

2022-2023 School Wellness Award

For the Sixteenth year in a row, the Oregon Department of Education, the Nutrition Council of Oregon, and the Oregon Dairy and Nutrition Council are teaming up to reward one exemplary schools for activating their local wellness policies and creating and sustaining a culture of wellness for students and staff during the traditional school year and since the start of the COVID-19 pandemic. The school selected will receive statewide recognition, a personalized plaque and a custom banner, as well as a \$2,500 award to be used to further nutrition, physical activity and/or other wellness efforts within their school. Since this is an award and not a grant there are no reporting requirements if your school is selected as a winner.

Research supports the important link between health and academic achievement. Schools that have solid wellness policies and implement practices to improve nutrition and physical activity create healthier school environments for students and staff. Implementation of Local Wellness Policies can look different at each school and the School Wellness Award application is a great place to showcase what your school is doing!

Congratulations to last years School Wellness Award Winner!

o La Pine Elementary - Bend La Pine School District

Information about required documents and a pdf version of the application are available on the ODE CNP School Wellness Webpage at <https://www.oregon.gov/ode/students-and-family/childnutrition/SNP/Pages/OregonSchoolWellness.aspx>

Wellness efforts continue to look different, highlight your efforts by applying today!



Application Instructions

If you believe your school has established and deserves to be recognized for the healthy, active culture for learners and staff in-person, and/or comprehensive distance learning, complete the following application and submit it, with the supporting documents, by January 31, 2023.

Use each question to describe your school's progress in implementing and/or exceeding your district's wellness policy over the last 18 months and highlight what makes your school shine!

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Assemble a team of school wellness champions, including your school nutrition director, to help complete this application. The best applications are completed with collaboration and data from staff and school community members. If a full team cannot be assembled, please get input from at least 2-3 people.

Before starting your application, check to make sure you meet the minimum qualifications, and gather the required supplemental items listed below.

Minimum Qualification:

- Schools must participate in at least one of the following: School Breakfast Program, National School Lunch Program, Summer Food Service Program or Child and Adult Care Food Program
- Only schools that have not previously received the School Wellness Award may apply.
- Your district must have a board-adopted local wellness policy.

The following supplemental materials are required with your application:

- o Your district's Local Wellness Policy

-Optional materials: a roster of wellness committee or SHAC members

Blue Ribbon Panel Application Scoring Rubric:

- o Question 21: 75 points
- o Question 22: 5 points
- o Question 23: 5 points
- o Question 25: 15 points

The winning school will serve as an example for others across the state. Wellness work should inspire and be replicable for other schools in Oregon.

Visit ODE's Wellness Webpage at <https://www.oregon.gov/ode/students-and-family/childnutrition/SNP/Pages/OregonSchoolWellness.aspx> for more information about local wellness policies, school food and physical activity resources best-practices, and funding opportunities.

For additional guidance, including award rules, required materials, and the selection process, please contact Michelle Lincoln at (503) 947-5889 or michelle.lincoln@ode.state.or.us

The WSCC model is student-centered and emphasizes the role of the community in supporting the school, the connections between health and academic achievement and the importance of evidence-based school policies and practices.

<https://www.oregon.gov/ode/students-and-family/childnutrition/SNP/Pages/School-Wellness-Resources-Support.aspx>

OREGON HEALTHY SCHOOLS



School Information

1. School Name:

2. District Name:

3. ODE Child Nutrition Programs Agreement Number (obtain from your Nutrition Service Director):

4. Grades Served:

Check all that apply.

	Pre-K	K	1st	2nd	3rd	4th	5th	6th	7th
(Check all that apply)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Current District Wellness Policy

Upload this document by following the link at the end of this application form.



Contact Information

5. Name (first and last) of person completing this form:

6. Position/Title:

7. Telephone Number:

8. Email Address:

9. District Wellness Representative Name:

**Committee
Information**

List all committee members involved in completing this application.
Note: Committee Members listed may be contacted for additional details.

10. School Administrator (Name/Email)

11. Nutrition/Food Service Administrator (Name/Email)

12. Wellness Coordinator (Name/Email)

13. Additional Members (Name/Position/Email)

14. Additional Members Continued (Name/Position/Email)

**Wellness
as a
Priority**

Use each question to describe your school's progress in implementing and exceeding your district's wellness policy over the last 18 months and highlight what makes your school shine!

15. Does your district or school have a health/wellness council, School Health Advisory Council (SHAC) or Wellness Committee? (mark all that apply)

Check all that apply.

- Yes - District Level
- Yes - School Level
- No

16. If yes, please attach your council or committee roster with names and positions (Extra credit if submitted)

Upload this document by following the link at the end of this application.

17. In the past 18 months how have you engaged the entire school community to inform and/or implement the local wellness policy and the school wellness plan? (check all that apply)

Check all that apply.

- Nutrition and physical activity opportunities are offered to all staff
- School evaluates wellness activities (e.g. assessments, feedback, event participation, etc.)
- PTA/PTO meetings include health/wellness as a standing agenda item
- School offers parents/community at least one program that promotes wellness activities (e.g. fun run, wellness fair, etc.)
- School facilities are available before and/or after school for wellness activities
- Other: _____

18. In the past 18 months which programs and/or practices in your school community promote Wellness? (Please mark all that apply)

Check all that apply.

- School provides nutrition programs/projects for nutrition promotion (e.g. menus, culinary classes, posters, gardens, taste tests, etc.)
- All foods sold to students meet the Oregon SMART SNACK standards
- All foods promoted/marketed to students meet the Oregon SMART SNACK standards
- Wellness Policy includes guidelines for foods offered during the school day to students meet or exceed Oregon SMART SNACK standards (e.g. foods offered as snacks, celebrations, etc.)
- Lunch periods permit students at least 20 minutes to eat lunch (seated meal time)
- Recess is scheduled before lunch
- Nutrition/food service staff and classroom educators coordinate to promote healthy eating and healthy eating environments
- School uses at least one outside educational resource to support nutrition education or physical activity
- Breakfast and/or lunch participation has increased due to promotion of wellness efforts
- Wellness Policy prohibits withholding physical activity or disciplining students with physical activity
- Physical education instruction is provided by a Physical Education teacher
- School consistently offers a variety of physical activities before, during, and after school, and a significant amount of students and staff participate
- School is striving to meet physical education minute recommendations (150 minutes/week K - 5th grade and 225 minutes/week 6th - 8th grade)
- School employee wellness programs/initiatives are promoted/offered
- Program provides participants structured opportunities to practice Social Emotional Learning (SEL) skills
- Program offers wellness events that are open to families and the community
- Participant's families have opportunities to participate in nutrition, physical activity, or other wellness education activities with participants
- Connections or referrals to community resource(s) supporting mental health physical health are available to participants' and families
- Other: _____

19. Please include any additional school-wide programs, practices, and/or initiatives that impact at least 75% of the school population.

**Benefits
of
Wellness
Initiatives**

The Whole School, Whole Community, Whole Child (WSCC) Model is student-centered and emphasizes the role of the community in supporting the school, the connections between health and academic achievement and the importance of evidence-based school policies and practices.

WHOLE SCHOOL WHOLE COMMUNITY WHOLE CHILD



20. In the past 18 months, which of the WSCC model components is your school currently focusing on? (Check the top one to three areas of focus ONLY.)

Check all that apply.

- (1) Health Education (Examples: Required Health Education classes, nutrition services coordinated with classroom education, etc.)
- (2) Physical Education & Physical Activities (Examples: Meets Physical Education minute requirements, recess scheduled before lunch, physical activity during before and afterschool programs, etc.)
- (3) Nutrition Environment & Services (Examples: Food sold meets Smart Snack requirements, At least 20 minutes once they are seated for lunch periods (seat time), SNAP-ED involvement, taste testing, etc.)
- (4) Health Services (Examples: school nurse availability, screening programs, referrals etc.)
- (5) Counseling, Psychological & Social Services (Examples: Access to counselors, health and wellness referral system etc.).
- (6) Social & Emotional Climate (Example: Positive Behavioral Interventions and Support (PBIS), Gay Straight Alliance (GSA), etc.)
- (7) Physical Environment (Example: accessible facilities, quiet zones, school garden, etc.)
- (8) Employee Wellness (Example: staff wellness program activities/initiatives)
- (9) Family Engagement (Example: PTA/PTO, family nights, etc.)
- (10) Community Involvement (Example: school facility joint use agreements, outreach/engagement to communityetc.)

21. Please describe your school's wellness work in the checked areas of the WSCC Model from Question #22 that make your school shine. (Less than 500 words)

22. Please explain how you are promoting, providing, and/or distributing meals/snacks or what creative menu items are being served in your school nutrition programs (Less than 500 words)

23. Please explain how you are delivering, promoting, and engaging students, family, and staff in physical education and physical activity programs. (Less than 500 words)

24. In addition to implementing wellness within your program, what other nutrition programs do you promote, or coordinate, and share information about? (flyers, newsletters, share within programming, etc.)

Check all that apply.

- School Lunch Program
- School Breakfast Program Summer
- Food Service Program Farm to Child
- Nutrition Programs
- Other: _____

Wellness

Award

Funding

The intent of the wellness award is to support or expand your school-wide student wellness efforts. The use of the funds should be for sustainable activities or equipment that would support those activities. These funds cannot be used on food cost or non sustainable items.

25. If your school is chosen as a School Wellness Award Winner, explain how the \$2,500 funding award would be used to support school-wide student wellness. Please consider systems and environmental change impacts and sustainability as well as in-person and comprehensive distance learning. (Less than 250 words)

Google Forms

*Required Documentation (click on link below to upload documents)

1. Current District Wellness Policy *
2. If applicable, council or committee roster with names and positions.

[Upload Documents Here](#)

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