

**WEST LINN-WILSONVILLE SCHOOL DISTRICT  
SCHOOL BOARD POLICY**

Current File Code: EFA  
Date Policy Adopted: 7-10-06

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**LOCAL WELLNESS PROGRAM**

The Board recognizes the importance of a comprehensive Wellness Program to support each student in becoming a self-directed person who pursues a healthy lifestyle. The Wellness Program will create the conditions for students to learn to:

- Pursue physical, emotional, and mental health
- Make responsible personal choices that contribute to ongoing self-development, a healthy lifestyle, and a positive future
- Demonstrate self-control across a wide range of situations

The components of the district comprehensive Wellness Program are:

- Healthy Environment
- Health Education
- Nutrition/Food Service Program
- Physical Education
- Character Education
- Guidance and Counseling
- School Health Services Program
- Family and Community Involvement

Objectives and goals of the district comprehensive Wellness Program are:

**Healthy Environment**

The district will provide a school and classroom environment conducive to learning. A healthy learning environment addresses factors directly related to the well-being of students and staff, including:

- Safe and efficient physical surroundings
- Aesthetics (e.g. temperature, noise, lighting, etc.)
- Supportive climate and culture

**Health Education**

The district will provide a well-planned K-12 Health Education Program to include age appropriate instruction in four major areas:

- Healthy and Fit Body (nutrition; mental, social, and emotional health; physical activity)
- Controllable Health Risks (alcohol, tobacco, and drug use; disease; sexual behavior)
- Safe and Healthy Environment (environment; injury; violence and suicide)
- Informed Consumer (health skills)

The district will recognize and grant credit to students who demonstrate a level of knowledge meeting or exceeding district academic standards as allowed by school board policy (IKH – Proficiency Based Credit).

#### Nutrition/Food Service Program

The district will provide a Nutrition/Food Service Program that takes a proactive role to encourage students to make nutritious food choices. Foods and beverages served at district schools should be nutritious and delicious and shall meet the administrative regulation requirements for nutritional standards as may be recommended by the Superintendent. The Superintendent shall ensure that nutritious foods are available as an affordable option whenever food is sold or served in schools.

The district may enter into agreement with the Oregon Department of Education to operate reimbursable school meal programs. The Superintendent will define administrative regulations that meet the requirements of state and federal law. The administrative 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)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C.1758(f)(1), 1766(a)(0)).

#### Physical Education

The district will provide a well-planned K-12 Physical Education Program to include age appropriate instruction in three major areas:

- Expressive and Efficient Moving
- Fitness for Lifetime
- Self-Management and Social Behavior

The district will recognize and grant credit to students who demonstrate a level of knowledge and fitness meeting or exceeding district academic standards as allowed by school board policy (IKH – Proficiency Based Credit).

#### Character Education

The district recognizes that character education is the pathway to academic achievement and personal/community character development in school and beyond. The district will facilitate school experiences that intentionally utilize opportunities to foster both qualities needed to realize one's potential for excellence and qualities needed for successful interpersonal relationships and ethical behavior.

#### Guidance and Counseling Program

The district will provide a comprehensive K-12 Guidance and Counseling Program, focusing on the developmental needs of all students, which includes age appropriate instruction and planning relative to three major goals:

- Academic Development – students will participate in planning their educational experiences so that their education is consistent with educational requirements and career aspirations
- Career Development – students will develop knowledge and awareness of career options consistent with their interests, abilities, and values; career

development includes focus on vocation, avocation, family life, and citizenship

- Personal and Social Development – students will develop appropriate behaviors for a variety of social settings; students will develop awareness of self and confidence in their own abilities

#### School Health Services Program

The district will provide a K-12 and Special Education School Health Services Program delivering services to appraise, protect, and promote health. Services include:

- Development and implementation of nursing care plans for identified students with special or chronic needs
- Direct student health care in the case of emergency (e.g. acute illness or injury, abuse, etc.)
- Health-related counseling, training, and resources for students and staff (e.g. classroom instruction, district and school ERTs, medication administration procedures, etc.)
- Prevention and control of communicable disease and other health problems
- Assessment of student health requirements/needs (e.g. immunizations, vision screening, home visits, etc.)
- Referral to health care resources for students and families with identified needs (e.g. community service agencies, school mental health specialists, etc.)

#### Family and Community Involvement

The district recognizes the primary importance of parents and family to support students' development as self-disciplined people who pursue a healthy lifestyle. The district will invite students, parents, and families into partnership through the district Wellness Program.

The Superintendent will regularly evaluate the implementation of the district Wellness Program in established school and program review processes.

**END OF POLICY**

#### **Legal Reference(s):**

ORS 332.107  
OAR 581-051-0100  
OAR 581-051-0305  
OAR 581-051-0310  
OAR 581-051-0400

National School Lunch Program, 7 CFR Part 210 (2001).  
School Breakfast Program, 7 CFR Part 220 (2001).  
Child Nutrition and WIC Reauthorization Act of 2004 § 204, 42 U.S.C. § 1751 (2004).

ORS 40.245  
ORS 326.565  
ORS 326.575  
ORS 336.187  
OAR 581-021-0046(7)  
OAR 581-022-0405  
OAR 581-022-0606  
OAR 581-022-0610  
OAR 581-022-1020  
OAR 581-022-1510

Family Educational Rights and Privacy Act of 1974, 20 U.S.C. § 1232g (2006); Family Educational Rights and Privacy, 34 C.F.R. Part 99 (2006).

Protection of Pupil Rights, 20 U.S.C. § 1232h (2006); Student Rights in Research, Experimental Programs and Testing, 34 C.F.R. Part 98 (2006).