

**EFA. LOCAL WELLNESS PROGRAM**

**Introduction**

Childhood obesity has become a national epidemic. Obesity rates have doubled in children and adolescents over the last two decades (NIH Word on Health, June 2002).

According to the CDC, National Center for Health Statistics, 17% of children age 2-19 were obese with a body mass index over the 95<sup>th</sup> percentile (2009-2010 study). In Oregon, 11.2% of 8<sup>th</sup> graders and 10.4% of 11<sup>th</sup> graders were obese (Oregon Healthy Teens Survey 2009). In 2011-2012, 19% of Bethel School District K-5 students were obese.

Physical inactivity and excessive caloric intake are the predominant causes of obesity. Major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, are often established in childhood.

Healthy eating patterns and sufficient physical activity are essential for students to achieve academic potential, full physical and mental growth, and lifelong health and well-being. Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive.

**Goals**

Bethel School District is committed to reach, teach, and inspire the school community to adopt active lifestyles and healthful nutrition. The school environment will promote and protect children's health, well-being, and ability to learn by supporting healthful eating and physical activity. It is the intent of the Bethel School District that:

- The school district will engage staff, students, parents, public health professionals, representatives of Nutrition Services, the School Board, and other interested community members in developing, and implementing periodic review and update of this policy.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations outlined in this policy.
- Nutrition professionals will provide students access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students (see web site reference list for the USDA menu planner and healthy children initiative). Schools will provide clean, safe, and pleasant settings and adequate time for students to eat.
- Schools will provide nutrition education, nutrition promotion and physical education to foster lifelong habits of healthy eating and physical activity. Information will also be posted on the district website: Bethel School District Wellness Program Appendix:  
<http://www.bethel.k12.or.us/wellnessappendix.pdf>

**Nutrition Services**

**A. National School Breakfast and Lunch Programs**

Meals served through the National School Lunch and Breakfast programs will be appealing, attractive and meet or exceed the nutrition recommendations in the U.S. Dietary Guidelines for Americans. Healthful foods will be easily accessible to students, making the healthful choice the easy choice.

**Bethel School District #52**  
**Administrative Rule**

Students will be allotted sufficient time to eat in a pleasant, relaxed environment. Schools are encouraged to meet the recommendation that students will have 10 minutes at breakfast time and 20 minutes at lunch time to eat after sitting down. Students participating in activities during meal times will be allotted time to eat.

Hand-washing/hand-sanitizing will be available and encouraged before meals. Sharing of food and beverages will be discouraged. Drinking water will be available in the cafeteria at each meal.

Nutrition services will integrate local foods as part of the Farm to School program based on availability, acceptability and price.

**B. Communication and Promotion**

Schools will encourage students to eat a healthful breakfast and lunch through newsletter articles, website posts, take-home materials, and instruction.

Nutrition Services will share and promote nutritional information with parents and students by way of menus, a website, a cafeteria menu board, placard, or other point-of-purchase materials.

School-based marketing will be consistent with nutrition education and nutrition promotion. Schools will limit food and beverage marketing to the promotion of items that meet the U.S. Dietary Guidelines for Americans. The promotion of healthful foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

**C. Nutrition Services Staff**

Continuing professional development will be made available to nutrition staff. A registered dietician will be consulted for training, nutrient and menu analysis, and classroom outreach.

**D. Competitive Foods**

Competitive foods include a la carte, fundraising, school stores, classroom snacks and parties, vending machines, and anything that competes with the breakfast and lunch programs.

All programs selling or providing food outside the reimbursable meal program, including a la carte, after-school meal programs, food and drink vending machines, and school stores will comply at a minimum with Oregon Nutrition Standards and USDA Standards. Vending machines in the cafeteria will be turned off until after lunch. School or district events should follow the U.S. Dietary Guidelines for Americans and offerings shall be selected with the goal of offering quality, nutritious food.

**Concession Stands**

Offerings at concession stands operated on school campuses by the district or parent groups should include healthful options such as milk, 100% juice and nutritious foods.

**Snacks**

Snacks served during school will emphasize fruits, vegetables, whole grains, low fat dairy products and water.

**Fundraising**

The district will encourage primarily non-food fundraising activities and/or activities that promote physical activity.

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**Administrative Rule**

Rewards

It is strongly recommended that schools prohibit the use of food and beverages as a reward (especially those of minimal nutritional value, i.e. candy, soda pop), for academic performance or good behavior.

Celebrations

Teachers are encouraged to limit class parties involving food to no more than one party per class per month.

Food served at parties should focus on healthful offerings, such as fruits, vegetables, and whole grains. If the party involves non healthful foods, teachers are encouraged to follow portion-size guidelines. If a party is in lieu of lunch (e.g., a pizza party), teachers are encouraged to provide milk as the beverage along with a fruit and/or a vegetable.

**Nutrition and Physical Activity Promotion**

A. Nutrition Promotion

Nutrition promotion supports the integration of nutrition education throughout the school environment. Students will receive nutrition education that is interactive and teaches the skills they need to adopt lifelong habits of healthy eating. Students will receive consistent nutrition messages throughout the school, in classrooms and cafeterias.

District curriculum standards and guidelines will include nutrition education based on the state adopted content and student performance standards.

The aim of the curriculum is for students to acquire knowledge and skills to understand and make healthful nutrition choices that contribute to growth and vitality and help prevent chronic disease. Nutrition education should be coordinated with the Nutrition Services program, the core curriculum and the school health program, as appropriate. Activities should be enjoyable, developmentally appropriate, culturally relevant, and participatory.

Teachers are encouraged to attend trainings on nutrition and the importance of modeling healthful habits for students.

B. Physical Activity Promotion

The U.S. Dietary Guidelines for Americans recommends that children and adolescents age 6 and over accumulate at least 60 minutes of moderate-intensity physical activity most days of the week, preferably daily. Students are encouraged to work toward developing regular physical activity as a personal behavior.

To encourage students to achieve that goal, classroom health education should complement the physical education curriculum by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle. Instruction should include, but not be limited to teaching how to increase time spent being physically active and decrease time spent in sedentary activities.

Teachers will be encouraged to incorporate physical activity awareness education into other subject lessons.

C. Communication With Parents

All schools are encouraged to support parents' efforts to provide a healthful diet and daily physical activity for their children. Such supports could include sharing information about physical activity and nutrition through a website, newsletter, take-home materials and special events. Information about physical education and other school-based physical activity opportunities before, during, and after the school day will be made available to parents.

**Bethel School District #52**  
**Administrative Rule**

Schools should encourage parents to pack healthful lunches and snacks and to refrain from including beverages and foods that do not meet the U.S. Dietary Guidelines for Americans.

**Physical Activity Opportunities and Physical Education**

**A. Daily Physical Education (P.E.) K-12**

It is strongly recommended that students participate in physical education at least 60 minutes per week in grades 1- 5, at least one quarter per year in grades 6-8, and at least two semesters total over 4 years in grades 9-12. Physical education should not be withheld as punishment.

Students will be taught by teachers with a working knowledge of Oregon Department of Education physical education curriculum goals and content standards.

Teachers are encouraged to become knowledgeable about current physical education curriculum and best practices for developing fundamental motor skills, sport and leisure skills, and fitness and wellness concepts.

**B. Elementary School Daily Recess**

All elementary school students will have at least 20 minutes per day of supervised recess, preferably outdoors. Schools should encourage (verbally and by providing space and equipment) moderate to vigorous physical activity.

Schools should explore implementation of alternative programs such as recess before lunch and walk/run clubs.

Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate. Physical activity opportunities should be offered in the classroom.

Schools will discourage sedentary activities in place of active play during recess, except when medically necessary.

Schools are strongly encouraged to not withhold recess. Exceptions may be made only on an occasional basis, as part of an individual behavior plan.

**C. Physical Activity Opportunities Before and After School**

All schools will encourage extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools and middle schools, as appropriate, will encourage interscholastic sports programs.

After-school child care and enrichment programs will be encouraged to provide (verbally and by providing space, equipment, and activities) daily periods of moderate- to-vigorous physical activity for all participants.

**D. Safe Routes to School**

Schools will encourage students to walk or ride a bike to school if it is safe to do so. Schools are encouraged to provide a safe walking and biking environment by initiating programs like Safe Routes to School or The Walking School Bus.

**Monitoring and Policy Review**

Bethel School District has created the Bethel Wellness Team. This team will partner with individual schools to strengthen, develop, implement, periodically review and update the Wellness Policy.

**Bethel School District #52**  
**Administrative Rule**

The Superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies.

In each school, the principal or designee will report on the school's compliance to the school district Superintendent or designee.

School Nutrition Services staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Superintendent or designee.

District assessments will be conducted periodically in order to review policy compliance, assess progress, and determine areas in need of improvement. The district and individual schools, will, as necessary, revise the wellness policies and develop work plans to facilitate implementation. The district will make available to the public an assessment of the implementation, including the extent to which the schools are in compliance with policy, how the policy compares to model policy, and a description of the progress being made in attaining the goals of this policy.