 – Maintain, Measure and Evaluate the Effort
Each district must establish a plan for measuring implementation of the local wellness policy, including designation of one or more persons with operational responsibility for ensuring that the school is meeting the policy. Be prepared to update or amend the policy as the process moves on. Document the impact the policy has financially, as well as any impact it has had on students, staff, parents, and the community.
What are the Oregon wellness policy model guidelines?

ODE developed guidelines to serve as the foundation for establishing a flexible local wellness policy based on credible information. Understanding the guidelines is the first step to using them. Schools are encouraged, but not required to implement these guidelines.

The model guidelines are divided into six parts:

1. Nutrition Education (page 6)
2. Nutrition Guidelines (page 7)
3. Physical Activity (page 8)
4. School Meals (page 9)
5. Development and Implementation of the Wellness Policy (page 10)
6. Other School Based Activities (page 11)

Within each part, there are three levels:

- The BASIC level meets all requirements of current federal laws and regulations.
- The ADVANCED level incorporates all guidelines for the basic level plus more healthful guidelines.
- The EXEMPLARY level incorporates all guidelines for the Basic and Advanced levels plus more healthful guidelines.
# Nutrition Education

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<td>Nutrition education topics shall be integrated within the sequential, comprehensive health education program taught at every grade level, pre-kindergarten through grade 12, and coordinated with the district’s nutrition and food services operation.</td>
<td>Incorporates all guidelines for the Basic level plus the more healthful guidelines listed.</td>
<td>Incorporates all guidelines for the Basic and Advanced levels plus the more healthful guidelines listed.</td>
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<td>Nutrition education is based on the most recent Dietary Guidelines for Americans. Active learning experiences are provided for students. Whenever feasible, the active learning involves the students in food preparation. Attractive, current nutrition education materials are prominently displayed in the dining area/cafeteria and are changed periodically throughout the year. Nutrition education shall focus on students’ eating behaviors, be based on theories and methods proven effective by research and be consistent with state and local district health education standards. Nutrition education at all levels of the district’s curriculum shall include, but not be limited to, the following essential components designed to help students learn:</td>
<td>Nutrition instruction is closely coordinated with the school’s nutrition and food services operation and other components of the school health program to reinforce messages on healthy eating and includes social learning techniques.</td>
<td>School administrators inform teachers about opportunities to attend training on nutrition and the importance of role modeling healthful habits for students. Nutrition education incorporated in subject areas, such as math, science and social studies. Links with nutrition service providers (e.g., qualified public health and nutrition professionals) are established to: provide screening, referral and counseling for nutritional problems; inform families about supplemental nutritional services available in the community (e.g., food stamps, local food pantries, summer food services program, child and adult care food program), and implement nutrition education and promotion activities for school staff, Board members and parents;</td>
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<td>• Age-appropriate nutritional knowledge, including the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements, safe food preparation, handling and storage and cultural diversity related to food and eating; • Age-appropriate nutrition-related skills, including, but not limited to, planning a healthy meal, understanding and using food labels and critically evaluating nutrition information, misinformation and commercial food advertising; and • How to assess one’s personal eating habits, set goals for improvement and achieve those goals.</td>
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## Nutrition Guidelines

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<td>In keeping with federal regulations, the district controls the sale of Foods of Minimal Nutritional Value (FMNV) and all competitive foods. Schools take a proactive effort to encourage students to make nutritious food choices. Budget neutrality or profit generation must not take precedence over the nutrition needs of its students. Food and beverages sold or served on district grounds or at district-sponsored events shall meet administrative regulation requirements for nutritional standards and/or other guidelines as may be recommended by district and school health and nutrition committees (wellness policy committee). The superintendent shall ensure that nutritious foods are available as an affordable option whenever food is sold or served on district property or at district-sponsored events; that schools [prohibit] [limit] the sale or serving of foods or snacks high in fat, sodium or added sugars; and competition with nutritious meals served by the school nutrition and food services operation is minimized.</td>
<td>Incorporates all guidelines for the Basic level plus the more healthful guidelines listed. The school encourages all students to participate in the school’s NSLP [and SBP] meal opportunities; Water, fruit juice and low fat milk are the only beverages sold on campus. Though federal regulations permit FMNV to be sold in food service areas before and after school meal periods, and outside of food service areas at any time, district schools are directed to minimize such sales by requiring that half of all such food items and beverages sold by any organization or entity at any location on district premises and at district-sponsored events (e.g., vending machine offerings, student stores, school or district events, food sales at activity/athletic events, etc.) meet applicable Dietary Guidelines for Americans. Vending machines timed out during meal times. Procedures are in place for providing to families, upon request, information about the ingredients and nutritional value of the food served. Students are provided adequate time and space to eat meals in a pleasant and safe environment. School dining areas will be reviewed to ensure: • Seating is not overcrowded; • Tables and chairs are of the appropriate size for students • Students have a relaxed environment; • Noise is not allowed to become excessive • Rules for safe behavior are consistently enforced; • Tables and floors are cleaned between meal periods; • The physical structure of the eating area is in good repair; • Appropriate supervision is provided.</td>
<td>Incorporates all guidelines for the Basic and Advanced levels plus the more healthful guidelines listed. Low fat, low added sugar, and portion size guidelines used for all foods and beverages sold or served on campus. Nutrition services coordinate menus with seasonal production of local farmers. No advertising of unhealthy foods or beverages on school grounds. Classroom parties focus on healthful offerings, such as fruits and vegetables, nuts, whole grains. Candy, junk foods, and sweetened beverages not sold as fundraisers. Though federal regulations permit FMNV to be sold in food service areas before and after school meal periods, and outside of food service areas at any time, district schools are directed to prohibit such sales on district premises and at district-sponsored events, at any time. Food and beverages are not used as reward for academic achievement or good behavior.</td>
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Physical Activity

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<td><strong>Physical activity should be included in a school’s daily education program from grades pre-K through 12. Physical activity should include regular instructional physical education as well as co-curricular activities, and recess.</strong></td>
<td><strong>Incorporates all guidelines for the Basic level plus the more healthful guidelines listed.</strong>&lt;br&gt; 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 verbally and through the provision of space and equipment. Encourage students to walk or ride a bike to school if safe to do so. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate. Physical activity opportunities are offered in the classroom. Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.</td>
<td><strong>Incorporates all guidelines for the Basic and Advanced levels plus the more healthful guidelines listed.</strong>&lt;br&gt; Provide a safer walking and biking environment by initiating programs like Safe Routes to School or The Walking School Bus. Make school facilities available to student groups after school hours to promote physical activity. 30-50 minutes of daily instruction as recommended by the National Association for Sport and Physical Education (NASPE) (<a href="http://www.aahperd.org/naspe">www.aahperd.org/naspe</a>).</td>
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## Reimbursable School Meals

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<td>All school meals comply with federal laws and USDA regulations and policies in 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).</td>
<td>Incorporates all guidelines for the Basic level plus the more healthful guidelines listed. Students have at least 10 minutes to eat breakfast and at least 15 minutes to eat lunch. This does not include time spent walking to/from class or waiting in line.</td>
<td>Incorporates all guidelines for the Basic and Advanced levels plus the more healthful guidelines listed. A la carte sales in cafeteria limited to low-fat and non-fat milk choices, thus encouraging all students to eat a healthful school meal. At least one whole grain item is offered daily at breakfast and lunch. At least five choices of fruits and vegetables are offered daily at lunch. Dessert is limited to once a week. Only 1% and non-fat milk choices are available for lunch and breakfast. Beans and legumes are offered twice a week at lunch.</td>
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Incorporates all guidelines for the Basic level plus the more healthful guidelines listed.

Students have at least 10 minutes to eat breakfast and at least 15 minutes to eat lunch. This does not include time spent walking to/from class or waiting in line.
### Development and Implementation of the Wellness Policy

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<td>Policy development involved parents, students, representative of the school food authority, the school board, school administrator and the public.</td>
<td>Incorporates all guidelines for the Basic level plus the more healthful guidelines listed.</td>
<td>Incorporates all guidelines for the Basic and Advanced levels plus the more healthful guidelines listed.</td>
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<td>Board policy and administrative regulation are implemented as written.</td>
<td>Wellness policy committee created and charged with policy development.</td>
<td>All building, grade-level nutrition education curricula and materials are assessed for accuracy, completeness, balance and consistency with state and local district educational goals and standards;</td>
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<td>School established a plan for annual review of the local wellness policy.</td>
<td>To help with the initial development of the district's wellness policies, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.</td>
<td>Wellness policy committee meets on an ongoing basis to assess implementation of wellness policy.</td>
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<td>School board designates one or more persons within the local education agency or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy.</td>
<td>Development and implementation of a wellness policy marketing plan to school and community.</td>
<td>Wellness policy committee adjusts and recommendations changes to wellness policy as determined over time.</td>
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<td>Each school has designee responsible for ensuring that the local wellness policy is implemented. A written report is developed and presented to the school board at least once each school year.</td>
<td>Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement.</td>
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<td>As part of policy review, the school district will evaluate nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; nutrition and physical education policies and program elements. The district, and individual schools within the district will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.</td>
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## Other School Based Activities

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<td>The school will send home information about their nutrition programs and policies. The school will send home information about its physical education requirements and other school-based physical activity opportunities before, during, and after the school day.</td>
<td>Incorporates all guidelines for the Basic level plus the more healthful guidelines listed. The school will implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.</td>
<td>Incorporates all guidelines for the Basic and Advanced levels plus the more healthful guidelines listed. School spaces and facilities are available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities are available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.</td>
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<td><strong>Food Marketing in Schools</strong> School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually. School-based marketing of brands promoting predominately low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged. Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, such as Channel One; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.</td>
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<td>The school will provide parents a list of foods that meet the district’s snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. Qualified nutrition professionals will administer the school meal programs. As part of the school district’s responsibility to operate a food service program, the school will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.</td>
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