

Wellness Policy

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 indicates 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 Superintendent, or designee, shall prepare and implement a comprehensive District Wellness Program that meets minimum state requirements and is consistent with state and federal requirements for districts sponsoring the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). The program shall reflect the Board's commitment to providing physical education/activity, 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, students, parents, the public, representatives of the District Nutrition Services Department, and public health professionals will be encouraged. The Superintendent, or designee, will develop administrative regulations as necessary to implement the goals of this policy throughout the District.

Physical Education/Activity Goal

The Board realizes that a quality physical education program is an essential component for all students to learn about and participate in physical activity. Every public school student in kindergarten through grade 8 shall participate in physical education for the entire school year. At least 50 percent of the weekly physical education class time shall be devoted to actual physical activity. Instruction, provided by adequately prepared teachers, will meet the state adopted academic content standards for physical education, required by ORS 329.045. Teachers of physical education shall regularly participate in professional development activities.

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

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. Recess is to be free play/free choice time. Recess should not be withheld to do school work or as punishment, except for safety reasons. The District will develop and assess student performance standards and program minute requirements in order to meet the Oregon Department of Education's physical education content standards.

Nutrition Education Goal

Nutrition education shall be taught as part of the pre-kindergarten through grade 12 Beaverton School District Comprehensive Health Education curriculum by a health specialist or trained classroom teacher. To reinforce the learning targets addressed in the nutrition education curriculum, coordination with the District's Nutrition Services Department is recommended. In addition, other curriculum areas are encouraged to integrate nutrition education into their programs.

Nutrition Guidelines Goal

It is the intent of the Board that District schools take a proactive approach to provide students with nutritious food choices.

The District shall enter into an agreement with the Oregon Department of Education (ODE) to operate reimbursable school meal programs. The Superintendent, or designee, shall develop administrative regulations necessary to meet the requirements of state and federal law for these programs. 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)).

All food and beverage items (except those as part of the United States Department of Agriculture's National School Lunch Program and/or School Breakfast Program), sold in a K-12 public school as part of the regular or extended school day shall meet minimum standards as set forth in state law.

Although the Board requires the District's Nutrition Services Department to 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 National School Lunch Program, (NSLP) and School Breakfast Program (SBP), shall be nonprofit.

The Superintendent is directed to develop administrative regulations to implement this policy, including such provisions as may be necessary to address all food and beverages sold and/or served to students at school (i.e., competitive foods, snacks and beverages sold from vending machines, school stores, and fund-raising activities and refreshments that are made available at school parties, celebrations and meetings),

including provisions for staff development, family and community involvement and program evaluation.

Other School Based Activities Designed to Promote Wellness Goal

The Board recognizes the importance of creating a total school environment that is conducive to good health including good nutrition, physical activity, psychosocial well-being, and consumer awareness.

Sustainability is integral to wellness and should be a guiding principle for the District’s Wellness Policy and its implementation.

Evaluation and Monitoring of the Wellness Policy

The Board will review this policy and measure implementation annually. In an effort to measure the implementation of this policy, the Board designates the Superintendent, or designee, as the person who will be responsible for ensuring the District meets the goals outlined in this policy.

END OF POLICY

Legal Reference(s):

Legal Reference(s):

[ORS 332.107](#)

[OAR 581-051-0100](#)

[OAR 581-051-0310](#)

[OAR 581-051-0305](#)

[OAR 581-051-0400](#)

National School Lunch Program, 7 CFR Part 210 (2001).

School Breakfast Program, 7 CFR Part 220 (2001).

Child Nutrition and WIC Reauthorization Act of 2004 § 204, 42 U.S.C. § 1751 (2004).