



School Wellness Newsletter

Health is
Academic

Fall
2011

competitive foods sold at schools

This fall marks the fourth anniversary of ORS 336.423 and a great time to check compliance at your school or school district. This groundbreaking law set minimum nutritional standards for all competitive foods sold in Oregon schools (K-12). Competitive foods are snacks, a la carte entrees and beverages sold to students in student stores, vending machines or snack bars sold outside the National School Lunch Program. The law specifies nutrition criteria for sugar content, fat content, calories and serving size for foods and beverages. For a detailed list of regulations, visit: OregonLaws.org.

Oregon is a national leader and role model for healthy foods for our children at school! Some schools have done an outstanding job transforming their competitive foods to only healthy options, but other schools are still struggling. Find out what's being offered. If you have concerns, check the foods' nutrition information using the **School Snack Calculator** provided by the Oregon Public Health Institute. If foods are not passing requirements, talk with your school's principal. Together we can support student and school wellness by serving healthy foods to our children.

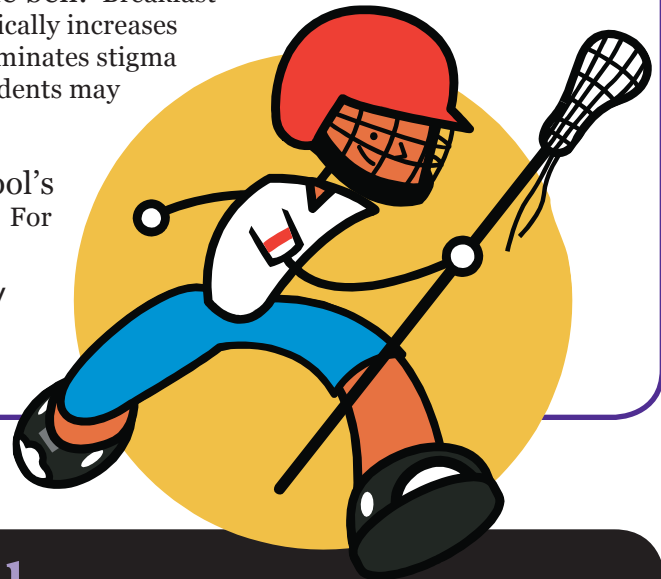


healthy active schools

"Best Practices"

Studies show that HEALTH IS ACADEMIC. Ways your school can integrate health and learning include:

1. **Physical activity during the school day:** physical education, daily movement breaks in the classroom, active play at recess, support walking and biking to school.
2. **Breakfast after the bell:** Breakfast after the bell dramatically increases participation and eliminates stigma and barriers that students may encounter.
3. **Update your school's wellness policies:** For ideas check out www.pps.k12.or.us/departments/wellness/



health and academic achievement

Did you know...

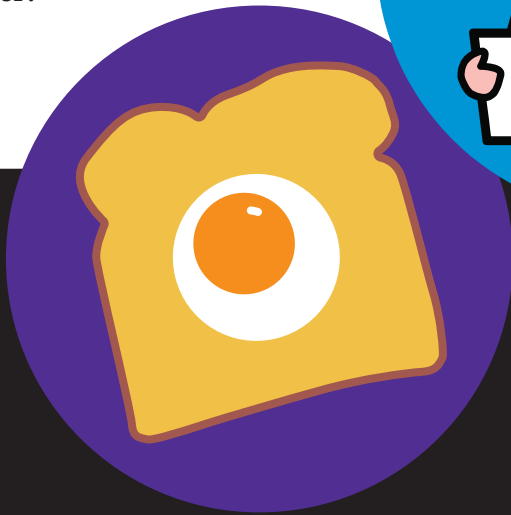
- * Schools with large numbers of students engaging in weekly physical activity and eating nutritious foods have greater gains in test scores than other schools?
- * Removing just one health risk has a positive effect on student achievement?

The *Health and Academic Achievement Research Fact Sheet*, which summarizes research linking health and learning, is available from the Oregon Healthy Kids Learn Better Program. To view or order copies visit www.healthoregon.org/hklb.

healthy schools for kids.

a healthy start to the academic day!

Be strong, smart and ready to learn. Endless research on the breakfast-eating habits of children and adults confirm the value of the morning meal. Breakfast eaters tend to eat healthier, maintain optimal weight, have better concentration and performance, and more energy and physical endurance. **In other words, eating breakfast can help you be healthier, leaner, smarter, and stronger!**



egg
in the
hole

Breakfast - Simple and Delicious - Make a breakfast plan the night before!

- * Tear a large hole out of the center of a slice of whole wheat bread.
- * Melt 1 teaspoon of butter in a skillet over medium heat.
- * Place the slice of bread in the skillet.
- * Crack an egg and pour the raw egg into the hole in the center of the bread.
- * Cook egg and bread for 2 minutes. Flip the bread over and cook on the other side until the egg is cooked. Serve!

For additional recipe suggestions go to www.foodhero.org

Make a sandwich.
Blend a smoothie with yogurt, juice and frozen or fresh fruit.
Enjoy a hardboiled egg with whole wheat toast or bagel.
Wrap refried beans and shredded cheese in a tortilla.
Warm a bowl of brown rice and top with milk, chopped apples and cinnamon.

2012 school wellness awards

The Oregon Department of Education Child Nutrition Programs and Nutrition Education Services/Oregon Dairy Council continue their partnership for the fifth year by rewarding schools for giving life to their wellness policies.

Winning schools receive a \$2500 check and school banner that are presented at a school assembly. Each year three schools are selected to receive the award. The School Wellness Award application is due Friday, January 27, 2012 and is available now at www.ode.state.or.us/search/results/?id=207 and www.oregondairyCouncil.org

additional resources

Health and PE Updates: To sign up for newsletters www.ode.state.or.us/search/page/?id=1843.

Oregon Agriculture In The Classroom (AITC) aitc.oregonstate.edu/

Information, resources and funding opportunities: www.oregonactionforhealthykids.org

Fuel Up to Play 60: www.oregondairyCouncil.org/FUTP60

Shape Up Across Oregon www.shapeupacrossoregon.org

Walk and Bike to School: Over 200 Oregon schools walk and bike to school www.walknbike.org

School Snack Calculator www.orphi.org/healthy-schools-a-childcare/school-food-environmentnutrition

about this newsletter

The School Wellness Newsletter is written by members of the Wellness in School Environments (WISE) Workgroup. Members represent the following organizations and agencies:

- * Alliance for a Healthier Generation
- * Oregon Public Health Institute
- * OHA, Public Health Division
- * Healthy Kids Learn Better
- * Oregon Action for Healthy Kids
- * Oregon Dairy Council
- * Oregon Department of Education
- * Oregon School Nutrition Association
- * Multnomah Co. Community Wellness and Prevention Program