



3.60.062-AD Student Wellness through Nutrition and Physical Activity

On June 30, 2004, Congress passed Public Law 108-265 and reauthorized federal funding for Child Nutrition Programs. Section 204 of the Child Nutrition Reauthorization Act directs all school districts participating in the federally funded Child Nutrition programs to establish a local school wellness policy for all schools in the district. The Board of Directors of the Portland Public School District adopted Board Policy 3.60.060-P (Student Wellness through Nutrition and Physical Activity) on June 12, 2006. The Portland Public School District is committed to school environments that promote life long wellness by supporting a school environment with excellent and consistent nutrition, nutrition education, physical education, and physical activity. The District is also committed to providing a school environment and curricula that promote the consumption of foods of maximum nutritional density and participation in healthful, regularly scheduled physical activity.

Obesity rates have doubled among young children and tripled among adolescents over the past twenty years, becoming a local and national epidemic. Sedentary lifestyle, lack of physical activity and excessive caloric intake are the predominant causes of childhood obesity. Schools can partner with families and the community to prevent and decrease overweight and obesity by making the healthy choice the easy choice for students during the school day. By doing so, school environments can help prevent obesity-related diseases in both children and adults.

The link between nutrition, physical education and academic achievement is strong. Poor nutrition and hunger interfere with cognitive function. Research on the benefits of school breakfast programs found improvement in students' ability to concentrate in the classroom and increases in test scores. Physical education has also been linked to improved academic performance. Results of physical fitness testing showed that higher levels of fitness were associated with higher achievement in mathematics and reading. The motor learning that occurs in a quality physical education program can support reading readiness, increased cognitive responses and attention span. Both nutrition and physical activity have a positive effect on student attendance by strengthening the immune system and helping to prevent illness.

Environment; Health Promotion for Staff; and Family/Community Involvement.

- (7) "Other School-based Activities events or activities that occur outside an academic classroom". Examples include, but are not limited to, after-school programs and events, parties, fundraisers, field trips, dances, assemblies, sports and activities of local wellness committees
- (8) "A la carte Food Sales" a selection of food items each priced separately
- (9) "Foods of Minimal Nutritional Value (FMNV) or Minimally Nutritious Foods" those foods which provide less than five percent of the U.S. recommended daily allowances for each of eight specific nutrients per 100 calories and per serving; specific

(A) Adequately and appropriately develop knowledge and skills

- (h) Schools shall encourage, promote and conduct physical activities that involve families, students, school staff and the community, including safe walking or biking to school.
 - (i) Schools shall encourage students to meet the American Academy of Pediatrics recommendation of 50 minutes daily of physical activity.
- (3) Goals for Other School-based Activities – The primary goal for other school-based activities is to create a total school environment that is conducive to student well-being. This includes, but is not limited to the following:
- (a) Dining Environment
 - (A) Schools shall provide clean, safe and pleasant meal environments for students.
 - (B) Schools shall provide enough space and serving areas to ensure all students have access to school meals with minimum wait time.
 - (C) The school district shall make drinking fountains available and accessible in all schools, so that students have access to water at meals and throughout the day.
 - (D) The school district shall encourage all students to participate in school meals program and protect the identity of students who eat free and reduced price meals.
 - (E) The school district shall encourage all students to eat healthy and nutritious meals within the school dining environment.
 - (F) In accordance with applicable laws, schools are encouraged to involve students in meal preparation, service, and clean-up.
 - (G) Schools shall encourage and facilitate access to hand washing before and after meals.
 - (b) Time to Eat
 - (A) Schools shall provide adequate time for students to enjoy eating healthy foods with friends in schools; a minimum of 20 minutes of eating time, after being served, for lunch and 10 minutes for breakfast.

- (E) Schools, to the extent possible, shall seek to limit commercial influence and exposure to advertising as it relates to nutrition, wellness and physical activity, consistent with existing and future Board policy.
- (F) The District supports and encourages the creation of school gardens and integrated food system education that provides hands-on learning experiences linking the cafeteria with the classroom and core curriculum, such as math, science and language arts.

III. Nutrition Guidelines for All Foods Available on Campus during the School Day

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available in their daily environment. In addition to ensuring that reimbursable school meals meet or exceed program requirements and nutrition standards, the district has also established standards or guidelines to address all foods and beverages sold or served to students, including those available outside of the school meal programs. All competitive foods and beverages should, to the extent possible, be nutrient dense, fresh, locally grown and locally produced.

- (A) 35% of its calories from fat (excluding legumes, nuts, nut butters, seeds, eggs, non-fried vegetables and cheese packaged for individual sale).
 - (B) 10% of its calories from saturated fat (excluding eggs, cheese and nuts packaged for individual sale).
 - (C) 35% sugar by weight (excluding fruits and vegetables).
 - (D) 250 calories.
 - (c) Schools are expected to comply with [Board Policy 3.60.030-P regarding Food Sales in Schools](#) and [Administrative Directive 3.60.031-AD regarding Operation of Vending Machines](#).
- (3) Foods and beverages sold on school campuses 30 minutes after the end of the school day are not subject to the above nutrition guidelines
 - (4) Foods and beverages served as class snacks shall meet the same nutrition guidelines as outlined in (2).
 - (5) Classroom parties and celebrations are considered a "special event" and are not subject to the nutrition criteria as outlined in (2) however;
 - (a) Refreshments served at these gatherings must be purchased from commercial, licensed, and inspected establishments, such as grocery stores, bakeries, restaurants and farmers markets.
 - (b) Planners of these functions are strongly encouraged to consider the nutritional impact of all refreshments served. When

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- (a) Portion size and frequency will be limited when dessert or snack foods (ex. baked chips) are offered as part of the meal.
 - (b) Unlimited fresh fruit and fresh vegetables will be offered daily with all lunches.
 - (c) In high schools, deep fried potatoes will be offered as part of the meal a maximum of three times per week. Schools are encouraged to offer oven-baked foods instead of fried foods.
 - (d) In elementary and middle schools, no deep fried foods shall be offered.
- (3) Menus shall reflect student preferences while balancing Dietary Guidelines.
 - (4) Every effort will be made to offer a vegetarian option daily
 - (5) Locally produced and/or grown products are preferred and will be offered whenever practical.

V. Implementation

- (1) Person(s) Responsible
 - (a) In each school, the Principal shall designate a group, such as a school health advisory council, a school-based wellness team, site council or a school safety and wellness committee, to work in conjunction with the Principal on health and wellness activities. This advisory committee shall strive to include teachers, school staff, students and parents.
 - (b) In each school, the Principal shall designate a person or the established school health advisory council to ensure that this Administrative Directive is implemented.
- (2) Surveying and Monitoring
 - (a) The Principal or designee of each school in the District shall conduct a baseline survey designed by the district of the school's existing environment as it relates to nutrition, nutrition education, physical education and physical activity programs and practices. A baseline survey shall be completed by within one year of the signing of this Administrative Directive.
 - (b) Schools shall work to align efforts aimed at student wellness with goals set forth in these administrative directives and review the school environment, programs, and practices on a yearly basis.

- (c) Each school shall conduct a follow-up survey every other year after the initial survey that will be compiled and analyzed by the District.
 - (d) The results of the surveys shall be used by, among others, the District, Wellness Advisory Committee, school principals and advisory councils to inform further changes to this Administrative Directive and its implementation at the school level.
- (3) Report to the Board
 - (a) The District shall provide for an annual written report to the appropriate committee of the School Board on the District's

