



OREGON DEPARTMENT OF EDUCATION

**Oregon School Wellness Award
2011-12 School Application**

The goal of the Wellness Award is to recognize/award schools that have made an effort to create and sustain a wellness environment/culture. The award consists of state recognition during an assembly with a personalized school banner and plaque with \$2,500.

School: _____ Grades: _____

School/District: _____

Contact Person: _____ Position: _____

Telephone: () _____ Fax: _____

E-mail: _____

Application Completed by Committee Members (includes School Principal and Nutrition/Food Service):

Name -Position: _____

Name -Position: _____

Name -Position: _____

Nutrition/Food Service: _____

Original Signature of School Administrator (required)

_____ Title: _____

Date submitted/faxed: _____

Instructions:

This application is designed to assist you with describing your school's progress in implementing your district's wellness policy over the last 18 months.

In addition to completing this application, submit documentation, such as: creative menus, newspaper articles, student works - posters, videos, music, raps, or other examples that makes *your school shine*.

If you have any questions, please contact Jennifer Parenteau at (503) 947-5890 or jennifer.parenteau@state.or.us

Due: Friday, January 27, 2012

If your school is chosen as a winner you will be responsible for organizing a school-wide assembly for the award presentation during the 2011-12 school year.

Send the completed application with additional documentation:
(send via fax, scan, email attachment or regular mail)

by Friday, January 27, 2012 to:

Jennifer Parenteau, RD, SNS

jennifer.parenteau@state.or.us

Child Nutrition Specialist

Child Nutrition Programs, Oregon Department of Education

255 Capitol Street NE

Salem, OR 97310

Fax (503) 378-5156

Wellness Award Criteria

This award recognizes schools who are working to establish an environment/culture that supports wellness.

Background:

- Federal law requires each school district to create a wellness policy.
- Individual schools must implement the district policy, but can also go beyond the policy to improve student health.
- This award is for schools that are taking their district's policy and effectively implementing it to promote student health.

Eligibility: Only Sponsors of the National School Lunch Program may apply.
(Public schools and private schools may apply.)

Federal Law requirements for School District Wellness Policy:

- Goals for:
 - 1) nutrition education
 - 2) physical activity
 - 3) other school-based activities which promote student wellness;
- Nutrition guidelines for all foods available on school campus during the school day;
- Assurance that guidelines for school meals are not less restrictive than Federal standards;
- Plan for measuring implementation of wellness policy;
- Active involvement of parents, students, school nutrition/food service, school board, school administrators, and the public. Refer to FNS web site at:
www.fns.usda.gov/tn/healthy/wellness_policyrequirements.html

School Criteria:

- Demonstrate innovation and/or creativity in implementing Wellness Policy Requirements.
- Include a plan for ongoing monitoring and evaluating of your school district’s Wellness Policy, which shows how your school grows and changes as a result of annual evaluation and feedback.
- Identify a coordinator who will ensure measurement and evaluation.
- Show how the school is working toward meeting Wellness Goals.

Selection Process:

A Blue Ribbon Panel will review all the applications and make recommendations to Susan Castillo, Superintendent of Public Instruction, who will select the top three applicants.

Please complete each application section as it relates to your school, your school practice, and your school policy. Only the information that is presented on and with this application will be considered.

I. School Information

Enrollment as of October 2011 _____

National School Lunch Program data (Nutrition/Food Services can provide this data from the October claim)

Free eligible _____

Reduced eligible _____

Paid eligible _____

1. Check which menu planning option is the school using? (Contact Nutrition/food services if you do not know.)

- Traditional Food-Based
- Nutrient Standard Menu Planning

2. Is your school participating in any of the following Wellness Initiatives? (Please check all that apply)

- ___ Alliance for a Healthier Generation
- ___ Healthier US School Challenge
- ___ Fuel Up to Play 60
- ___ Healthy Kids Learn Better
- ___ Other: please briefly describe

3. Does your student achievement data show that you are *Closing the Achievement Gap (CTAG)*?
___ Yes ___ No

4. If yes, please cite the data that shows a *Closing the Achievement Gap* and share what percentage of your students are meeting or exceeding grade level expectations in:
 Reading _____
 Writing _____
 Math _____

5. Describe what role your school nutrition programs and wellness policy have in closing academic achievement?

6. Has your Wellness Policy increased participation in your lunch and/or breakfast programs?
___ Yes ___ No

If yes, briefly describe the % increase.

7. Does your school have any type of Employee Wellness Activities **or promotions**?
___ Yes ___ No

If yes, briefly describe

8. Who in your school is responsible for monitoring the sale of foods outside the lunch/breakfast programs?

Name(s) – Student Stores: _____

Name(s) – Vending: _____

Name(s) – Other: _____

Please include a copy of your district’s current Wellness Policy and any administrative rules that apply.

II. Nutrition Education: Promotion of Healthy Eating

In 2006, an Oregon law was enacted with nutrition standards for foods sold outside of school meals (including vending and student stores). Only items that conform to ORS 336.423 (HB 2650) can be offered.

Wellness Policy information: www.ode.state.or.us/services/nutrition/nslp/wellness.aspx

Nutrition Guidelines: www.ode.state.or.us/search/page/?id=2895

To see if a la carte items adhere to the Oregon Law go to: www.ode.state.or.us/search/page/?id=2895

Calculators are available for beverages, snacks and entrees.

1. What is your school doing to promote nutrition for students?
(Please check all that apply)
 - Colorful, creative menus
 - Cooking/culinary classes
 - Farm to School
 - Harvest of the Month
 - Posters
 - School gardens
 - Student led activities
 - Student taste tests
 - Other – please briefly describe

2. How is your school’s nutrition environment supporting the classroom? Please briefly describe:

3. Nutrition education is taught by school staff: *(Check all that apply):*
 - Certified Health Educators
 - Registered Dietitians
 - School Nurses
 - Teachers specially trained to teach various components of nutrition education
 - Teachers with little or no special training in nutrition education
 - School Nutrition/Food Service professionals
 - Other – please briefly describe:

4. School staff utilizes outside resources to support nutrition education.
(Check all that apply):
 - Nutrition Educators (includes OSU extension, Dairy Council, SNAP educators)
 - Registered Dietitians
 - School Nurses
 - Other – please briefly describe:

5. What is your school doing to provide nutrition education? *(Check all that apply):*
 - Nutrition education is not formally taught
 - A curriculum-based unit is used
 - Taught in health education
 - Taught in home arts/consumer & family science
 - Taught in physical education
 - Taught in science
 - Other – please briefly describe:

6. How does your school environment support Wellness in classroom celebrations, fund raising, etc?
Please briefly describe:

7. How is your school changing the *nutrition environment*?
Please briefly describe:

8. Does your school prohibit the use of food, candy and/or beverages as rewards for academic performance or good behavior?
 Yes No
 If yes, briefly describe

III. Physical Education

Oregon passed legislation establishing minimum requirements for Physical Education by the year 2017. www.ode.state.or.us/teachlearn/standards/sae/peinfowithcitations.pdf

Standards/Resources: www.ode.state.or.us/search/page/?id=1467

1. How is your school working to meeting the new Physical Education law in 2017? Please briefly describe:
2. How many physical education minutes does your school currently provide per student per week?
 - a. K – 5 _____
 - b. 6 – 8 _____
 - c. 9 – 12 _____
3. Check off and/or list other physical activities available for students before, during or after school?
 Game On!
 In-class-energizers breaks
 Jog-a-thon
 Jump Rope 4 Heart
 Recess = _____ Minutes per day
 Safe Routes to School
 Shape Up Across Oregon
 Walk and Bike to School
 Other – please briefly describe _____
4. Who teaches physical education classes in your school (*mark all that apply*):
 Health Education teachers
 Physical Education teachers
 Other teachers, specify training or specialty _____
5. Do teachers and other school personnel refrain from using physical activity (e.g., running laps, push-ups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment?
_____ Yes _____ No
If Yes, briefly describe:

IV. Nutrition Services

Attach a month's menu with the submitted application.

National School Lunch Program lunches are required to follow the USDA Dietary Guidelines – increasing whole grains, fruits and vegetables and using low fat dairy products. Refer to 2010 USDA Dietary Guidelines web site at: <http://www.cnpp.usda.gov/dietaryguidelines.htm>

1. How much time is scheduled for students to eat lunch? _____ Minutes/day

2. Does the Cafeteria offer the following at lunch?
 - ___ Additional whole grains outside the main dishes _____ times per week
 - ___ Fat free or 1% milk low fat daily
 - ___ Fresh fruit and vegetables _____ times per week
 - ___ Iron rich foods offered _____ times per week
 - ___ Oven baked potato products _____ times per week
 - ___ Vitamin C rich foods offered _____ times per week
 - ___ Vitamin A rich foods offered _____ times per week
 - ___ Other, please briefly describe:

3. Does your cafeteria offer the following à la carte?
 (*Please check all that apply*)
 - ___ Additional whole grain options
 - ___ Bottled Water
 - ___ Fruit and vegetables
 - ___ Fat free or 1% milk low fat daily
 - ___ Other low fat options for students – please list:

4. Is Nutrition/Food service staff offered staff development annually on nutrition-related topics?
 _____ Yes _____ No
 If yes, briefly describe:

5. Does Nutrition/Food Service staff and classroom teachers work together to promote healthy food choices?
 _____ Yes _____ No
 If yes, briefly describe:

6. When is lunch recess scheduled?
 - ___ Before lunch
 - ___ After lunch

V. Parent/Community Involvement

1. Does your school have a health/wellness council?
 - ___ Yes, if yes complete questions #2 - 10
 - ___ No, if no complete questions #5 – 10

2. Who are members of your school's health/wellness council ?
- Community-Based Organizations (YMCA, Boys & Girls Clubs, etc)
 - Community Members
 - Counselors
 - Healthcare Providers (physicians, mental health providers, registered dietitians, dentists)
 - Parents
 - Public Health Agencies
 - School Nurses
 - School Food Service
 - School Administrators
 - Social Service Agencies
 - Students
 - Other – describe
3. The health/ wellness council meets _____times per year.
4. Does the health/wellness council provide opinions and recommendations to the School Board/School Administration regarding health/wellness?
 Yes No
5. Do parent meetings (*PTA, PSO, etc*) include health/wellness related items as a standing agenda item for meetings (*nutrition, physical activity*)?
 Yes No
 If yes please give one example:
7. Does your school wellness policy promote parent feedback?
 Yes No
 If yes briefly describe:
8. How are wellness activities evaluated and feedback given?
9. Does your school offer programs for parents/community members that promote health/physical activity?
 Family Fun Night
 Family Walks
 Family Cooking/culinary
 Wellness Challenge
 Other please list:
10. Are community members able to use school facilities outside of school hours and/or when school is not in session?
 Yes No
 If yes, please briefly describe:

VI. Narrative Section

Bring it all together summarize what makes “your school shine” in implementing your wellness policy. Include how evaluation has improved your school’s wellness environment and culture. Use another page if needed.

With existing resources what is your school doing to maintain Wellness efforts?

If your school wins a Wellness Award, what is your school going to do with the monetary award? (We encourage you to allocate it evenly between nutrition and physical activity programs.)

****Reminder:**

You may send samples of creative menus, newspaper articles, student works – posters, videos, music, raps and/or other examples that help *your school shine*.

Include a copy of your:

- School district's current Wellness Policy and any administrative rules that apply
- school's menu

Resources

Action for Healthy Kids - <http://www.actionforhealthykids.org/>

American Dietetic Association – Kids Eat Right - <http://www.eatright.org/foundation/kidseatright>

Alliance for a Healthier Generation - <http://www.healthiergeneration.org>

Dietary Guidelines for Americans 2010 – <http://www.cnpp.usda.gov/dietaryguidelines.htm>

Fuel Up to Play 60 – www.fueluptoplay60.com

Healthy Kids Learn Better <http://www.ode.state.or.us/search/results/?id=234>

Jump Rope for Heart - <http://www.aahperd.org/jump/>

Healthier US School Challenge - <http://www.fns.usda.gov/tn/healthierus/index.html>

National Alliance for Nutrition and Activity - <http://www.schoolwellnesspolicies.org>

National Food Service Management Institute – Lunch needed for student to eat
<http://www.nfsmi.org/documentlibraryfiles/PDF/20080221023914.pdf>

Nutrition Services/Oregon Dairy Council - <http://www.oregondairycouncil.org>

Oregon Alliance for Health, Physical Education, Recreation and Dance - <http://www.oahperd.com/>

ODE Child Nutrition School Programs <http://www.ode.state.or.us/search/results/?id=62>

Students Taking Charge - <http://www.studentstakingcharge.org>

USDA Team Nutrition - <http://www.fns.usda.gov/tn>