

2008 Wellness Committee Report

Overview

The Oregon School District Wellness Committee met three (3) times during the 2007-2008 school year. In addition to those meetings, subcommittees met throughout the year to complete specific tasks. We made an asserted effort to involve more community members as well as key staff members. Several community people who served on the original task force returned to the committee in 2007-08. Members are listed in Appendix A.

Fund-raising, Classroom Choice, Rewards

PTO's at the elementary buildings have been changing some of their choices to healthier or non-food items. Principals have not denied fund-raisers based on the policy, however, Wellness Committee members have received inquiries throughout the year about whether specific food items would meet the guidelines.

The administrative team was informed that this was a phase-in year, and that we would transition to more 'strict' adherence to policy guidelines in the 2008-2009 school year.

Elementary principals indicated that students are still bringing non-nutritional items such as cupcakes to celebration days, but that it has tapered a bit. They have also seen a slight increase in fruits and other healthy snacks being brought in to share in the classroom.

Some teachers have used the nutritional guidelines as a learning tool in the classroom and discussed its advantages and disadvantages.

Concessions

All Concessions sold at school-related events will comply with the following standards.

Healthy Food Options will be foods that meet the Tier 1 or Tier 2 Standards for Foods and Beverages (Appendix B With the following exceptions:

- The maximum limit for sodium per portion will be 500 mg instead of 200mg.
- Exceptions will be made for foods that could be considered meals or are concession staples (since many events happen late in the day or may last all day, these items may serve as meals to the participants or fans).

The exempt items are listed below:

- Hot dogs
- Pizza,
- Bar-B-Q sandwiches
- Coffee
- Hot Chocolate
- Sports Drinks
- Popcorn
- Any foods with 60 calories or less

Items may be added to the exempt list by consent of the Oregon Wellness Committee.

For the 2008-09 school year no less than 80% of the items sold at school event concession stands should be Tier 1 or Tier 2 foods (exempt foods such as pizza will count as a Tier 1 or 2 foods). By the 2009-2010 school year the minimum percentage of Tier 1 or 2 foods will be 85%.

Concession groups are encouraged to:

- Add healthier choices such as fruit, granola bars, baked chips and nuts (for more see the OSD suggested food and beverage items), and to present the healthier options in the forefront of the concessions display. Anecdotal reports from concession groups and research shows that, when offered healthier options prominently, both adults and children will often pick them over traditional less healthy fare.
- Decrease portion sizes for food and beverages whenever possible.
- Work with the OSD Wellness Committee to encourage healthier selections, including the creation of signs promoting healthier choices and pricing that promotes healthy choices
- Contact the OSD food services about purchasing perishable food items (fruits and vegetables) in conjunction with the district.
- Provide a suggestion box for public input for other healthy food options.

Appendix C contains an updated chart of Tier 1 and Tier 2 guidelines with the above exceptions included.

Summary of Guideline Modifications

Increase of Tier 1 and Tier 2 sodium guidelines from 200mg to 500mg.

Recess Before Lunch

This was discussed at an Administrative meeting in April/May. Elementary schools are interested in forming committees to explore this possibility for the 2009-10 year. With recent schedule changes related to World Language implementation, the logistics of such a change is unfeasible for the 2008-09 year.

Some factors that must be taken into consideration include the fact that the start of Brooklyn's lunch period is influenced by Food Service because the BKE meals are prepared by the OMS kitchen and must be coordinated with them. Furthermore, limited space in the cafeterias requires the buildings to stagger lunch periods by grades. If students went outside first, the length of the lunch periods would have to be extended to accommodate the change. Loss of morning instructional time would also have to be considered.

Total Hours of Wellness-oriented Curriculum at each Grade Level

There is inconsistency in the delivery of nutrition and wellness-oriented curriculum throughout the district. The Wellness Task Force recommended forty hours of curriculum at each grade level. We currently average approximately 10-15 hours at each grade level. Several teachers stated that teachable moments relating to health and wellness happen frequently and that they embrace those opportunities.

Kindergarten	15-20 hours	4th grade	15-20 hours	9th grade	Limited and sporadic
1st grade	8 - 15 hours	5th grade	Limited, but considering Replacing 1 st Aid with Nutrition	10th grade	15-20 hours
2nd grade	8 - 15 hours	6th grade	10-15 hours	11th grade	Limited and sporadic
3rd grade	15-20 hours	7th grade	10-15 hours	12th grade	15-20 hours
		8th grade	10-15 hours		

Vending Contract

The District Wellness Committee met on March 10, 2008 at 3:30 PM. The committee discussed many topics, one of them being the possible extension of the beverage vending contract with Dr. Pepper/Seven Up Bottling Group. The current vending contract started in August of 2002 and would expire in August of 2009. The Wellness Group received the following information:

With the implementation of the Wellness Committee Recommendations at the Vending and Food Service levels, the Bottling Group has seen a significant reduction of the amount of beverages purchased. As a result, they can no longer continue our existing relationship that would have paid the district \$18,000 this fiscal year and \$18,000 next fiscal year. They have agreed to make the \$18,000 payment this year if the District agrees to continue an exclusive relationship with the company for an additional (2) two years past the termination date of the original contract or until August 15th, 2011. The current and proposed contract allows for either Oregon School District or the Bottling Group to withdraw from the contract at the end of any year (August). The new agreement would provide for one dollar (\$1.00) rebate for each case sold for the next three school years plus the vending machine commissions agreed to back in 2002. During the term of the new contract, Oregon School District has full unrestricted authority to determine the beverage mix in the machines without the Bottling Group terminating the contract. In addition, booster & fund raising groups may sell "competing" beverages as long as they are not kept in Bottling Group provided coolers.

After some discussion, the Wellness Committee recommended unanimously to forward a recommendation to the Board of Education to approve the two-year extension for beverages with the Dr. Pepper/Seven Up Bottling Group.

Community Outreach/5-2-1-0

There was a sub-committee that looked at an effective and simple way to educate the community in such a way as to bring them in as a partner in providing healthy choices for children for school as well as home. The committee focused on finding a simple "universal" message for children and adults in our community. In the states of Maine and in New Hampshire a program called 5-2-1-0 has been implemented in schools and communities to deliver a common message from health care professionals, teachers and parents. 5-2-1-0 Goes to School is a pilot project that was launched in nine schools in York County, Maine in 2006. 5-2-1-0 Healthy NH" is a statewide public education campaign to bring awareness to the daily guidelines for nutrition and physical activity. Its message is simple and clear and represents some of the most important steps families can take to prevent childhood obesity. The New Hampshire campaign began in 2007. We contacted the Foundation for Healthy Communities in New Hampshire and were given permission to copy and adapt materials for the Oregon School District.

What is 5-2-1-0?

Guidelines



Fruits and Vegetables....more matters! Eat at least 5 servings a day. Limit 100% fruit juice



Limit screen time to 2 hours or less a day (includes television, computer and video games)



Participate in at least one hour of moderate to vigorous physical activity everyday.



Restrict soda, sugar-sweetened sport drinks, fruit drinks and caffeinated drinks. Instead, drink water and 3-4 servings/day of fat-free/skim or 1% milk.

Adapted from the Foundation for Healthy Communities Concord, NH

The Foundation for Healthy Communities has sent us the 5-2-1-0 goes to school pack and we plan on producing posters for classrooms and handouts for teachers, local health professionals and parents this fall grades K-6. Our school nurses will also participate in the education process in classrooms beginning this fall. The goal for our community is to offer a clear, consistent message for overall good health.

2007-08 Oregon School District Wellness Committee Members

Heather Becker – Educational Assistant, BKE
Deb Boley – Community member, nutritionist
Lynn Buyarski – Teacher, OHS
Todd Bresser – Associate Principal, RCI
Ellyn Connor – Community member, doctor
Darren Hartberg – Teacher, OMS
Katie Heitz – District Services
Jessica Holiday – Teacher, NKE
Ryan Mangan – Athletic Administrator, OSD
Becky McCabe – Nurse, OSD
Amy Miller – Parent Resource & GT Coordinator, OSD
Robyn Potter – Community member, nutritionist
Missy Sampson – Nurse, OSD
Alan Schwartzstein – Community member, doctor
Mike Solheim – Teacher, RCI
Jacob Soule – Teacher, OHS
Anne Staton – Community member
Sharon Sturdevant – Food Services, OSD
Christopher Telfer – Principal, OMS
Casey Wampler – Student Rep, OHS
Andrew Weiland – Business Manager, OSD
Robyn Wood – Food Services, OSD
Kelly Yapp – Teacher, NKE

APPENDIX B Concession Stand Nutrition Facts

Food Item	Serving Size	Calories	Total Fat(g)	% Calories from Fat	Saturated Fat (g)	% Calories from Sat Fat	Trans Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugar (g)	% Calories from Sugar
Water												
Popcorn Act II Butter ☺	4 cups	130	8	55	4	28	0	290	15	2.5	0	0
Hot dog	1.5oz	140	13	85	6	38	1	460	1	0	0	0
Bun	43g*	110	1	8	0	0	0	230	22	0	3	11
Hot Dog on Bun	each	250	14	50	6	22	1	690	23	0	3	0
Nachos	1.5oz	210	12	50	1.5	6	1	165	22	0	0	0
Cheese Sauce	2oz	80	6	68	2.5	28	0	630	5	0	0	0
Nachos w/cheese	each	290	18	56	4	12	1	795	27	0	0	0
Regular soda, average	20oz	240	0	0	0	0	0	110	64	0	64	100
Gatorade ☺	20oz	130	0	0	0	0	0	270	35	0	35	100
Diet Soda, average ☺	20oz	0	0	0	0	0	0	35	0	0	0	0
Talking Rain Water**☺	16oz	10	0	0	0	0	0	0	2	0	2	80
RG Braided Pretzels ☺	57g	220	2	8	0	0	0	470	47	2	7	13
Baked Lays Chips ☺	32g	130	1.5	10	0	0	0	170	26	2	2	6
Baked Doritos ☺	39g	170	5	26	1	5	0	310	29	2	0	0
Sun chips-Original ☺	28g	140	6	39	1	6	0	120	18	2	2	13
Classic Lays Chips	28g	155	10	59	1	6	0	180	15	1	0	0
Fritos	28g	160	10	56	1.5	8	0	170	15	1	1	4
Cheetos	28g	160	10	56	2	11	0	290	15	0	1	2
Doritos	28g	140	8	47	1.5	9	0	180	17	1	1	7
Fruit Snacks ☺	71g	210	0	0	0	0	0	38	51	0	39	74
Granola Bar ☺	42g	175	7	28	1	5	0	175	30	2	11	25
Tootsie Pop ☺	17g	60	0	0	0	0	0	0	15	0	10	67
Airhead ☺	16g	60	0	0	0	0	0	4	14	0	9	60
Fun Size Candy Bar ☺	21g	105	5.5	47	2.5	21	0	95	13	0	9	34
Sour Skittles ☺	51g	200	2	9	2	9	0	5	44	0	37	75
Starburst	59g	240	5	19	4.5	17	0	0	48	0	34	57
Shockers ☺	47g	180	0	0	0	0	0	15	42	0	36	80
Twizzlers	70g	240	1	4	0	0	0	180	55	0	32	53
Apple, average ☺	135g	80	0	0	0	0	0	0	21	3.5	18	90
Banana, average ☺	115g	105	0	0	0	0	0	1	27	2.5	18	68
Twix	57g	280	14	45	11	35	0	115	37	1	27	38
Snickers	59g	280	14	45	5	16	0	140	35	1	30	43
Reese's PButter Cup	42g	230	13	51	4.5	18	0	130	23	1	20	35
Butterfinger Crisp	50g	250	14	50	8	29	0	140	31	1	23	37
Hershey Bar	43g	230	13	51	9	39	0	40	25	1	22	38
Milky Way	58g	260	10	35	7	19	0	95	42	1	35	54
Regular M&Ms	48g	240	10	37	6	22	0	30	34	1	31	52
Peanut M&Ms	49g	250	13	46	5	18	0	25	30	2	25	40

The only items above that meet the Tier 2 guidelines as they currently stand are bottled water, Baked Lays Chips and Nature Valley granola bars. However we have indicated the healthiest choices on our menu with a smiley face☺. These choices are either low in fat or relatively low in calories.

*28 grams=1 ounce

**Talking Rain Water contains 200% Daily Requirement for Vitamin C

APPENDIX C

Foods and Beverages that Meet Tier 1 and Tier 2 Standards

Foods Tier 1 Standards	Beverages Tier 1 Standards
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| <p>Tier 1 Foods are fruits, vegetables, whole grains, and related combination of products* and non-fat and low-fat dairy that are limited to 200 calories or less per portion as packaged and:</p> <ul style="list-style-type: none"> ● No more than 35% of total calories from fat ● Less than 10% of total calories from saturated fats ● Zero Trans Fat (<= 0.5 g per serving) ● 35% or less of calories from total sugars, except for yogurt with no more than 30g of total sugars, per 8-oz. Portion as packaged ● Sodium content of 500g or less per portion as packaged <p>À la carte entrée items meet fat and sugar limits as listed above and :**</p> <ul style="list-style-type: none"> ● Are National School Lunch Program (NSLP) menu items ● Have a sodium content of 480mg or less | <p>Tier 1 Beverages are:</p> <ul style="list-style-type: none"> ● Water with flavoring and or additives that do not inhibit good nutrition. Water without any additives or flavoring is highly recommended. ● Low-fat*** and non-fat milk (in 8oz portions): <ul style="list-style-type: none"> ● Lactose-free and soy beverages are included ● Flavored milk with no more than 22g total sugars per 8-oz. Portion ● 100% fruit juice in 4-oz portion as packaged for elementary/middle school and 8oz (two portions) for high school. ● Caffeine-free, with the exception of trace amounts of naturally occurring caffeine substances. |
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*Combination products must contain a total of one or more servings as packaged of fruit, vegetables, or whole grain products per portion.

**200-Calorie limit does not apply; items cannot exceed calorie limit of comparable NSLP entrée items.

Tier 2 for District After School Events

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| <p>Tier 2 snack foods are those that do not exceed 200 calories per portion as packaged and:</p> <ul style="list-style-type: none"> ● No more than 35% of total calories from fat ● Less than 10% of total calories from saturated fats ● Zero Trans Fats (<=.5g per portion) ● 35% or less of calories from total sugars ● Sodium content of 500mg or less per portion as packaged <p>● Exceptions will be made for foods that could be considered meals or are concession staples (since many events happen late in the day or may last all day, these items may serve as meals to the participants or fans).
The exempt items are listed below:</p> <ul style="list-style-type: none"> ○ Hot dogs ○ Pizza, ○ Bar-B-Q sandwiches ○ Coffee ○ Hot Chocolate | <p>Tier 2 beverages:</p> <ul style="list-style-type: none"> ● Diet soda and enriched water; highly recommend non-caffeinated, non-fortified beverages with less than 5 calories per portion as packaged (with or without non-nutritive sweeteners, carbonation or flavoring) <ul style="list-style-type: none"> ○ Sports Drinks ○ Popcorn ○ Any foods with 60 calories or less |
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Items may be added to the exempt list by consent of the Oregon Wellness Committee.

For the 2008-09 school year no less than 80% of the items sold at school event concession stands should be Tier 1 or Tier 2 foods (exempt foods such as pizza will count as a Tier 1 or 2 foods). By the 2009-2010 school year the minimum percentage of Tier 1 or 2 foods will be 85%.