



Wellness Policy Plan 2022-2023

Policy Area	Current State: Unknown, Needs Improvement, or Questions	Planned Policy/Activity
1. Nutrition Education		Criteria to consider: <ul style="list-style-type: none"> • How much time is spent • Specific courses, who teaches • Different at different grade levels • Aligned to ODE education Guidelines
1.1 Nutrition knowledge: Nutritional content/balance of food Weight management Use/Mis-use of supplements Cultural diversity related to food & eating Health effects of bad or malnutrition	<ul style="list-style-type: none"> • Specific classes or other education do or should we provide 	<ul style="list-style-type: none"> • Health Classes with modules on healthy nutritional needs and fitness.
1.2 Nutrition skills: Meal planning Food preparation, storage, safety Reading & evaluating food labels	<ul style="list-style-type: none"> • Evaluate ability to incorporate into Health Classes 	<ul style="list-style-type: none"> • Health Classes with modules on healthy nutritional needs and fitness. • Currently address nutrition literacy—reading labels, identifying good/bad food choices.
1.3 Nutrition self-assessment: Personal eating habits and goals	<ul style="list-style-type: none"> • Investigate curriculum for self assessment. 	<ul style="list-style-type: none"> • Currently address in Health classes
1.4 Involve students in food preparation as part of nutrition education	<ul style="list-style-type: none"> • Difficult to implement 	<ul style="list-style-type: none"> • Involve students in a possible planned rotation to volunteer within the kitchen with small tasks under supervision.

1.5	Marketing/Visibility: Nutrition education materials are displayed in dining or other areas of school	<ul style="list-style-type: none"> • Could use more posted education materials for students to read 	<ul style="list-style-type: none"> • Posting information on menus to be available to students. • Post nutrition general education materials on other school bulletin boards.
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1.6	Integration to other Curriculum: Math, Science, Social Studies?	<ul style="list-style-type: none"> • Creating everyday small math/science problems that may pertain to nutritional values 	<ul style="list-style-type: none"> • Science classes to include sections on relating nutrition/ biology, and gardening.
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2. School Nutrition Program Guidelines

2.1	High Participation rate in National School Breakfast & Lunch Programs	<ul style="list-style-type: none"> • Currently serving all students free of charge. 	<ul style="list-style-type: none"> • Include follow up to ensure high participation • Provide All Students access to free breakfast and lunches, via ODE program and NSLP
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2.2	Nutritious Choices: Encourage students to choose nutritious food while at school through school provided meals.	<ul style="list-style-type: none"> • Good nutritious choices for students at Breakfast and Lunch 	<ul style="list-style-type: none"> • Provide only nutritious meals and snack options which are not high in sodium, added sugars, or fat. • Only water, fruit juice, and reduced fat milk beverages provided • No advertising of unhealthy food/beverages.
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2.3	Nutritious Choices: Discourage sale/consumption of Foods of Minimal Nutritional Value (FMNV).	<ul style="list-style-type: none"> • No food is sold, only given nutritious choices 	<ul style="list-style-type: none"> • No vending machines. • No Candy, “junk foods” high-fat/high-sugar content food not sold or provided.
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2.4	Environment: Students are provided adequate time and a suitable environment for meals.	<ul style="list-style-type: none"> • Currently providing 	<ul style="list-style-type: none"> • Student periods set aside for both breakfast and Lunch: (quantity / consistency) • Clean tables and chairs, and adequate space provided for students to enjoy their meals. • Meal periods are supervised by staff member(s) to ensure a safe, and relaxed
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			environment.
2.5	Communication: Students and Parents receive information on Nutrition to be provided at school	<ul style="list-style-type: none"> • Provide communication to parents that food is provided. 	<ul style="list-style-type: none"> • Communicating in letters to families upon entry/application to school.
2.6	Budget Neutrality: Do not seek to profit from nutrition programs	<ul style="list-style-type: none"> • Currently subsidizing the salary of staff to prepare and deliver nutrition. 	<ul style="list-style-type: none"> • We seek to cover the direct cost of food provided to students, and do not attempt to profit from sales or distribution of food.
3. Physical Activity			
3.1	Physical Activity Scheduled: Included in daily education program: vigorous physical education/exercise, and recess	<ul style="list-style-type: none"> • Currently scheduling activities 	<ul style="list-style-type: none"> • Students are required to earn one full physical education credit.
3.2	Extra Curricular Activity:	<ul style="list-style-type: none"> • Evaluate what we offer, to whom? 	<ul style="list-style-type: none"> • Offer extra curricular physical activity to

			interested students (tennis, yoga, basketball team).
3.3	Encourage exercise outside of school	<ul style="list-style-type: none"> • Encourage and assist students to walk or ride to school 	<ul style="list-style-type: none"> • Safe bicycle routes, safe storage of bikes • Bus walk to encourage safe transportation that might include walking?
3.4	Meet Physical Education Standards	<ul style="list-style-type: none"> • Evaluate physical education standard requirements 	<ul style="list-style-type: none"> • New requirements not in place until 2022. Currently expect to be at standards