

Local Wellness Program

The EAGLE Charter School Board recognizes that childhood obesity has become an epidemic in Oregon as well as throughout the nation. Research indicates that obesity and many diseases associated with obesity are largely preventable through diet and regular physical activity. Additional research indicated that healthy eating patterns and increased physical activity are essential for students to achieve their academic potential, full physical and mental growth and lifelong health and well-being. To help ensure students possess the knowledge and skills necessary to make healthy choices for a lifetime, EAGLE's administrator shall prepare and implement a comprehensive district nutrition program consistent with state and federal requirements for public charter school sponsoring the National School Lunch Program (NSLP). The program shall reflect the Board's commitment to providing adequate time for instruction to promote healthy eating through nutrition education, serving healthy and appealing foods at EAGLE, developing food-use guidelines for staff and establishing liaisons with the Oregon School for the Deaf's nutrition service providers, as appropriate. The input of staff (including but not limited to, physical education and school health professionals), students, parents, the public, representatives of the school food authority and public health professionals will be encouraged. The EAGLE administrator or designee will develop guidelines as necessary to implement the goals of this policy throughout EAGLE Charter School.

Nutrition Promotion and Nutrition Education

Nutrition promotion supports the integration of nutrition education throughout the school environment. Nutrition education topics shall be integrated within the sequential, comprehensive health education program taught at every grade level, Kindergarten through Grade 5, and coordinated with EAGLE's nutrition and food services operation.

Nutrition Guidelines

It is the intent of the Board that EAGLE Charter School take a proactive effort to encourage students to make nutritious food choices. All food and beverage items (except those as part of the United States Department of Agriculture's National School Lunch Program and/or School Breakfast Program or at times when the school is being used for school related events or non school related events for which parents and other adults are a significant part of an audience or are selling food or beverage items before, during, or after the event such as sporting event, interscholastic activity, a play, band or choir concert), sold in a public charter school as part of the regular or extended school day shall meet minimum standards as set forth in state law.

Although the Board believes that EAGLE Charter School's nutrition and food services operation should be financially self-supporting, it recognizes, however, that the nutrition program is an essential educational and support activity. Therefore, budget neutrality or profit generation must not take precedence over the nutrition needs of its students. In compliance with federal law, the public charter school NSLP shall be nonprofit.

The EAGLE Charter School administrator is directed to develop administrative regulations to implement this policy, including such provisions as may be necessary to address all food and beverages sold and/or

served to students at school (i.e., competitive foods, snacks and beverages sold from vending machines, school stores, and fund-raising activities and refreshments that are made available at school parties, celebrations and meetings), including provisions for staff development, family and community involvement and program evaluation.

Physical Education/Activity

The Board realizes that a quality physical education program is an essential component for all students to learn about and participate in physical activity. Students in kindergarten through grade 5 shall participate for at least 120 minutes during each school week. At least 50 percent of the weekly physical education class time shall be devoted to actual physical activity. Instruction, provided by adequately prepared teachers, will meet the state adopted academic content standards for physical education, ORS 329.045. Teachers of physical education shall regularly participate in professional development activities.

Students with disabilities shall have suitably adapted physical education incorporated as part of the individualized education program developed for the student under ORS 343.151. A student who does not have an IEP but has chronic health problems, other disabling conditions or other special needs that preclude them from participating in regular physical education instruction shall have suitably adapted physical education incorporated as part of an individualized health plan developed for the student by the school.

Physical activity should be included in a school's daily education program from grades pre-K through 12. Physical activity should include regular instructional physical education as well as co-curricular activities, and recess. The public charter school will develop and assess student performance standards [and program minute requirements] in order to meet the Oregon Department of Education's physical education content standards [and state law].

Reimbursable School Meals

EAGLE Charter School may enter into an agreement with the Oregon Department of Education (ODE) to operate reimbursable school meal programs. EAGLE's administrator will develop administrative regulations as necessary to implement this policy and meet the requirements of state and federal law. These 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)).

Other School-Based Activities

EAGLE charter school will promote district and community based activities that foster healthy eating and create environments that promote physical activity. Families and the community will be encouraged to provide healthy food choices in all situations where food is served. Educational workshops, screenings and literature related to healthy food choices and physical activity may be offered to families.

Evaluation of the Local Wellness Policy

The Board will involve staff (including but not limited to physical education and school professionals) parents, students, representatives of the school food authority, public health professionals, school administrators and the public in the development, implementation and periodic review and yearly update of this policy. The policy will be reviewed every 3 years. In an effort to measure the implementation of this policy the Board designates EAGLE's administrator as the person who will be responsible for ensuring the EAGLE C.S. meets the goals outlined in this policy.

END OF POLICY

Legal Reference(s):

[ORS 329.496](#)

[ORS 336.423](#)

[ORS 338.115](#)

[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.