



# OREGON HEALTHY SCHOOLS

Schools and communities working together  
for healthy, successful students and staff



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**Oregon Healthy Schools** – a partnership of the Oregon Department of Education Child Nutrition Programs and the Oregon Health Authority/Public Health Division that helps school districts make the most of their investments in school wellness with tailored assessments, tools and support toward their goals.

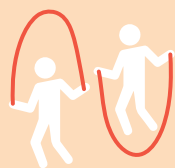
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## Investing in School Wellness Pays Off

**Healthy students are better learners.** Research shows what many teachers and parents have long considered common sense: good nutrition and regular physical activity are associated with higher grades and test scores. Wellness efforts can also improve school attendance and behavior.

**A healthy workplace shapes daily choices that influence health.** School employee worksite wellness programs decrease staff burnout and use of sick leave. They help school staff model healthy habits for students, families and the community.



**Moving their bodies** helps students concentrate. It helps them pay attention. It improves their behavior in class.



**Worksite wellness programs** in schools reduce absenteeism. They lower health risks linked to chronic disease. They boost employee morale and create a safe, healthy place to work.



Students who eat **school breakfast** have been shown to attend more days of school per year and score higher on standardized math tests.



Schools where most of the students engage in physical activity every week show **bigger gains in test scores** than other schools. The same is true for schools where many students eat healthy foods.



# Creating a Culture of Health at School and Beyond

## Culture:

The attitudes, knowledge and behavior of a group of people.



## Health:

A state of physical, mental and social well-being.



**Culture of Health**



## Schools: The Heart of Healthy Communities

Schools are large employers in Oregon communities. They are also at the heart of neighborhoods and towns. Healthy schools can create a culture of health for staff and students. They also can create a culture of health for students’ families and the community:

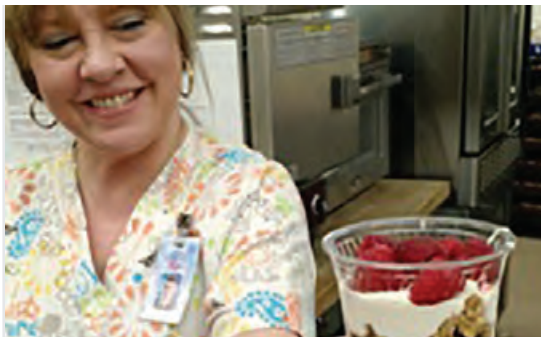
- ✓ The food that students are exposed to at school influences what they ask to eat at home.
- ✓ School meals meet nutrition standards that increase fruits, vegetables and whole grains in the school menu.
- ✓ Healthy activities and fundraisers such as dance-a-thons and skate nights make physical activity fun and accessible.
- ✓ School gardens and Farm to School programs support the local economy. They increase access to healthy foods for students and staff.
- ✓ Creating safe routes for walking and biking is good for the entire community.
- ✓ Oregon schools can make a big difference to improve the culture of health in their communities.

## Whatever Your Goals, Oregon Healthy Schools Can Help You Get There



### DETERMINE WHERE TO START

Oregon Healthy Schools can provide resources to help districts create wellness goals that build on current efforts. School district wellness policies are a great place to start.



### INCREASE ACCESS TO HEALTHY FOOD IN SCHOOLS

Oregon Healthy Schools can help meet nutrition guidelines for all foods sold at school. Oregon Healthy Schools provides resources to improve nutrition and strategies to increase school breakfast and lunch participation.



### CREATE OPPORTUNITIES FOR BEFORE, DURING AND AFTER SCHOOL ACTIVITIES

Oregon Healthy Schools connects districts with groups that can help with resources to improve physical activity and nutrition.



### PLACE MATTERS

The places where we live, work and learn have a big impact on our health. These include our schools. Learn more at [PlaceMattersOregon.com](http://PlaceMattersOregon.com).

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### WE ALL HAVE A ROLE TO PLAY

Superintendents, principals, school staff, parents and community groups can help school staff be healthy at work. We all can help Oregon children get the healthy food and physical activity they need to be successful students.

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### SCHOOL DISTRICT WELLNESS POLICIES

Each school district participating in the National School Lunch or Breakfast Program is required to establish a school district wellness policy for all schools under its jurisdiction. The Healthy, Hunger-Free Kids Act of 2010 added provisions related to implementation, evaluation, and publicly reporting on the progress of those policies.

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### GET STARTED

Contact [ode.schoolnutrition@ode.state.or.us](mailto:ode.schoolnutrition@ode.state.or.us) (subject line: Wellness Policy) or 503-947-5893. Learn more at: [www.ode.state.or.us/go/ODEwellness](http://www.ode.state.or.us/go/ODEwellness).

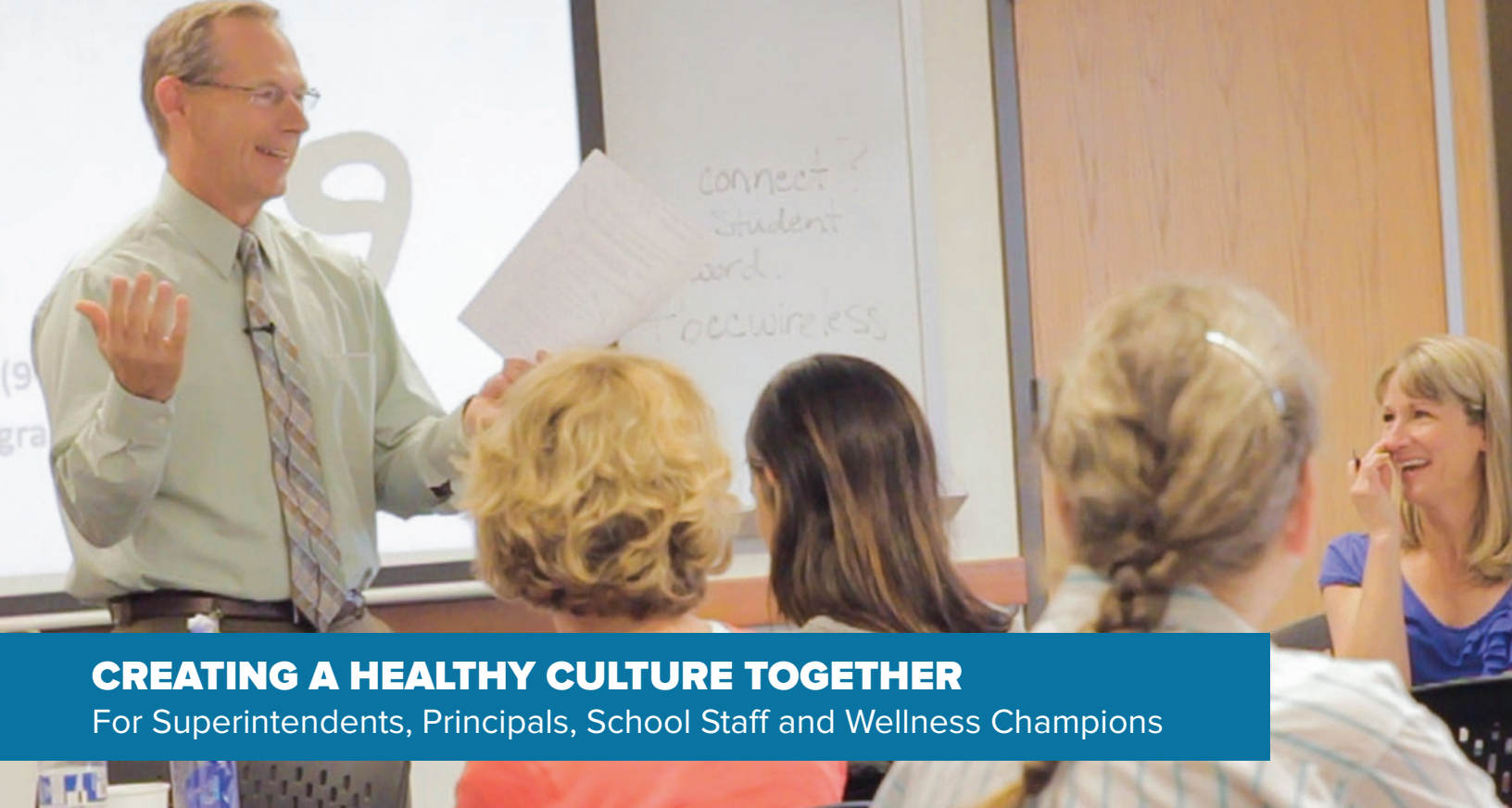
**Oregon Department of Education, Student Services, Child Nutrition Programs**

Address: 255 Capitol St. NE, Salem, OR 97310

Phone: (503) 947-5960 Web: [www.ode.state.or.us/go/ODEwellness](http://www.ode.state.or.us/go/ODEwellness)







## CREATING A HEALTHY CULTURE TOGETHER

For Superintendents, Principals, School Staff and Wellness Champions

### Be a Champion!

The health and attendance of students and staff is key to increasing academic success in your school district. Your leadership is critical to create an environment where employees are healthy, engaged and effective, and students are alert and ready to learn. Even small steps can lead to big improvements in student success and employee satisfaction.

### Activate Your School District Wellness Policies:

The Child Nutrition and WIC Reauthorization Act of 2004 and the Healthy, Hunger-Free Kids Act of 2010 requires school districts participating in the National School Lunch Program or School Breakfast Program to develop a school district wellness policy. The responsibility for developing a wellness policy is placed at the local level so the unique needs of each school under the district's jurisdiction can be addressed.

Districts are required to:

- ✓ Establish, lead and permit participation on wellness councils by the school community and the public
- ✓ Set goals for nutrition promotion, nutrition education and physical activity, and other school-based activities that promote student wellness

**Oregon Healthy Schools can help you** fulfill the law's requirements and realize the academic benefits that come from ensuring that students eat better and move more.

### Oregon Healthy Schools Can:

- ✓ Assist with updating, implementing and evaluating your School District Wellness Policy.
- ✓ Share research and effective strategies to implement activities connecting student health to academic success.
- ✓ Provide professional development on nutrition and physical activity content and strategies.
- ✓ Connect you to programs, resources and funding opportunities that support student and staff nutrition and physical activity.
- ✓ Provide resources, data and trainings tailored to your needs to create a healthy school environment.



**As part of our partnership,** Oregon Healthy Schools ask that you form or revitalize your wellness committee. Oregon Healthy Schools can help you complete an assessment of your wellness efforts, make a plan and set it in motion. Teachers and school staff can model and encourage healthy behaviors in many ways:

- ✓ Allow students to visit the water fountain throughout the school day and to carry water bottles in class.
- ✓ Incorporate movement into academic lessons or add short bursts of activity (5-20 minutes) to regular break times.
- ✓ Use non-food items and opportunities for physical activity to recognize students for achievements or good behavior.
- ✓ For birthdays and other class parties, consider non-food celebrations such as an extra recess or games.

**Let's work together** to continue improving the academic outcomes for students in your school district by creating a culture of health that helps them learn.

**Take the next step** by contacting [ode.schoolnutrition@ode.state.or.us](mailto:ode.schoolnutrition@ode.state.or.us) (subject line: Wellness Policy) or 503-947-5893. Learn more at: [www.ode.state.or.us/go/ODEwellness](http://www.ode.state.or.us/go/ODEwellness).

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*“School systems have a great range of responsibilities, part of which are teaching reading, writing and math, but just as important is to teach students how to thrive in life. Helping students and staff understand what it means to live a healthy lifestyle, with regular exercise and quality nutrition, is a critical piece to a school’s moral responsibility”.*

- SUPT. RANDY SCHILD,  
TILLAMOOK SCHOOL DISTRICT #9

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A partnership of the Oregon Department of Education Child Nutrition Programs and the Oregon Health Authority/ Public Health Division that helps school districts make the most of their investments in school wellness with tailored assessments, tools and support toward their goals.





## CREATING A HEALTHY CULTURE TOGETHER

For Organizations Working with Schools to Improve the Health of Students and Staff

### Creating healthy school environments takes all of us.

If your organization works to improve the health, wellness and success of students and staff, you may have a bigger role to play by getting involved in your school district's wellness efforts.

The Child Nutrition and WIC Reauthorization Act of 2004 and the Healthy, Hunger-Free Kids Act of 2010 requires school districts participating in the National School Lunch Program or

School Breakfast Program to develop a school district wellness policy. The responsibility for developing a wellness policy is placed at the local level so the unique needs of each school under the district's jurisdiction can be addressed.

School Districts are also required to lead and allow participation on wellness councils by members of the school community and the public. The wellness council sets goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.

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*"Oregon is so fortunate to have access to national, state and local organizations working on school wellness. Everyone has different resources to bring to the table to inspire and support administrators, students and staff to improve and sustain healthy schools. When our community partners and schools work together, it brings wellness policies to life! Wellness policies and programs go hand in hand to create and sustain a culture of health."*

- PEGGY HOLSTEDT, DIRECTOR OF POLICY SERVICES, OREGON SCHOOL BOARDS ASSOCIATION

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**Together we can create a school culture of health** by bringing policies to life that support the health of students and staff. To help support a school culture of health:

- ✓ Check your school website for a copy of your School District Wellness Policy or ask the school's principal for a copy. Review it to find places where it aligns or intersects with your programs.
- ✓ Join or assist with a wellness committee at the school or district level.
- ✓ Share grant funding or services that help the school or district meet its wellness goals.
- ✓ Look for opportunities to work together with other organizations to support wellness.

**Find out more** about how your organization can create or strengthen wellness partnerships with schools and students in your community. Contact [ode.schoolnutrition@ode.state.or.us](mailto:ode.schoolnutrition@ode.state.or.us) (subject line: Wellness Policy), 503-947-5893 or [www.ode.state.or.us/go/ODEwellness](http://www.ode.state.or.us/go/ODEwellness).

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DEPARTMENT OF  
EDUCATION







## CREATING A HEALTHY CULTURE TOGETHER

Because We Care About Kids' Health, Well-being and Success in School

### Healthy kids are more successful students. They build stronger communities for all of us.

Healthy students are more likely to graduate from high school. They are less likely to get chronic diseases that can affect their quality of life and impact the whole community.

### Activate Your School District Wellness Policies:

Each school district participating in the National School Lunch Program or School Breakfast Program is required to establish a school district wellness policy for all schools under its jurisdiction.

Schools can improve the health of students by providing healthy foods and time for physical activity. This can also help students succeed in school. These are parts of a school district wellness policy.

Oregon Healthy Schools encourages family members, caregivers and community members to join these efforts.

### Get Involved:

- ✓ Join your district or school wellness council. Help make sure your School District Wellness Policy is a success.
- ✓ Join other groups that support a healthy school environment. These may be the PTA, school health advisory council, or site council.
- ✓ Help your school put a school district wellness policy into action. This has to do with how students learn about healthy eating. It also includes foods and beverages sold at school; physical education; and physical activity before, during and after school.

### Advocate For:

- ✓ Making lessons about healthy eating part of what students learn at school.
- ✓ Time for all students to move their bodies during the school day. This could be recess, physical education class or activity breaks in class.
- ✓ Strong physical education requirements. For K-5 students: 150 minutes per week. For 6-8th grade: 225 minutes per week.
- ✓ Policies to ensure that only foods that meet school nutrition standards are marketed to students at school.



### Spread the Word:

- ✓ Find your School District Wellness Policy and Administrative Regulations on your school website (look under Board Policies and for the letters EFA). Do the same with school nutrition standards. Find other ways to let parents know about these resources.
- ✓ Ask your school to share information about the link between health and school success and why healthy eating and physical activity are important.
- ✓ Talk to other parents about ways they can help support and promote healthy eating and physical activity at school.
- ✓ Share this information with other parents to see if your school is meeting the goals of the policy.

### Create a Culture of Health at Home:

- ✓ Encourage healthy eating habits.
- ✓ Look for ways to make favorite dishes healthier.
- ✓ Help kids and adults stay active.
- ✓ Reduce screen time. Encourage kids to play or exercise more.
- ✓ More tips: <http://www.cdc.gov/healthyweight/children/>

**For more information,** contact  
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