Wellness Newsletter

It's time to review and update school district wellness policies!

District wellness policies must be reviewed and revised by the start of the 2017-2018 school year to reflect the latest federal requirements. All are welcome to provide input — your voice is important!

School district wellness policies are an important tool for schools, parents, the community, ESD’s and school districts in supporting student wellness. A district wellness policy is a written document that guides efforts to create a school environment that fosters healthy eating and regular physical activity.

A healthy school environment is a healthy learning environment!

Contact your school or school district office to get involved.
Go to www.ode.state.or.us/go/ODEwellness for more information.

St. Paul School District has been actively promoting school wellness since the inception of school wellness policies. In the last few years, St. Paul’s wellness committee has used the Alliance for a Healthier Generation Assessment and Action Plan models to guide its work.

In 2015-16, the Alliance assessment clearly demonstrated the need to implement a stronger wellness policy. Fortunately, the school board had already adopted a gold standard wellness policy in May 2016, before the final rule was released in July 2016. This was accomplished by adopting both the Alliance and the Oregon School Board Association model policies.

The district has implemented best practice physical education standards, daily recess, comprehensive health education, classroom energizers, staff wellness and community support. Additionally, staff kept marketing out of schools, engaged community members in healthy activities and involved students in evidence-based health practices.

St. Paul’s 2016-17 Action Plan includes:

- Better communication with students, parents, staff and community
- Family interactive health assignments
- Staff wellness and continued professional development
- More farm to school tastings and scratch-made meals
- Smarter Lunchroom Techniques
- All foods complying with Oregon Smart Snacks during school

Learn more about St. Paul School District's Wellness Policy.

Walking and biking to school are fun ways to include physical activity into a healthy daily routine. Oregon promotes community health, safety and livability through Walk+Bike to School events. In the October, 2016 events, over 200 schools tracked at least 28,600,000 minutes of walking and biking by participating in Walk+Bike to School Day and Fire Up Your Feet! Consider registering in the Walk+Bike Challenge this May 2017. Learn more about Oregon’s Safe Routes to Schools.
School Wellness Policies are important for students’ health, but they can support staff wellness too. For the school’s employees, a healthy school can also be a healthy worksite. The health and wellbeing of the adults working for the school affects the health of students and fosters their academic success. School employee worksite wellness programs decrease staff burnout and use of sick leave, and help school staff model healthy habits for students, families and the community. Including Employee Wellness as part of school wellness policies demonstrates the district’s commitment to support staff as well as student wellness. Optional Employee Wellness language is included in Oregon’s models wellness policies that can be found at www.ode.state.or.us/go/ODEwellness. Learn more about school employee wellness at the Oregon School Employee Wellness Conference March 26-28.

bread pudding in the microwave

**ingredients**

- 1 Tablespoon butter or margarine
- 3 slices whole grain bread
- ½ cup packed brown sugar
- ½ cup raisins
- 3 eggs, slightly beaten
- 1 ¼ cups non-fat or 1% milk
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- 1 teaspoon vanilla

**directions**

1. Butter bread and cut into small cubes.
2. Combine buttered and cubed bread, brown sugar and raisins in a one-quart microwave safe dish.
3. In a microwave safe bowl or measuring cup, blend together the eggs, milk, cinnamon, salt, and vanilla.
4. Heat on high for 2-3 minutes until hot, but not boiling.
5. Pour over bread mixture and lightly blend together.
6. Microwave uncovered at 50% power for 5-8 minutes, or until edges are firm and the center is almost set.
7. Let rest for 10 minutes before serving.
8. Refrigerate leftovers within 2 hours.

**notes**

Serve with low-fat vanilla or lemon yogurt.

Recipe from Food Hero