



# School Wellness Newsletter

March Forward!  
Spring 2017

## st. paul shares wellness action policy

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**.



## update your school district wellness policy

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](http://www.ode.state.or.us/go/ODEwellness) for more information.



## put one foot in front of the other

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**.

# healthy schools for kids.

## include staff wellness in policy

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 model wellness policies that can be found at [www.ode.state.or.us/go/ODEwellness](http://www.ode.state.or.us/go/ODEwellness). Learn more about school employee wellness at the Oregon School Employee Wellness Conference March 26-28.

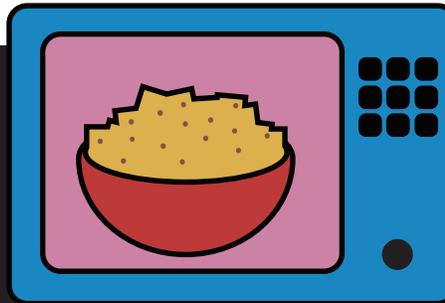
## let's do breakfast, oregon!

Congratulations to the 100 schools that participated in the 2016 November School Breakfast Challenge, reaching over 48,000 kids in 33 cities and towns across the state.

The Challenge included a Teen Essay Competition. Winning student Miranda Peters of Pacific Crest Middle School in Bend-LaPine SD had this to say: "School breakfast provides food for kids that need it and that is really important because kids can't grow and learn if they don't have the proper nutrition."

Visit [oregonhunger.org/breakfast-challenge](http://oregonhunger.org/breakfast-challenge) to stay up to date on the 2017 Breakfast Challenge.

## bread pudding in the microwave



### ingredients

1 Tablespoon butter or margarine  
3 slices whole grain bread  
1/2 cup packed brown sugar  
1/2 cup raisins  
3 eggs, slightly beaten

1 1/4 cups non-fat or 1% milk  
1 teaspoon cinnamon  
1/4 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**

## additional resources

National School Breakfast Week, March 6-10

Oregon School Employee Wellness Conference, March 26-28  
[www.oechoice.com/news-events](http://www.oechoice.com/news-events)

Fuel Up to Play 60 Grant applications accepted April 2017  
[odncouncil.org/category/fuel-up-to-play-60](http://odncouncil.org/category/fuel-up-to-play-60) and [www.fueluptoplay60.com](http://www.fueluptoplay60.com)

Every Kid Healthy Week, April 24-28  
[www.actionforhealthykids.org](http://www.actionforhealthykids.org)

Screen Free Week, May 1-7  
[www.commercialfreechildhood.org](http://www.commercialfreechildhood.org)

May is Walk + Bike Challenge Month  
[www.walknbike.org](http://www.walknbike.org)

Fire Up Your Feet, May 1-31  
[or.fireupyourfeet.org](http://or.fireupyourfeet.org)

Oregon Summer Food Programs  
[www.summerfoodoregon.org](http://www.summerfoodoregon.org)

## about this newsletter

The School Wellness Newsletter is written by members of the Wellness in School Environments (WISE) Workgroup. Members represent the following organizations:

- \* Alliance for a Healthier Generation
- \* Oregon Public Health Institute
- \* Healthy Kids Learn Better
- \* OEA Choice Trust
- \* OHA, Public Health Division
- \* Oregon Action for Healthy Kids
- \* Oregon Dairy and Nutrition Council
- \* Oregon Department of Education
- \* Oregon School Nutrition Association
- \* OSU Extension Family & Com. Health
- \* Multnomah Co. Community Wellness and Prevention Program