

Wellness Policy

The Sunny Wolf Charter School Board recognizes that childhood obesity has become an epidemic in Oregon as well as throughout the nation. Research indicates that obesity and many diseases associated with obesity are largely preventable through diet and regular physical activity. Additional research indicated that healthy eating patterns and increased physical activity are essential for students to achieve their academic potential, full physical and mental growth and lifelong health and well-being.

The Sunny Wolf Charter School will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing school-wide nutrition and physical activity policies.

Nutrition Promotion and Nutrition Education

Nutrition promotion supports the integration of nutrition education throughout the school environment.

Nutrition Guidelines

Sunny Wolf Charter School will participate in available Federal School Meal Programs including, School Breakfast Program, National School Lunch Program, and Fresh Fruit and Vegetable Program.

It is the intent of the Board that Sunny Wolf Charter School be proactive in encouraging students to make nutritious food choices. Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students (including those required by individualized health plans).

Sunny Wolf Charter School meals shall include fresh fruits and vegetables, whole grain-rich foods, and only fat-free or low-fat milk. Sunny Wolf Charter School meals are portioned according to USDA guidelines. Portions are designed for a school age child and have less saturated fat, trans fat, and sodium. Sunny Wolf Charter School will attempt to accommodate religious, ethnic, and cultural diversity of the student body in meal planning. Sunny Wolf Charter School will provide a clean, safe, and pleasant setting, with adequate time for students to eat.

Although the Board believes that the school's nutrition and food services operation should be financially self-supporting, it recognizes that the nutrition program is an essential educational and support activity. Therefore, budget neutrality or profit generation must not take precedence over the nutrition needs of its students. In compliance with federal law, the school's NSLP (and SBP) shall be nonprofit.

The Board is directed to develop administrative regulations to implement this policy that address all food and beverage items sold and/or served to students in school, including provisions for staff development, family and community involvement and program evaluation. These food and beverage items include items from fund-raising activities and refreshments that are made available at school parties, celebrations, and meetings.

Physical (Education/) Activity

The Board realizes that a quality physical education program is an essential component for all students in which to learn and participate in physical activity. Physical activity shall be included in a school's daily education program for kindergarten through grade 6. Physical activity shall include regular instructional physical education as well as co-curricular activities and recess. Sunny Wolf Charter School will develop and assess student performance standards (and program minutes requirements) in order to meet the Oregon Department of Education's physical education content standards (and state laws).

Students in kindergarten through grade 6 shall engage in physical activity for at least 120 minutes during each school week. The weekly physical education class time shall be devoted to actual physical activity. Instruction, provided by adequately prepared teachers, will meet the state adopted academic content standards for physical education, ORS 329.045. Teachers of physical education shall regularly participate in professional development activities.

Students with disabilities shall have suitable adapted physical education incorporated as part of the individualized education plan (IEP) developed for the student under ORS 343.151. A student who does not have an IEP but had chronic health problems, other disabling conditions or other special needs that preclude them from participating in regular physical education instruction, shall have suitable adapted physical education incorporated as part of an individualized health plan developed for the student by Sunny Wolf Charter School.

Reimbursable School Meals

Sunny Wolf Charter School may enter into an agreement with the Oregon Department of Education (ODE) to operate reimbursable school meal programs. The Board will develop administrative regulations as necessary to implement this policy and meet the requirements of state and federal law. These guidelines shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and section 9(f)(l) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a)(o)).

School Employee Wellness

Sunny Wolf Charter School encourages school staff to pursue a healthy lifestyle that contributes to their improved health status, improved morale, and a greater personal commitment to the school's overall wellness program. Many actions and conditions that affect the health of school employees may also influence the health and learning of students. The physical and mental health of school employees is integral to promoting and protecting the health of students and helps foster their academic success. Sunny Wolf Charter School's employee wellness program will promote health and reduce risk behaviors of employees and identify and correct conditions in the workplace that can compromise the health of school employees, reduce their levels of productivity, impede student success and contribute to escalating health-related costs such as absenteeism.

Other School-Based Activities

Sunny Wolf Charter School will promote school and community-based activities that foster healthy eating and create environments that promote physical activity. Families and the community will be encouraged to provide healthy food choices in all situations where food is served. Educational workshops, screenings and literature related to healthy food choices and physical activity may be offered to families.

Evaluation of the Local Wellness Policy

The Board will involve staff (including but not limited to, physical education and school health professionals), parents, students, representatives of the school food authority, public health professionals, school administrators and the public in the development, implementation and periodic review and yearly update of this policy. The Board shall establish a Wellness Advisory Committee to advise the school in the creation of the local wellness policy. The policy will be reviewed every two years. In an effort to measure the implementation of this policy the Board designates the Director as the person who will be responsible for ensuring Sunny Wolf Charter School meets the goals outlined in this policy. The Board will make available to the public annually, an assessment of the implementation, including the extent to which Sunny Wolf Charter School is in compliance with policy, how the policy compares to model policy and a description of the progress being made in attaining the goals of this policy.