

WELLNESS

As required by law, the Board of Education establishes the following wellness policy for the Oakridge School District.

The Board recognizes that good nutrition and regular physical activity affect the health and well being of the District's students. Furthermore, research concludes that there is a positive correlation between a student's health and well being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks, supporting the development of good eating habits, and promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

A. With regard to nutrition education, the District shall:

1. Provide all instruction related to the standards and benchmarks established by the State for Nutrition education by appropriately certified teachers.
2. Provide Nutrition education in a sequential comprehensive Health curriculum in accordance with the curriculum standards and benchmarks established by the State.
3. Provide Nutrition education that is age-appropriate and culturally relevant.
4. Provide Nutrition education that reinforces lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.
5. Provide Nutrition education that promotes the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat free dairy products.
6. Extend Nutrition education beyond the classroom by engaging and involving the school's food service staff.
7. Extend Nutrition education beyond the school by engaging and involving families and the community.

B. With regard to physical education, the District shall:

1. Provide all instruction related to the standards and benchmarks established by the State in physical education by properly certificated, highly qualified teachers.
2. Provide a sequential, comprehensive physical education program for K-12 students in accordance with the standards and benchmarks established by the State.
3. Provide sequential instruction related to the knowledge, attitudes and skills necessary to participate in lifelong, health-enhancing physical activity.
4. Provide K-12 students, in physical education classes, with opportunities to learn, practice, and be assessed on developmentally appropriate motor/social skills, knowledge, and attitudes necessary to engage in lifelong, health-enhancing physical activity.
5. Provide K-12 students, in physical education classes, with opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.

6. Provide planned instruction in physical education that includes cooperative as well as competitive games.
7. Provide planned instruction in physical education that is sufficient for students to achieve a proficient level with regard to the standards and benchmarks established by the State.
8. Provide planned instruction in physical education that teaches cooperation, fair play, and responsible participation.
9. Provide planned instruction in physical education that is presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.
10. Provide planned instruction in physical education that takes into account gender and cultural differences.
11. Provide planned instruction in physical education that promotes participation in physical activity outside the regular school day.
12. Stress the importance of remaining physically active for life in the sequential, comprehensive physical education curriculum.

C. With regard to physical activity:

1. Physical activity should not be employed as a form of discipline or punishment within the regular instructional program.
2. Physical activity and movement should be integrated, when possible, across the curricula and throughout the school day.
3. Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities.
4. The school shall encourage families and community organizers to institute programs that support physical activity.
5. Students shall have the opportunity to participate in interscholastic sports programs.

D. With regard to other school-based activities:

1. The District shall regularly schedule adequate time for students to eat in a healthy manner.
2. The District shall schedule mealtimes so there are minimum disruptions by bus schedules, recess, and other special programs or events.
3. The District shall provide attractive, clean environments in which the students eat.
4. The schools may provide activities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.
5. Schools in our system shall utilize electronic identification and payment systems, therefore eliminating any stigma or identification of students eligible to receive free and/or reduced meals.
6. The school shall discourage students from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.

E. With regard to tobacco free lifestyle promotion, the District shall:

1. Prohibit advertising and displaying of tobacco brand names or logos on campus, in school vehicles, at school functions, in school publications and on student clothing or school supplies.
2. Post tobacco free zone signs on/near school campus.

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

1. The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.
2. The food service program will provide students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
3. All foods available to students in the dining area during the school day shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods available to students ala carte or from vending machines campus wide.
4. All foods available to students in District programs, other than the food service program, shall be served with consideration for promoting student health and well-being.
5. Food service personnel shall receive pre-service training in food service operations.

The Superintendent shall develop administrative guidelines necessary to implement this policy, including, but not limited to, the manner in which the implementation of this policy shall be regularly evaluated by the Coordinated School Health Advisory Board of the District. The Board designates the Curriculum Director as the individual charged with operational responsibility for verifying that the District meets the goals established in this policy.

The Curriculum Director shall report on the District's compliance with this policy and the progress toward achieving the goals set forth herein when requested to do so by the Board.

Review of this policy will occur every year, by a committee appointed by the Board, consisting of the representative(s) of the Board, the administration, the food service provider, the parents, the students, and the public. The committee shall provide the Board with any recommended changes to this policy.