

### **3.60.062-AD Student Wellness through Nutrition, Physical Education, Physical Activity, and School-Based Activities**

## **FINAL DRAFT**

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 school districts participating in 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 law was updated by Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (the Act), Public Law 111-296, which added Section 9A to the Richard B. Russell National School Lunch Act (NSLA) (42 U.S.C. 1758b), *Local School Wellness Policy Implementation*.

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 is also linked to improved academic performance. Results of physical fitness testing show that higher levels of fitness are associated with higher achievement in mathematics and reading. The motor learning that occurs in a quality physical education program can support reading readiness, increase cognitive responses and improve attention span. Both nutrition and physical activity have a positive effect on student attendance by strengthening the immune system, helping to prevent illness, and enhancing student

- 1.1. **“Wellness”** is an interactive process of becoming aware of, and practicing choices to create a healthy and balanced lifestyle, which includes but is not limited to nutrition, nutrition education, physical education, and physical activity.
- 1.2. **“Nutrition Education”** is a planned, sequential pre-K through 12 instructional program that provides knowledge and teaches skills to help students adopt and maintain lifelong healthy eating habits.
- 1.3. **“Physical Activity”** is bodily movement of any type that results in the expenditure of energy. R
- 1.4. **“Physical Education”** is a planned sequential pre-K through 12 instructional program that prepares students to incorporate the long-term benefits of activity into a healthy lifestyle. A physically literate person participates regularly in a variety of physical activities, maintains an appropriate level of personal fitness and knows the benefits from involvement in physical activity and its contributions to a healthy lifestyle. R
- 1.5. **“Adapted Physical Education”** is the art and science of developing and implementing a carefully designed physical education instructional program for an individual with a disability, based on a comprehensive assessment, to give the individual the skills necessary for a lifetime of rich leisure, recreation, and sport experiences to enhance physical fitness and wellness.
- 1.6. **“Physical Literacy”** is an individual’s ability, confidence, and desire to be physically active for life.
- 1.7. **“Coordinated School Health Program”** is an integrated, planned, school-based system consisting of eight interactive components: Health Education; Physical Education; Health Services; Nutrition Services; Counseling, Psychological and Social Services; Healthy School Environment; Health Promotion for Staff; and Family/Community Involvement.

2. ***Goals for Nutrition Education, Nutrition Promotion, Physical Education, Physical Activity, and Other School-Based Activities***

- 2.1. Nutrition Education: The primary goal of nutrition education is to influence students' eating behaviors. Building nutrition knowledge, attitudes, and skills

confidence, and desire to be physically active for life. Building such knowledge, attitudes and skills helps children engage in physical pursuits across the lifespan.

2.2.1. Physical Education and Physical Activity Goals

2.2.1.1. Physical education will enable students to acquire the knowledge and skills necessary to maintain physical fitness, participate in physical activities and make healthy lifestyle choices.

2.2.1.2. **District Schools shall:**

2.2.1.2.1. Provide quality physical education (PE) programs and adapted physical education (APE) programs in accordance with state and district physical education standards

2.2.1.2.2. Provide a comprehensive, standards-based physical education curriculum which identifies the progression of skill development for grades K-12 and is aligned with national, state, and district standards ([ODE Physical Education Standards](#));

- 2.2.1.3.6. Teach short- and long-term benefits of a physically active and healthy lifestyle;
- 2.2.1.3.7. Promote a lifelong physically active lifestyle;
- 2.2.1.3.8. Encourage all students to be physically active during the school day through physical education classes and daily recess periods (Elementary Schools);
  - 2.2.1.3.8.1. Every K-5 school shall provide two physical activity breaks each day; one attached to lunch (preferably **before** students eat) and one 15-minute session provided in **either** the morning or afternoon ([PPS School Board Resolution 5252](#));
  - 2.2.1.3.8.2. Recess **shall not** be used as a substitute for physical education classes;
- 2.2.1.3.9. Encourage ALL teachers to integrate physical activity throughout the school day using such techniques as stretch breaks and movement based classroom activities; R
- 2.2.1.3.10. Give all students opportunities to engage in physical activity through a range of before- and/or after-school programs including, but not limited to, fully inclusive intramurals, interscholastic athletics and physical activity clubs;
- 2.2.1.3.11. Encourage families to support their children's participation in physical activity, to be physically active role models and to include physical activity in family events; R
- 2.2.1.3.12. Enable teachers and other school staff to promote enjoyable, lifelong physical activity; R
- 2.2.1.3.13. Encourage, promote and engage in physical activities that involve families, students, school staff and the community, including safe walking or biking to school. R
- 2.2.1.4. **Waivers, Exemptions, and Substitutions**
  - 2.2.1.4.1. Portland Public Schools currently evaluates requests for physical education waivers, exemptions, and substitutions on a case by case ba



- 2.3.1.2.4. Schools shall work to schedule recess before lunch so that children will come to lunch less distracted and ready to eat (Elementary Schools);
  - 2.3.1.2.4.1. Schools are encouraged to schedule separate recess and dining times (Elementary Schools).
- 2.3.1.3. **Food or Physical Activity as a Reward or Punishment:**
  - 2.3.1.3.1. The use of food as a reward or punishment in schools shall be prohibited;
  - 2.3.1.3.2. Schools shall not deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time; **however** schools are encouraged to use physical activity and additional recesses as a reward.
- 2.3.1.4. **Availability of Food**
  - 2.3.1.4.1. The District encourages participation in the school meal program, including breakfast, snack and supper;
  - 2.3.1.4.2. Applications for free/reduced priced meals are made available to all families in school offices and online throughout the year on the district website.
- 2.3.1.5. **Consistent School Activities and Environment:**
  - 2.3.1.5.1. The school district shall require all schools' fundraising efforts to:
    - 2.3.1.5.1.1. Be supportive of student wellness;
    - 2.3.1.5.1.2. Comply with state and federal nutrition standards for all food and beverage items sold in K-12 schools as part of the regular or extended school

SNAP, Child Nutrition Programs, and Women, Infants and Children (WIC) to students and parents.

2.3.1.5.5. Schools 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 (See [AD 3.30.031](#)).

2.3.1.5.6. 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.

3. ***Nutrition Guidelines for All Foods Available on Camll Foods Available om (8)Tj 0.Cg.5 (et)-6 liin***



- 3.5.1. Refreshments served at these gatherings **must** be purchased from commercial, licensed, and inspected establishments, such as grocery stores, bakeries, restaurants and farmer's markets;
- 3.5.2. Planners are strongly encouraged to schedule these functions so as not to disrupt instructional time;
  - 3.5.2.1. To the extent possible, these functions should not take place prior to the lunch period and should seek to limit commercial influence.
- 4. ***Assurances that School Meals Meet Standards Established by Federal Law***
  - 4.1. The District shall offer school breakfast; lunch; supper; fresh fruit and vegetable snack and summer meal programs with menus that meet or exceed the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Oregon Department of Education, Office of Child Nutrition Programs.
  - 4.2. Students will be offered a variety of food and beverage choices on a daily basis
    - 4.2.1. Portion size and frequency will be limited when dessert or snack foods (ex. baked chips) are offered as part of the meal;
    - 4.2.2. Unlimited fruit and vegetables will be offered daily with all school lunches.
  - 4.3. Menus shall reflect student preferences and be culturally inclusive while balancing Dietary Guidelines.
  - 4.4. Every effort will be made to offer a vegetarian option daily.
  - 4.5. Locally produced and/or grown products are preferred and will be offered whenever practical.
- 5. ***Implementation and Evaluation***
  - 5.1. Person(s) Responsible:
    - 5.1.1.



6.3.

7. ***Policy Implemented: 3.60.060-P Student Wellness Through Nutrition and Physical Activity***

7.1. History: Adopted 6/12/06, Amd. 8/07

7.2. Section 204 of Public Law 108-265 (June 30, 2004) The law was updated by Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (the Act), Public Law 111-296, which added Section 9A to the Richard B. Russell National School Lunch Act (NSLA) ~~R~~42 U.S.C. 1758b), *Local School Wellness Policy Implementation*.<sup>[AG6]</sup>