

**West Linn-Wilsonville
School District 3J**

Code: **EFA**
Adopted: 2/02/15
Readopted: 1/11/16
Orig. Code(s): EFA

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:

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

The components of the district comprehensive Wellness Program are:

1. Healthy Environment;
2. Health Education;
3. Nutrition/Food Service Program;
4. Physical Education;
5. Character Education;
6. Guidance and Counseling;
7. School Health Services Program;
8. 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:

1. Safe and efficient physical surroundings;
2. Aesthetics (e.g. temperature, noise, lighting, etc.);
3. Supportive climate and culture.

Health Education

The district will provide a well-planned K-12 Health Education Program to include age appropriate instruction in these areas defined by the Oregon Department of Education:

1. Alcohol, Tobacco and Other Drug Prevention;
2. Prevention and Control of Disease;
3. Promotion of Environmental Health;
4. Promotion of Healthy Eating;
5. Promotion of Mental, Social and Emotional Health;
6. Promotion of Physical Activity;
7. Promotion of Sexual Health;
8. Unintentional Injury Prevention;
9. Violence and Suicide Prevention.

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

Nutrition/Food Service Program

The district will provide a Nutrition and Food Service Program that promotes a proactive role in encouraging students to make nutritious food choices. Foods and beverages served at district schools should be nutritious and delicious and shall meet the minimum state and federal standards. Exceptions to this requirement include items that are part of the USDA National School Lunch Program or School Breakfast Program. Other exceptions are foods and beverages provided in the following instances:

1. When the school is the site of school-related events for which parents and other adults are a significant part of the audience; or
2. The sale of food or beverage items before, during or after a sporting event, interscholastic activity, a play, band or choir concert.

The superintendent or designee shall develop administrative regulations to implement nutritional guidelines and shall ensure that nutritious foods are available as an affordable option whenever food is sold or served in schools

Reimbursable School Meals

The district may enter into agreement with the Oregon Department of Education (ODE) to operate reimbursable school meal programs. The superintendent will develop administrative regulations that meet the requirements of state and federal law. The administrative regulations 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:

1. Expressive and efficient moving;
2. Fitness for lifetime;
3. 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 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:

1. Academic Development – students will participate in planning their educational experiences so that their education is consistent with educational requirements and career aspirations.
2. 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.
3. 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:

1. Development and implementation of nursing care plans for identified students with special or chronic needs;
2. Direct student health care in the case of emergency (e.g., acute illness or injury, abuse, etc.);
3. Health-related counseling, training, and resources for students and staff (e.g., classroom instruction, district and school ERTs, medication administration procedures, etc.);
4. Prevention and control of communicable disease and other health problems;
5. Assessment of student health requirements/needs (e.g., immunizations, screening, home visits, etc.);
6. 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 or designee will regularly evaluate the implementation of the district Wellness Program in established school and program review processes. The process 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.

END OF POLICY

Legal Reference(s):

[ORS 329.496](#)
[ORS 332.107](#)
[ORS 336.423](#)

[OAR 581-051-0100](#)
[OAR 581-051-0305](#)

[OAR 581-051-0310](#)
[OAR 581-051-0400](#)

National School Lunch Program, 7 C.F.R. Part 210 (2006).
School Breakfast Program, 7 C.F.R. Part 220 (2006).
Healthy, Hunger-Free Kids Act of 2010, Public Law 111-296 Section 204.

Cross Reference(s):

EFAA - District Nutrition and Food Services