

721.01 The Oregon School District believes the maintenance of students' personal, mental and psychological wellness is an important component in their ability to learn. The following standards are established to provide opportunities for students to develop the habits, skills and knowledge necessary for life-long wellness.

721.02 NUTRITION EDUCATION GOALS

721.02.1 The food service department shall promote healthy meals and meal alternatives as part of the educational learning environment by:

- A) Ensuring that all meals offered through the National School Breakfast and Lunch Programs meet and follow all U.S. Government Nutritional Standards.
- B) Encouraging and promoting healthy living by implementing nutrition education materials into the meal program.
- C) Prohibiting the sale of foods of minimal nutritional value during school meal service hours.
- D) Providing a positive environment in school cafeterias by giving an adequate amount of time for students to eat school meals and scheduling lunch periods in a reasonable manner.
- E) Providing food options that are low in fat, calories and added sugars

721.02.2 Food provided through or at District facilities shall meet the following standards:

- A) The vending and non-vending sale of soda or artificially sweetened drinks will not be permitted in areas accessible to students. This standard is to be accomplished as soon as possible and within the framework of existing contracts and the transition period for fundraisers and concessions set forth below.
- B) The vending sale of beverages in areas accessible to students other than soda, with less than 10% real fruit or vegetable juice may only take place after the instructional day. Milk, water and 100% fruit juices may be sold on school grounds at any time. This standard will be accomplished as soon as contractually possible.
- C) The sale of candy and non-sugarless gum in areas accessible to students will not be permitted on school grounds, subject to the delayed implementation regarding concessions and fundraisers set forth below.
- D) Beginning at the start of the 2007-2008 school year, food, candy and beverage concessions or fundraisers which need the approval of District administration pursuant to District Policy 814 will be subject to nutritional standards established by the Board prior to the 2007-2008 school year.

721.03 PHYSICAL ACTIVITY GOALS

721.03.1 The nationally recommended amount of daily physical activity is at least 60 minutes per day. The District shall provide opportunities for students to obtain this level of daily activity through regular instruction in a physical education class, co-curricular activities, recess, intramurals and other opportunities for physical activity before, during and after school. The District shall also make

facilities available to District residents and students for the purpose of providing opportunities to meet this standard.

721.04 OTHER SCHOOL-BASED GOALS TO PROMOTE WELLNESS

721.04.1 Curriculum

- A) The Districts' curriculum shall educate students to develop the knowledge, attitudes, skills and behavior for life-long healthy eating habits and physical activity.
- B) The physical education curriculum shall instruct students of the importance of physical exercise and expose them to a wide range of physical activities so that they develop the knowledge and skills to be physically active for life.

721.04.2 Classroom Incentive and/or Parties

- A) Beginning at the start of the 2007-2008 school year, food, candy or beverages used in classroom activities (including but not limited to incentives, parties or celebrations) will be subject to nutritional standards established by the Board prior to the 2007-2008 school year.

721.05 REIMBURSABLE SCHOOL MEALS

- A) The Oregon School District shall provide reimbursable school meals that meet minimum requirements outlined in federal laws and regulations applicable to child nutrition programs, including minimum nutritional standards.

721.06 IMPLEMENTATION PLAN

- A) The District will create and maintain a School Wellness Task Force which will meet a minimum of two times annually. The Task Force will report annually to the Board with any recommendations it has with respect to the charge given it by the Board. The Task Force shall serve as a resource to school sites and the community and evaluate District compliance with, make recommendations for revisions to and recommend practices for implementation of this policy. The Committee shall be composed of the following:
 - Administrative Representative
 - District Food Service Supervisor
 - Community representatives
 - Parent representatives
 - Student representative from high school level
 - Staff representatives from each school level (e.g., teacher, school nurse, educational assistant, physical education and health).

Adopted: August 14, 2006