



## School Wellness Award winners 2008 – present

Each year Oregon Department of Education selects 3 winners of the School Wellness Award. Oregon schools who are actively working to improve student and staff wellness choose to apply. Applications are reviewed by a Blue Ribbon Panel, appointed by Superintendent Castillo. The panel narrows down the applicants and Superintendent Castillo makes the final selection.

As sponsor of the Awards, Nutrition Education Services/Oregon Dairy Council provides \$2,500 and a recognition banner for each winner. Nutrition Educators from Oregon Dairy Council offer additional resources and support for winning schools throughout the year.

School Wellness Policies are required by the U.S. Department of Agriculture from school districts receiving federally-funded school meals. These School wellness policies, due during the 2007-2008 academic year, set goals for school-based activities that promote healthy eating, daily physical activity, and other wellness behaviors. Individual schools must implement the district policy, but can also go beyond the policy to improve student health.

## 2011 Oregon School Wellness Award Recipients

### Sabin Elementary (Portland Public School District) K-8

Sabin Elementary from Portland Public School District has done an amazing job improving National School Lunch participation from 64% to 100%! For a healthier message, the school has family dinner nights combined with adult and family classes to replace 'Muffins with Moms' and 'Donuts for Dad'. The school participates in many Bike/Walk activities including, twice weekly Bike Trains for everyone. Future plans include holding a Wellness Conference with child nutrition experts to educate parents and community on health and wellness. Every Wednesday, food bags are given to families containing whole grains, low-fat dairy, fruits and vegetables with help from SUN and Whole Foods. Sabin Elementary is doing amazing things to promote wellness for everyone!

### Willamina Elementary (Willamina School District) K-5

Willamina Elementary from the Willamina School District was the winner of the Healthier US School's Challenge Silver Award and the School Nutrition Association District of Excellence Award. Participation in the National School Lunch Program has improved from 57% to 77% and breakfast jumped a remarkable 55%! Last spring, they held a successful Kid's Iron Chef Competition. For physical activity they have daily fitness walks before school for 30 minutes around the track with students, staff and community members. For future development of the school's overall wellness, Willamina Elementary plans to purchase bicycles and nutrition education materials. Exciting new activities for wellness are happening at Willamina Elementary!

### Garfield Elementary (Corvallis School District) K-5

Garfield Elementary from the Corvallis School District is involved in many innovative activities for wellness including Safe Routes to School, Girls on the Run, and Mileage Club. The Mileage Club allows students to use high-tech tags with barcodes to track how much they walk or run in the two weekly running events. For the National School Lunch Program, they have increased participation from 73% to 80%! To continue promoting wellness for the school and community, Garfield plans to build bike racks and buy seeds for the Garfield Garden. Garfield has creative and impressive ideas to improve their school wellness!

# 2010 Oregon School Wellness Award Recipients

## Fairview Elementary (Klamath Falls City Schools)

Fairview Elementary has been a leader in promoting student wellness through active participation in a variety of Federal, State and local community initiatives to increase health and fitness of students and staff including: Safe Routes to School, Breakfast in the Classroom, and Fresh Fruit and Vegetable Program. In summer 2009 and planned again in 2010, Fairview Elementary partnered with the Klamath Falls Friends Church and OSU Extension Service Klamath County in implementing a summer nutrition and garden camp. Each year since 2003, Fairview has partnered with the Oregon Family Nutrition Program/OSU Extension for K-6 nutrition education in the classroom. Evening programs for families promote physical activity and healthy eating. District Wellness Policy is embedded part of Fairview's curriculum and has become a vital part of the school culture.

## Hoover Elementary (Corvallis School District)

The Hoover Wellness Team leads staff and students to improve nutrition and physical activity by providing monthly Farm to School tasting tables and nutrition education at lunch time; a monthly walk and bike to school day, challenge month, and active transportation fest; Great Start campaign aligning monthly free breakfast with the monthly walk and bike to school day; providing health-related rewards (i.e. pedometers, bike helmets, water bottles, team time with OSU student athletes, athletic club family pass); Family Science, Safety, and Health Night, which provided families with a night of interactive exhibits and challenges (solar cell car races, bike checkups, food pyramid fun, multi-cultural cooking, glo-germ); creating student-produced e-breaks (energizers) DVD; and creating and publishing a Hoover Healthy Foods – Healthy Activities book.

## Sacramento Elementary (Parkrose School District)

Sacramento Elementary became a Bronze award winning school with the Healthier Generation Schools program in 2009, which introduced new activities and partnerships that opened the door to education and communication among faculty and the wellness committee. Classroom teachers use Jammin Minutes to provide one minute exercise moments in the classroom, an effective tool to keep students alert and active. Teachers use the Great Body Shop for health and nutrition education while faculty compete in healthy eating and physical activity challenges to improve their personal health. Participation in school meals has increased due to new vegetarian choices each day and improvements to the appearance in the cafeteria. New tile and paint present both a clean, fresh look, and a statement that the time students spend eating a meal should be spent in pleasant surroundings. Sacramento participates in the Breakfast in the Classroom, Lunch and Supper programs to provide nutritious choices that students need and education to support health.

# 2009 Oregon School Wellness Award Recipients

## Blossom Gulch Elementary, K-4

This year, Blossom Gulch received and implemented ODE's Fresh Fruit and Vegetable program – a grant that provides funding for daily fresh and healthy snacks for their students. In addition to the extra servings of fresh fruits and veggies, students at Blossom Gulch benefit from swim classes at all grades, a renewed focus on physical education, and a lunch program that eliminated soda, chips, and fries in favor of more nutritious options. The school holds true to the vision and action plan it developed in 2004 as part of their Healthy Kids Learn Better grant.

## Centennial Learning Center, 7-12

Centennial Learning Center is on a mission to change how students think about food. Not only have they initiated healthier food options at the cafeteria and throughout the school (courtesy of the Fresh Fruit and Vegetable program), they are getting students involved in hands-on nutrition education. The goal is to create a "from scratch" meal program which not only benefits the school but can serve as a model for others. Students will gain their food handlers cards and will learn how to plan menus and cook low cost, nutritional meals utilizing fresh, local ingredients whenever possible. The school raised over \$12,000 from their community for their kitchen project.

## Mosier Community School, K-6

Mosier works directly with a local food distributor that provides the school with high quality items and fresh, local produce. Homemade meals featuring local ingredients are offered whenever possible. Compost from school meals and snacks help enrich the school's garden and curriculum through their composting program. And each morning at Mosier starts with the entire school gathering together to do stretches and exercise as part of the "Move-it" program. This program gives staff and students alike the opportunity to exercise first thing in the morning putting their days, and hopefully their lives, off to a healthy start.

# 2008 Oregon School Wellness Award Recipients

## **Abernethy Elementary, K-5**

Abernethy has a school kitchen where all the food is made from scratch by a trained chef. In the Garden of Wonders, students participate in food and garden-based activities that are interwoven with academic curriculum. A full-time AmeriCorps volunteer teaches students about food; how it grows, its cultural significance, its nutritional value, and how to prepare it in healthy meals.

## **Franklin School, K-8**

Franklin is a Healthy Kids Learn Better school that uses Start Smart Eating & Reading Nutrition curriculum. MIX IT UP is a school-wide nutrition program during lunch with a focus on MyPyramid specifically fruits and vegetables. A monthly school menu featuring fruits and vegetables of the month, recipes, and health information is shared with student and parents. Primary teachers are adding more energizers to their curriculum, increasing the physical activity in the classroom.

## **Joseph School District**

Joseph has implemented a school-wide fitness program that rewards students with charms for their exercise. They have monthly events that unite the student with the community to teach them lifelong wellness tips. One such event is the "Turkey Trot" walk that followed the Thanksgiving school meal. The Joseph School District encourages all families to participate in the National School Lunch and School Breakfast programs. Participation in their child nutrition programs has increased by 30% this past year.