**Below is sample language for a local wellness policy. The brackets allow modification of the template by inserting local language appropriate to the institution. Employee Wellness language is included but is optional and not required by regulation. Resources and additional information can be found at ODE’s** [**Oregon Healthy Schools webpage**](http://www.oregon.gov/ode/students-and-family/childnutrition/SNP/Pages/OregonSchoolWellness.aspx) **.**

[Insert RCCI name] RCCI Wellness Policy

## At [RCCI name] we value student health and wellness. We strive to provide an environment that is conducive to learning and that allows students to succeed. This policy outlines [RCCI name]’s approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. [RCCI name] will adhere to this policy and all requirements as directed by United States Department of Agriculture and the Oregon Department of Education.

## Wellness Committee

The Wellness Committee consists of committed school and community stakeholders including parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators. The Wellness Committee will meet at least [four] times a year. The Wellness Committee will establish goals for and oversee development, implementation, periodic review and update of the [RCCI name] Wellness Policy. The [insert Director or designee(s) title and contact information] will convene the Wellness Committee and facilitate development and updates to the wellness policy, and ensure compliance.

**The Wellness Committee members include:**

| **Name** | **Title/Relationship to RCCI** | **Email Address** | **Role/Responsibility on Committee** |
| --- | --- | --- | --- |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

## Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

[Insert RCCI name] will retain records demonstrating compliance with the [federal requirements for a local wellness policy](https://www.fns.usda.gov/tn/local-school-wellness-policy), including copies of periodic assessment reports for each school under the RCCI’s jurisdiction, wellness committee meeting information, and how interested parties can become involved. The [RCCI name] will actively inform families and the public annually about this policy, updates to the policy and implementation status. The [RCCI name] Wellness Policy and information can be found [at website address] *and/or* [in the student intake packet].

At least once every three years, [RCCI name] will conduct a triennial progress assessment. The assessment will determine:

* The extent to which the schools under the jurisdiction of the RCCI are in compliance with the wellness policy;
* The extent to which the district’s policy compares to a model wellness policy; and
* A description of the progress made in attaining the goals listed in the policy.

[RCCI name] will actively notify households/families and the public of the availability of the triennial progress report.

## Nutrition Promotion and Nutrition Education

Healthy eating has been linked in studies to improved learning outcomes and helps ensure that students are able to reach their potential. The school nutrition environment provides students with opportunities to learn about and practice healthy eating. This can be accomplished through the available foods and beverages, nutrition education, and messages about food in the cafeteria and throughout the school campus.

Nutrition Promotion Goal(s): [list RCCI’s goal/goals]

Nutrition Education Goal(s): [list RCCI’s goal/goals]

1. **Standards for Foods and Beverages**

At the minimum [RCCI name] will ensure that:

* All reimbursable meals served as part of the school nutrition program will meet or exceed USDA meal pattern standards
* All foods and beverages available for sale during the school day outside of reimbursable meals must meet [Oregon Smart Snacks Nutrition Standards](https://www.oregon.gov/ode/students-and-family/childnutrition/SNP/Pages/SmartSnacks.aspx).
* All foods given away free of charge: snacks, rewards, classroom celebrations [will meet or exceed] [are encouraged to meet] [Oregon Smart Snacks Nutrition Standards](https://www.oregon.gov/ode/students-and-family/childnutrition/SNP/Pages/SmartSnacks.aspx).
* Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the nutrition standards set by the USDA.

## Physical Education & Physical Activity

Schools can create an environment that offers many opportunities for students to be physically active throughout the school day. A comprehensive school physical activity program (CSPAP) is the national framework for physical education and youth physical activity. A CSPAP reflects strong coordination across five components: physical education, physical activity during school, physical activity before and after school, staff involvement, and family and community engagement.

Physical Activity Goal(s): [Insert RCCI’s goals/goals]

At a minimum, the [RCCI name] will ensure that student performance standards [and program minute requirements][[1]](#endnote-1) are developed and assessed in order to meet the Oregon Department of Education’s physical education content standards [and state law].

[Physical activity during the school day (including, but not limited to, recess, classroom physical activity breaks or physical education) will not be withheld as punishment for any reason.]

1. **Other Activities that Promote Student Wellness**

[Name of RCCI] will integrate wellness activities throughout the entire school environment, not just in the cafeterias, other food and beverage venues and physical activity facilities. [RCCI name] will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complimentary.

Other School Based Wellness Activities Goal(s): [insert RCCI’s goal/goals]

## VI. Employee Wellness *(this is optional, delete if not including this section in the approved wellness policy)*

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

[RCCI name] will work with community partners to identify programs/services and resources to compliment and enrich employee wellness endeavors.]

1. Physical Education Requirements

   ORS 329.496, (2007) (effective July 1, 2017) Also known as “HB 3141” (revised 2017) SB 4 (2017 Legislative session)

   * Requires a minimum of 120 minutes in 2019-2020 school year and 150 minutes in the 2020-2021 school year for grades K-5 or 180 minutes in the 2021-2022 school year and 225 minutes in the 2022-2023 school year grades 6-8 of PE each week for the entire school year.
   * Requires that schools offer PE instruction that meets the standards outlined in ORS 329.045.
   * Requires that at least 50 percent of the PE class time be devoted to physical activity
   * Requires that students with disabilities or chronic health problems shall include suitably adapted PE in their individualized health plans.
   * Requires regular assessments to determine if the minimum number of PE minutes are met.
   * Requires that all PE teachers for grades K-8 shall be adequately prepared and regularly participate in professional development activities to deliver the PE program effectively.

   [↑](#endnote-ref-1)