wellness policy revisions

The school environment shapes daily choices that influence health. A school wellness policy creates a school environment that supports health for students and staff. All school districts participating in the National School Lunch Program or the School Breakfast Program are required to adopt and implement a revised local wellness policy that includes:

- Nutrition guidelines for foods sold and provided at school (including fundraisers, snacks, classroom celebrations and rewards)
- Marketing and promoting food in schools
- Physical education and physical activity
- Stronger wellness policy leadership, accountability and transparency

Need information to revise your local wellness policy? www.oregon.gov/ode/students-and-family/childnutrition/SNP/Pages/OregonSchoolWellness.aspx

Contact Jennifer Young, School Wellness Coordinator, Oregon Department of Education jennifer.l.young@state.or.us or 503-947-5795.

move every morning!

The beginning of the school year is the perfect time to start creating healthy, fun and safe habits such as walking and biking. Here are some reminders for you and your students when traveling to or from school:

- Keep your EYES and EARS OPEN
- Cross the street at the corner or crosswalk, and obey all traffic signals and crossing guards
- Look left, right, left again, AND behind before and during crossing

We must all look out for each other and work together so everybody arrives safely.

Mark your calendar for Walk+Roll to School Day, Wednesday, October 4!

Register at www.thestreettrust.org/walkroll/
Physical education is a core academic subject for all Oregon students and is required to be taught in grades K-12. Legislation passed ten years ago to ensure all K-8 students receive quality physical education as part of their regular school day. This included best practice recommendations for specific minutes per week based on grade level taught by a licensed physical education teacher:

- Grades K-5: 150 minutes/week
- Grades 6-8: 225 minutes/week

In 2017, a new law passed, Senate Bill 4, allowing schools more time to phase-in the required minutes and for up to 45 minutes/week to be taught by classroom teachers outside of their own class, as long as it aligns with the Oregon Physical Education Standards.

More detailed information about physical education and Senate Bill 4 can be found on the Oregon Department of Education website:

www.oregon.gov/ode/educator-resources/standards/physicaleducation/Pages/default.aspx

For questions, please contact Suzanne Hidde, ODE Health & Physical Education Specialist at suzanne.hidde@state.or.us.

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**not your everyday apples**

**ingredients**

- 3 medium apples (3” diameter)
- ½ cup raisins
- 2 teaspoons soft butter or margarine
- 2 teaspoons brown sugar
- ¼ teaspoon cinnamon

**directions**

1. Preheat oven to 400 degrees.
2. Wash the apples and chop into small pieces.
3. Mix apples with raisins, butter or margarine, sugar and cinnamon.
4. Place the mixture in a baking dish and cover loosely with foil. Bake for about 20 minutes.
5. Cool slightly and enjoy!
6. Refrigerate leftovers within 2 hours.

**notes**

Try serving this recipe with vanilla yogurt!

For more nutrient facts and other delicious and economical recipes go to FoodHero.org.