



### **3.60.062-AD Student Wellness through Nutrition and Physical Activity**

On June 30, 2004, Congress passed Public Law 108-265 and reauthorized federal funding for Child Nutrition Programs. Section 204 of the Child Nutrition Reauthorization Act directs all school districts participating in the federally funded Child Nutrition programs to establish a local school wellness policy for all schools in the district. The Board of Directors of the Portland Public School District adopted Board Policy 3.60.060-P (Student Wellness through Nutrition and Physical Activity) on June 12, 2006. The Portland Public School District is committed to school environments that promote life long wellness by supporting a school environment with excellent and consistent nutrition, nutrition education, physical education, and physical activity. The District is also committed to providing a school environment and curricula that promote the consumption of foods of maximum nutritional density and participation in healthful, regularly scheduled physical activity.

Obesity rates have doubled among young children and tripled among adolescents over the past twenty years, becoming a local and national epidemic. Sedentary lifestyle, lack of physical activity and excessive caloric intake are the predominant causes of childhood obesity. Schools can partner with families and the community to prevent and decrease overweight and obesity by making the healthy choice the easy choice for students during the school day. By doing so, school environments can help prevent obesity-related diseases in both children and adults.

The link between nutrition, physical education and academic achievement is strong. Poor nutrition and hunger interfere with cognitive function. Research on the benefits of school breakfast programs found improvement in students' ability to concentrate in the classroom and increases in test scores. Physical education has also been linked to improved academic performance. Results of physical fitness testing showed that higher levels of fitness were associated with higher achievement in mathematics and reading. The motor learning that occurs in a quality physical education program can support reading readiness, increased cognitive responses and attention span. Both nutrition and physical activity have a positive effect on student attendance by strengthening the immune system and helping to prevent illness.

Because nothing is more important than a child's health, the goals set forth in this administrative directive are ambitious. Earnest striving toward them can develop the healthiest and highest-achieving students ever. The goals are meant to inspire and empower, not to overwhelm. Each school can progress in a way that best fits the needs, concerns and resources of its local community. Thoughtful, purposeful, phased-in change is commendable.

This administrative directive seeks to set forth the means by which the District and the Superintendent intend to carry out Board Policy 3.60.060-P (Student Wellness through Nutrition and Physical Activity) in order to help students learn, establish and maintain lifelong healthy eating and activity patterns.

### **I. Definitions**

- (1) "Wellness" an interactive process of becoming aware of and practicing choices to create a healthy and balanced lifestyle, which includes but is not limited to nutrition, nutrition education, physical activity and physical education.
- (2) "Nutrition Education" a planned sequential pre-K through 12 instructional program that provides knowledge and teaches skills to help students adopt and maintain lifelong healthy eating habits
- (3) "Physical Activity" any bodily movement produced by skeletal muscles that results in the expenditure of energy
- (4) "Physical Education" a planned sequential pre-K through 12 instructional program that prepares students to incorporate the long-term benefits of activity into a healthy lifestyle. A physically educated person participates regularly in a variety of physical activities, maintains an appropriate level of personal fitness and knows the benefits from involvement in physical activity and its contributions to a healthy lifestyle.
- (5) "Adapted Physical Education" is specially designed instruction for students who require adaptations and modifications to participate safely and successfully in physical education.
- (6) "Coordinated School Health Program" an integrated, planned, school-based system consisting of eight interactive components: Health Education; Physical Education; Health Services; Nutrition Services; Counseling, Psychological and Social Services; Healthy School

Environment; Health Promotion for Staff; and Family/Community Involvement.

- (7) "Other School-based Activities events or activities that occur outside an academic classroom". Examples include, but are not limited to, after-school programs and events, parties, fundraisers, field trips, dances, assemblies, sports and activities of local wellness committees
- (8) "A la carte Food Sales" a selection of food items each priced separately
- (9) "Foods of Minimal Nutritional Value (FMNV) or Minimally Nutritious Foods" those foods which provide less than five percent of the U.S. recommended daily allowances for each of eight specific nutrients per 100 calories and per serving; specific foods that are identified as not meeting these criteria include all carbonated beverages, water ices, chewing gum and a variety of candies (hard candies, jellies and gums, marshmallow candies, fondants, licorice, spun candies, and candy-coated popcorn).

## **II. Goals for Nutrition Education, Physical Activity, and other School-based Activities that Promote Student Wellness**

- (1) Nutrition Education Goals – The primary goal of nutrition education is to influence students' eating behaviors. Building nutrition knowledge, attitudes, and skills helps children make lifelong healthy eating choices. District schools shall work to provide age-appropriate nutrition education as part of the health and physical education curricula that respects students' cultural practices; that is integrated into core subjects; and provides opportunities for students to practice skills and apply knowledge both inside and outside the school setting. The District shall also seek to provide evidenced-based nutrition education curricula that foster lifelong healthy eating behaviors. Knowledge of food – how it is grown, who grows it, how it is prepared, its connection to traditions, sustainability and its influence in shaping society – is integral to a comprehensive education. **To the extent possible:**
  - (a) Students in grades pre-K-12 shall receive nutrition education that teaches the skills needed to adopt lifelong healthy eating behaviors.
  - (b) Classroom nutrition education shall be reinforced in the school dining room or cafeteria setting as well as in the classroom,

with coordination among the nutrition service staff, administrators and teachers as much as possible.

- (c) Students shall receive consistent nutrition messages from schools and the district. This includes in classrooms, cafeterias, outreach programs and other school-based activities.
  - (d) District health education curriculum shall be based upon Oregon health education standards for nutrition and physical activity.
  - (e) Nutrition education shall be part of the health education and core curricula (e.g., math, science, language arts).
  - (f) Schools shall strive to link nutrition education and physical activity with a coordinated school health program.
  - (g) Staff and teachers who provide nutrition education shall have appropriate training.
  - (h) Schools shall encourage parents and guardians to support healthy eating and physical activity behaviors.
  - (i) Schools shall strive to conduct nutrition and physical education activities that involve families, students and the community.
  - (j) Schools shall strive to establish, or support, an instructional garden to provide students with experiences in planting, harvesting, preparing, serving and tasting foods integrated with nutrition education and core curriculum.
  - (k) The district shall strive to develop a farm to school program to provide fresh, wholesome, local and sustainably grown foods.
- (2) Physical Activity Goals – The primary goals for physical activity are to: build knowledge and skills through physical education (PE) programs that enable all students to participate in a variety of lifetime physical activities; promote safe and appropriate physical activity opportunities for all students; increase the amount of movement for all students throughout the day at school and which also has the potential to carry over into the student’s home environment, while decreasing sedentary time; and promote a physically active lifestyle for all community members, including staff, families and students. **To the extent possible:**
- (a) Provide quality physical education (PE) programs and adapted physical education programs in accordance with the district’s physical education curriculum standards:

- (A) Adequately and appropriately develop knowledge and skills for a variety of traditional and non-traditional physical activities;
  - (B) Improve and/or maintain students' physical fitness, providing the tools to self assess;
  - (C) Teach short- and long-term benefits of a physically active and healthy lifestyle; and
  - (D) Promote a lifelong physically active lifestyle.
- (b) At a minimum, provide physical education to all students as follows:
    - (A) Elementary school students — two times per week for an entire school year.
    - (B) Middle school students – the equivalent of daily physical education for one semester.
    - (C) High school students – daily physical education for one year in accordance with Oregon Department of Education requirements.
  - (c) Whenever possible, physical education classes will be taught by teachers with appropriate training and credentials for physical education.
  - (d) Whenever possible, all students shall be physically active during the school day through PE classes, daily recess periods for elementary school students, the use of evidenced-based classroom teaching techniques, such as stretching and movement breaks, and the integration of physical activity into the academic curriculum. Recess shall not be a substitute for PE classes.
  - (e) Whenever possible, all students shall be given opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, fully inclusive intramurals, interscholastic athletics and physical activity clubs.
  - (f) Schools shall encourage families to support their children's participation in physical activity, to be physically active role models and to include physical activity in family events.
  - (g) Schools shall provide adequate training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among students.

- (h) Schools shall encourage, promote and conduct physical activities that involve families, students, school staff and the community, including safe walking or biking to school.
  - (i) Schools shall encourage students to meet the American Academy of Pediatrics recommendation of 50 minutes daily of physical activity.
- (3) Goals for Other School-based Activities – The primary goal for other school-based activities is to create a total school environment that is conducive to student well-being. This includes, but is not limited to the following:
- (a) Dining Environment
    - (A) Schools shall provide clean, safe and pleasant meal environments for students.
    - (B) Schools shall provide enough space and serving areas to ensure all students have access to school meals with minimum wait time.
    - (C) The school district shall make drinking fountains available and accessible in all schools, so that students have access to water at meals and throughout the day.
    - (D) The school district shall encourage all students to participate in school meals program and protect the identity of students who eat free and reduced price meals.
    - (E) The school district shall encourage all students to eat healthy and nutritious meals within the school dining environment.
    - (F) In accordance with applicable laws, schools are encouraged to involve students in meal preparation, service, and clean-up.
    - (G) Schools shall encourage and facilitate access to hand washing before and after meals.
  - (b) Time to Eat
    - (A) Schools shall provide adequate time for students to enjoy eating healthy foods with friends in schools; a minimum of 20 minutes of eating time, after being served, for lunch and 10 minutes for breakfast.

- (B) Schools shall schedule lunch as close to the middle of the school day as possible. Opportunities for mid-morning or mid-afternoon snack breaks shall be encouraged.
- (C) Whenever possible, schools shall work to schedule recess for elementary schools before lunch so that children will come to lunch less distracted and ready to eat. Schools are encouraged to schedule separate recess and dining times.
- (c) Food or Physical Activity as a Reward or Punishment
  - (A) The use of food as a reward or punishment in schools shall be prohibited.
  - (B) Schools shall not deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time. While this practice has been used by many throughout the years, continued use is strongly discouraged and should be avoided.
- (d) Consistent School Activities and Environment
  - (A) The school district shall require all schools' fundraising efforts to be supportive of student wellness, comply with Nutrition Guidelines for All Foods Available on Campus during the School Day, promote physical activity and limit commercial influence.
  - (B) The school district shall work to provide opportunities for on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education.
  - (C) The school district shall encourage and provide opportunities for parents, staff, teachers, school administrators, students, nutrition service professionals and community members to serve as role models in practicing healthy eating and being physically active, both in the school environment and at home.
  - (D) The District, to the extent possible, shall provide information and outreach materials about community food programs and other Food and Nutrition Service (FNS) programs such as Food Stamps, the Child Nutrition Program, and Women, Infants and Children (WIC) to students and parents.

- (E) Schools, to the extent possible, shall seek to limit commercial influence and exposure to advertising as it relates to nutrition, wellness and physical activity, consistent with existing and future Board policy.
- (F) The District supports and encourages the creation of school gardens and integrated food system education that provides hands-on learning experiences linking the cafeteria with the classroom and core curriculum, such as math, science and language arts.

### **III. Nutrition Guidelines for All Foods Available on Campus during the School Day**

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available in their daily environment. In addition to ensuring that reimbursable school meals meet or exceed program requirements and nutrition standards, the district has also established standards or guidelines to address all foods and beverages sold or served to students, including those available outside of the school meal programs. All competitive foods and beverages should, to the extent possible, be nutrient dense, fresh, locally grown and locally produced.

Schools shall follow USDA, Oregon Department of Education and District guidelines for serving students with special dietary needs.

- (1) Guidelines for a la carte foods and beverages sales in the food service program on school campuses:
  - (a) All schools shall limit beverage selections to water, milk, soymilk, and 100 percent juice
  - (b) Middle schools and high schools shall not offer a la carte food sales. Students shall be encouraged to buy complete meals.
- (2) Foods and beverages sold, distributed or served on school campuses during, and up to 30 minutes after the end of, the school day, in vending machines, snack bars, school stores, concession stands and as fundraisers shall meet the following nutrition guidelines:
  - (a) Beverage selections shall be limited to water, milk, soymilk and 100% juice.
  - (b) Foods selections must meet the following criteria:

- (A) 35% of its calories from fat (excluding legumes, nuts, nut butters, seeds, eggs, non-fried vegetables and cheese packaged for individual sale).
  - (B) 10% of its calories from saturated fat (excluding eggs, cheese and nuts packaged for individual sale).
  - (C) 35% sugar by weight (excluding fruits and vegetables).
  - (D) 250 calories.
  - (c) Schools are expected to comply with [Board Policy 3.60.030-P regarding Food Sales in Schools](#) and [Administrative Directive 3.60.031-AD regarding Operation of Vending Machines](#).
- (3) Foods and beverages sold on school campuses 30 minutes after the end of the school day are not subject to the above nutrition guidelines
  - (4) Foods and beverages served as class snacks shall meet the same nutrition guidelines as outlined in (2).
  - (5) Classroom parties and celebrations are considered a "special event" and are not subject to the nutrition criteria as outlined in (2) however;
    - (a) Refreshments served at these gatherings must be purchased from commercial, licensed, and inspected establishments, such as grocery stores, bakeries, restaurants and farmers markets.
    - (b) Planners of these functions are strongly encouraged to consider the nutritional impact of all refreshments served. When minimally nutritious items are to be served, planners shall also provide nutritious alternatives.
    - (c) Planners are strongly encouraged to schedule these functions so as not to continually disrupt instructional time. To the extent possible, these functions should not take place prior to the lunch period and should seek to limit commercial influence.

#### **IV. Assurances that School Meals Meet Standards Established by Federal Law**

- (1) The District will offer school breakfast, lunch, supper, and snack programs with menus that exceed the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Oregon Department of Education, Office of Child Nutrition Programs.
- (2) Students will be offered a variety of food and beverage choices on a daily basis.

- (a) Portion size and frequency will be limited when dessert or snack foods (ex. baked chips) are offered as part of the meal.
  - (b) Unlimited fresh fruit and fresh vegetables will be offered daily with all lunches.
  - (c) In high schools, deep fried potatoes will be offered as part of the meal a maximum of three times per week. Schools are encouraged to offer oven-baked foods instead of fried foods.
  - (d) In elementary and middle schools, no deep fried foods shall be offered.
- (3) Menus shall reflect student preferences while balancing Dietary Guidelines.
  - (4) Every effort will be made to offer a vegetarian option daily
  - (5) Locally produced and/or grown products are preferred and will be offered whenever practical.

## **V. Implementation**

- (1) Person(s) Responsible
  - (a) In each school, the Principal shall designate a group, such as a school health advisory council, a school-based wellness team, site council or a school safety and wellness committee, to work in conjunction with the Principal on health and wellness activities. This advisory committee shall strive to include teachers, school staff, students and parents.
  - (b) In each school, the Principal shall designate a person or the established school health advisory council to ensure that this Administrative Directive is implemented.
- (2) Surveying and Monitoring
  - (a) The Principal or designee of each school in the District shall conduct a baseline survey designed by the district of the school's existing environment as it relates to nutrition, nutrition education, physical education and physical activity programs and practices. A baseline survey shall be completed by within one year of the signing of this Administrative Directive.
  - (b) Schools shall work to align efforts aimed at student wellness with goals set forth in these administrative directives and review the school environment, programs, and practices on a yearly basis.

- (c) Each school shall conduct a follow-up survey every other year after the initial survey that will be compiled and analyzed by the District.
  - (d) The results of the surveys shall be used by, among others, the District, Wellness Advisory Committee, school principals and advisory councils to inform further changes to this Administrative Directive and its implementation at the school level.
- (3) Report to the Board
- (a) The District shall provide for an annual written report to the appropriate committee of the School Board on the District's compliance with, implementation of and the impact of Board Policy 3.60.060-P, Student Wellness through Nutrition and Physical Activity.
  - (b) The District Wellness Advisory Committee shall annually report to the appropriate committee of the School Board. This annual written report should include recommendations and updates on school wellness issues. It would be preferable that the report of the District Wellness Advisory Committee should occur concurrently with that of the Superintendent outlined above.
  - (c) The initial reports called for in (a) and (b) above shall be made no later than August 1, 2008, and subsequent annual reports shall be made no later than August 1 of each year thereafter. The School Board may request that such reports be given at a regularly scheduled meeting of the School Board or appropriate committee of the School Board.

**VI. Involvement of Parents, Students, Nutrition Services Staff, School Board, Administrators, Teachers and the Public**

- (1) District Wellness Advisory Committee – The Superintendent shall appoint an on-going District Wellness Advisory Committee to:
  - (a) Assist in the implementation of the Wellness Policy and Administrative Directives by providing recommendations based on best practices and research-based efforts on issues related to student wellness.

- (b) Advise the District on issues concerning nutrition, nutrition education, physical education and physical activity programs and practices.
  - (c) Make written recommendations through the submission of an annual report and provide updates to the Board as may be requested by the Superintendent.
  - (d) Provide input to the District to assist with the District's efforts to evaluate the effectiveness of wellness implementation.
  - (e) Promote and represent the wellness initiatives of the District, not those of any individual or organization.
- (2) The District Wellness Advisory Committee shall be comprised of no more than 25 members and shall represent:
- (a) Parents of Portland Public School children
  - (b) Teachers teaching in the Portland Public Schools
  - (c) Students attending the Portland Public Schools who are in their junior or senior year
  - (d) School Administrators from the Portland Public Schools
  - (e) Portland-area business community
  - (f) Portland-area health care community
  - (g) Portland-area community organizations
- (3) The committee shall meet at least once a quarter, but may meet more often as needed, and shall operate on a school-year calendar. The first yearly meeting shall occur no later than September 15 of each year. At the first yearly meeting of the committee, the members shall select a chair, vice-chair and secretary of the committee. No member may serve in these roles for more than two consecutive years.
- (4) Members shall be appointed for three years and on an on-going basis, and as vacancies occur. A member wishing to resign from the committee shall do so in writing directed to the Superintendent and the chair of the committee. Such writing may be through electronic means. In the event of a vacancy due to the expiration of a term, the member may continue to serve until a successor has been appointed.
- (5) Members are expected to attend all committee meetings. A member who inexcusably misses three consecutive committee meetings shall be removed from the committee and the Superintendent shall appoint a replacement.

- (6) Members shall serve with no compensation from the District. The Wellness Advisory Committee is an advisory committee to the Superintendent. As such, the Wellness Advisory Committee shall not engage in lobbying public officials, raising funds for other organizations or engage in activities that may be detrimental to the interests or operations of the District. This shall not be construed to prohibit, restrict or limit the actions of any member of the Wellness Advisory Committee acting as a private citizen.

Policy Implemented: 3.60.060-P Student Wellness Through Nutrition and Physical Activity

History: Adopted 6/12/06, Amd. 8/07

Section 204 of Public Law 108-265 (June 30, 2004)