



School Wellness

Newsletter

Be a Wellness
Champion

Fall
2016

school wellness policy news

The Local School Wellness Policy final rule, revised under the Healthy, Hunger-Free Kids Act of 2010, was released in July 2016. Most Oregon districts now need to realign their existing wellness policies with the updated requirements and strengthen implementation at the school level. New under the final rule, district wellness policies will need to include:

- A policy addressing marketing of unhealthy food;
- More involvement from the public and school community;
- Enhanced compliance (district policies will be assessed as part of school food administrative review every three years);
- Oregon Smart Snacks standards; and
- Nutrition and physical activity goals based on evidence-based strategies.

Local wellness policies can also address using non-food rewards; shifting unhealthy school fundraisers to healthy food or non-food fundraisers; ensuring school celebrations support healthy eating and physical activity; and providing opportunities for before, during and after school physical activity, including quality physical education, and recess as well as staff wellness.

For more information and sample wellness policies go to www.ode.state.or.us/go/ODEwellness.



oregon ask

Americans spend less than 5 percent of their life in school. With this reality, it is vital to consider students' health during out-of-school time. To learn how afterschool and summer programs are supporting health, OregonASK conducted a survey of over 100 programs. The results are in, and they show that afterschool is a champion for children's wellbeing. Over 90% of programs surveyed provide a healthy meal or snack, and physical activity opportunities- both of which are crucial to health!

Out-of-school time is a prime opportunity to cultivate students' healthy habits, and it's terrific that programs are already accomplishing this goal. To learn more about out-of-school time in Oregon, best practices for out-of-school time, and OregonASK, visit oregonask.org.



let's do breakfast oregon

Who knew connecting kids to breakfast can improve attendance, test scores, and other metrics? The Let's Do Breakfast, Oregon! Campaign is excited to launch the 2016 November School Breakfast Challenge, with the goal of recruiting 100 schools to ramp up participation by changing the way they offer school breakfast or engaging students and families. To register or receive resources on increasing participation, visit: oregonhunger.org/breakfast-challenge.

healthy schools for kids.

bill 2846

A significant piece of encouragement for schools pursuing **Breakfast in the Classroom** is **House Bill (HB) 2846**. This piece of legislation was passed last summer, during the 2015 legislative session, but has flown somewhat under the radar. HB 2846 allows schools to count up to 15 minutes of instructional time as students consume breakfast in their classroom while instruction is being provided. This can be something as simple as teachers taking roll, reviewing the plan for the day, or collecting assignments. Use this opportunity to assist in getting buy-in from stakeholders, like teachers and administrators, who may be reluctant to consider moving breakfast into the classroom.

drinkable yogurt

INGREDIENTS

- * 1/2 cup low fat plain yogurt
- * 1/2 cup 100% fruit juice

DIRECTIONS

1. Add yogurt and juice to a clean jar or other container with a lid. Close lid and shake.
2. Serve cold.
3. Refrigerate leftovers within 2 hours.

shar.es/1ZDUMX

foodhero.org



live longer, better™!

Blue Zones Project Oregon is a statewide well-being improvement initiative dedicated to making healthy choices easier. By designing the places where we spend most of our day – such as school and work – to be places that encourage healthy choices, we can set ourselves up for success. Thanks to Cambia Health Foundation, the nationally-proven, evidence-based Blue Zones Project tools and resources are available to all Oregonians at no cost. To find out more, visit: oregon.bluezonesproject.com or email us at bluezonesprojectoregon@healthways.com.

additional resources

Health and PE Updates
To sign up for newsletters www.ode.state.or.us/search/page/?id=1843.

Oregon Agriculture In The Classroom (AITC)
oregonaitc.org

Action for Healthy Kids
www.actionforhealthykids.org

Fuel Up to Play 60
Grant applications due November 2, 2016
www.fueluptoplay60.com

ODE School Wellness Award Applications:
open Nov-Jan
www.ode.state.or.us/search/page/?id=5390

Walk and Bike to School Day: October 5, 2017 (20th Anniversary!)
Over 200 Oregon schools walk and bike to school www.walknbike.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

school wellness awards

The 2016-2017 School Wellness Awards application will be opening soon!

Initiated in 2008 with the support of the Nutrition Council of Oregon, Oregon Department of Education (ODE) Child Nutrition Programs created the School Wellness Awards to recognize schools for their outstanding efforts to improve child health and make the connection between nutrition, physical activity and academic achievement.

Each year ODE selects 3 winners of the School Wellness Award. These schools are exemplary for their outstanding implementation of school district wellness policies.

Oregon schools actively working to improve student and staff wellness

are encouraged to apply. Applications are reviewed by a Blue Ribbon Panel appointed by ODE. The panel reviews applications and recommends the top applicants to the ODE Deputy Superintendent who makes the final selection.

As sponsor of the awards, Oregon Dairy and Nutrition Council provides \$2,500 and a recognition banner for each winner. The banners, a signed certificate and the cash award are presented at special assemblies held at winning schools.

Please check the website for updates:
www.ode.state.or.us/go/ODEwellness