

District Wellness Policy: Student and Staff Wellness The 3 P's

Presented by:

Suzanne Hidde - School Wellness Policy Coordinator

Peggy Holstedt - OSBA

Kent Klewitz - Superintendent, Jefferson School District



The Big Picture

Chronic diseases are the leading causes of death and disability in the U.S. Seven of every ten deaths are caused by them

Studies demonstrate that when children's basic nutritional and fitness needs are met, they attain higher achievement levels



Wellness Core Messages

- Healthy students are better learners
- Healthy staff, parents/families are more engaged
- Health and wellness are directly tied to powerful teaching and learning throughout the lifespan



ASCD/CDC Model

WHOLE SCHOOL, **WHOLE COMMUNITY**, WHOLE CHILD

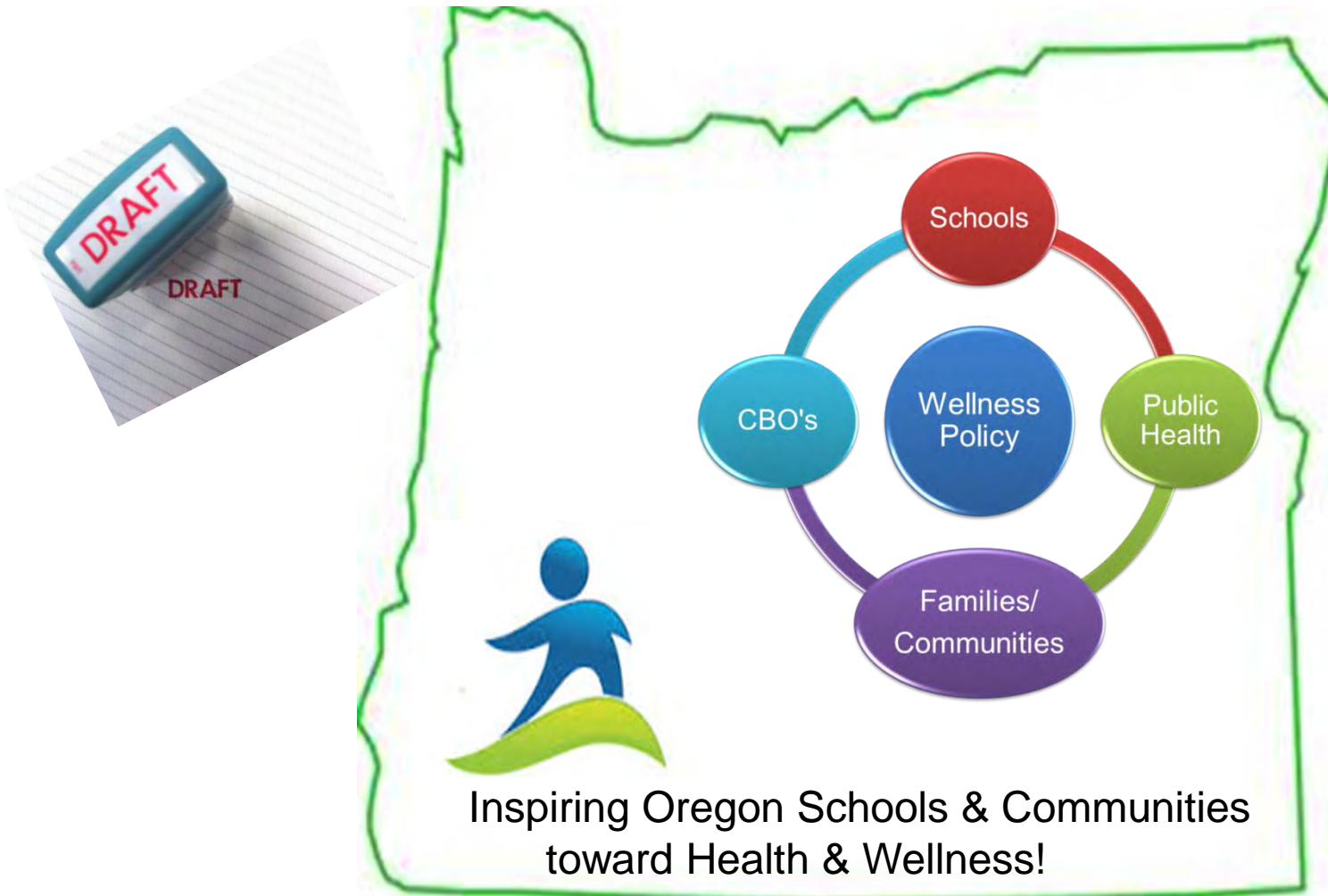


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Oregon Wellness Initiative Together for Students and Staff





Federal Regulation

2004 Child Nutrition and WIC Reauthorization Act

- Participating LEAs/Sponsors to establish LWP by 2006

2010 Healthy, Hunger-Free Kids Act

- Section 204: Strengthens requirements and emphasizes LWP implementation, review and updates

2015 Reauthorization





Local School Wellness Policy(LWP)

- USDA, FNS established regulations, framework and guidelines
- ODE CNP assess during Administrative Review

Goals

- Nutrition Promotion
- Nutrition Education
- Physical Activity
- Other activities that promote student wellness



Public Involvement

*New

- Required to designate one or more District officials or school officials to ensure that each school complies with the LWP
- Required to identify within the written LWP the position(s) of those responsible for LWP oversight





Wellness Policy Team

***New**

Additional stakeholders: **Physical Education teachers** and **school health professionals.**

- **LWP must permit:** certain groups to participate in LWP development, implementation, reviewing and updates:

School Health Professionals

School Administrators

School Board

School food authority reps

Parents

Students

General Public

P.E. Teachers



Nutrition Promotion

Activity Ideas:

- Offering contest, surveys, promotions, or taste-testing
- Providing information to families to encourage consumption of healthy foods at home
- Posting nutrition and health posters

Smarter Lunchrooms Movement

www.smarterlunchrooms.org



Nutrition Education



Activity Ideas:

- Integrating nutrition into health education classes
- Promote skill development
- Integrating nutrition into core subjects

http://www.american.edu/cas/seth/cvhealth/upload/TN_CVH_LessonsFinal.pdf

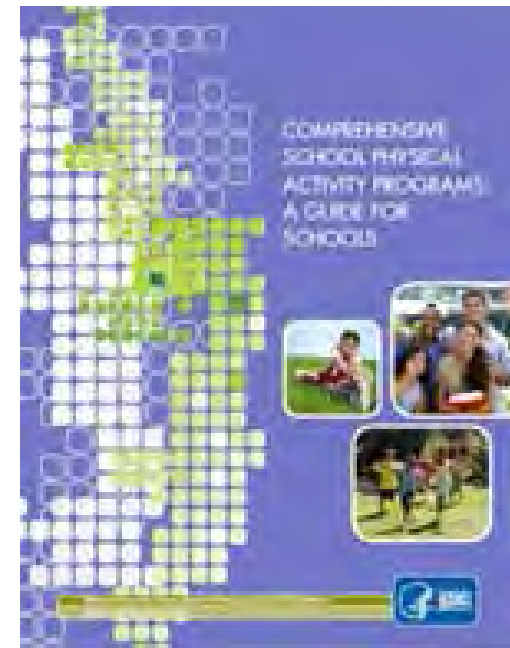


Physical Activity

Activity ideas:

Comprehensive School Physical Activity Program (CSPAP)

- 60 minutes/day
- Before, during, after-school



Other School-Based Activities

Activity Ideas:

- Offer staff/employee wellness programs
- Fuel Up to Play 60
- Sponsor health fairs
- Incorporate school gardens, Farm to School, Safe Routes to School, etc.





Nutrition Guidelines for all Foods

- Standards and nutrition guidelines for all foods and beverages available on school campus during school day

LWP must be consistent with:

- School Meal nutrition standards
- Smart Snacks in school standards





Food and Beverage Marketing

*New

- LWPs must include policies that would permit the marketing of only those foods and beverages that are consistent with the Smart Snacks standards
- Would **not** apply to marketing that occurs at events outside of school hours





Informing the Public

*New

- Inform and update the public about the content and implementation of the local school wellness policy
- Updates to the policy must be made available to the public on an annual basis





Annual Progress Reports to include:

- Web site address and how public can access a copy
- Description of each school's progress in meeting wellness goals
- Summary of each school's wellness events/activities
- Contact information for the leader(s) of the wellness policy team
- Information for public to get involved



Triennial Assessment

*New

Conduct an assessment of the LWP, at a minimum, every 3 years

- Results available to the public

Assessment should determine:

- Compliance with the LWP
- How the LWP compares to model LWPs
- Progress made in attaining the goals of the LWP



Monitoring/Oversight

Requires State Agencies to assess compliance with the wellness policy requirements as part of the general areas of triennial administrative review



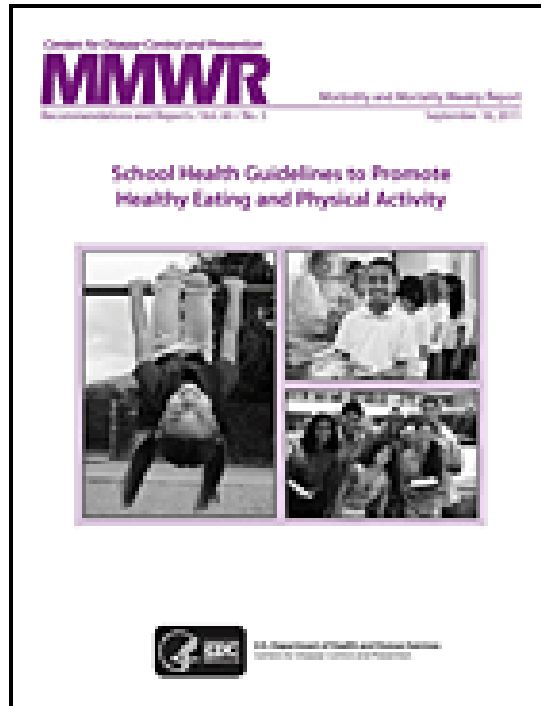


Tools



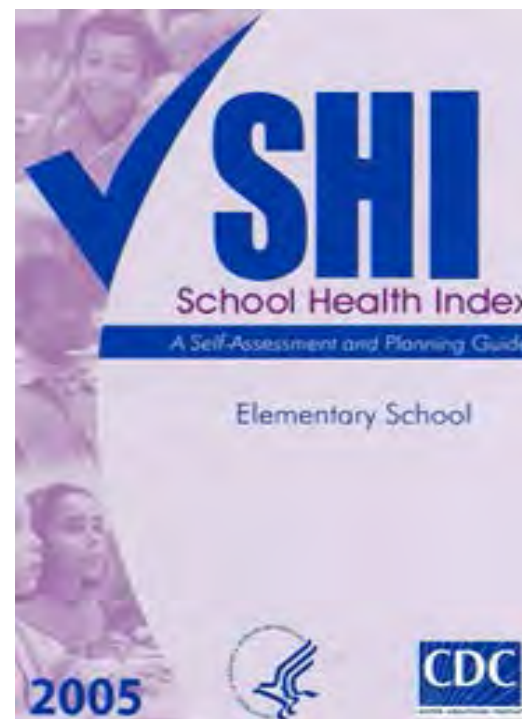


School Health Guidelines to Promote Healthy Eating and Physical Activity



School Health Guidelines

1. Policies and Practices
2. School Environments
3. Nutrition Services
4. Physical Education and Physical Activity
5. Health Education
6. School Health Services
7. Family and Community
8. School Employee Wellness
9. Professional Development



Resources

Local School Wellness Policy Resources

- Oregon Department of Education – Child Nutrition Programs (ODE-CNPS)
<http://www.ode.state.or.us/search/results/?id=62>
- Local school wellness policy web site & proposed rule (USDA)
www.fns.usda.gov/tn/local-school-wellness-policy
- Local school wellness policy summary of proposed rule (USDA)
www.fns.usda.gov/sites/default/files/LWPproprulesummary.pdf
- National school lunch program – administrative review manual
www.fns.usda.gov/school-meals/administrative-review-manual
- Local school wellness policy web site (CDC)
www.cdc.gov/healthyyouth/npao/wellness.htm
- Strategies for creating supportive nutrition environment using LWP (CDC and Bridging the Gap)
www.cdc.gov/healthyyouth/npao/pdf/LWP_SchoolNutrition_Brief.pdf



Supporting documents

- Health and Academics: Healthy kids. Successful students. Stronger communities

www.cdc.gov/healthyouth/health_and_academics/index.htm

- The Association Between School-Based Physical Activity, Including Physical Education, and Academic Performance

www.cdc.gov/HealthyYouth/health_and_academics

- School health guidelines to promote healthy eating and physical activity

www.cdc.gov/healthyouth/npao/strategies/htm

- Whole School, Whole Community, Whole Child (ASCD/CDC)

<http://www.ascd.org/programs/learning-and-health.aspx>



Tools

- School health index, 2014 (CDC)
www.cdc.gov/healthyouth/shi
- WellSAT: Wellness assessment tool (Rudd Center)
www.wellsat.org
- Health Education Curriculum Analysis Tool (HECAT)
www.cdc.gov/HealthYouth/npao/wellness.htm
- Physical Education Curriculum Analysis Tool (PECAT)
www.cdc.gov/HealthyYouth/PECAT
- Comprehensive School Physical Activity Program (CSPAP)
http://www.cdc.gov/healthyouth/physicalactivity/pdf/13_242620-A_CSPAP_SchoolPhysActivityPrograms_Final_508_12192013.pdf
- OEA Choice Trust (OEA CT) School Employee Wellness
<http://www.oeachoice.com/wp-content/uploads/Blueprint.pdf>



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Contact Information

Suzanne M. Hidde

School Wellness Policy Coordinator

ODE, Child Nutrition Programs

Suzanne.hidde@state.or.us

(503)947-5960



Oregon School Board Association



- Model Wellness Policy
- Model Administrative Regulations
- [OSBA Sample Policy and Administrative Regulations](#)

Developed by the Oregon School Board Association(OSBA)

