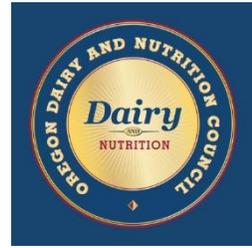


NEWS RELEASE



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Portland School Walks the Walk for Wellness

Jason Lee Elementary School in Portland is being recognized with a statewide award this week for literally “walking the walk” when it comes to championing wellness for students and faculty.

Every Friday morning, rain or shine, Jason Lee Elementary School staff, students and parents walk or run the “Morning Mile” before school. Combined with the school’s physical education program, nutritious cooking classes for students and a community garden, you can start to see some of the many reasons why it was one of the two schools in Oregon to earn a 2019 School Wellness Award.

The award will be presented along with a check to the school during a special assembly this Friday at 1:30 p.m. Media is invited to attend.

This award recognizes schools for outstanding school wellness policies, practices and programs that promote healthy student and staff behavior. These schools have implemented evidence-based strategies to encourage student, staff and community health and wellness. These strategies include:

- Providing healthy celebration opportunities
- Scheduling recess before lunch
- Providing breakfast after the bell
- Wellness initiatives for school staff
- Family Night events that get everyone moving
- School gardens
- Healthy cooking programs for families
- Open gym before and after school hours

The Nutrition Council of Oregon and the Oregon Dairy and Nutrition Council, the title sponsor for these awards, join the Oregon Department of Education in recognizing these schools. Each award recipient receives a \$2,500 cash prize, a banner and a certificate of recognition presented at local school celebrations. Wilson Elementary School in Corvallis will be recognized at an event in May.

The places where we live, work and learn have a big impact on our health. Wellness policies guide school efforts to establish an environment that creates a healthy workplace for staff, and promotes student health, well-being, and ability to learn. All districts are required to have wellness policies in place that meet Oregon’s minimum requirements, but schools can choose to implement stronger policies or additional programs to further support student and staff wellness.

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