



Welcome!

For the eleventh year in a row, Oregon Department of Education, Nutrition Council of Oregon, and Oregon Dairy and Nutrition Council are teaming up to reward three exemplary schools for their efforts implementing local wellness policies and creating and sustaining a culture of wellness. Each school selected will receive a \$2,500 award, to be used to further nutrition and/or physical activity efforts at the school, as well as state-wide recognition with a personalized plaque and a custom banner.

Research supports the important link between health and academic achievement. Schools that have solid wellness policies and implement practices to improve nutrition and physical activity create healthier school environments for students and staff. Implementation of Local Wellness Policies can look different at each school and the School Wellness Award application is a great place to showcase what your school is doing!

If you do not have a board-adopted local wellness policy that reflects the July 2016 [Local Wellness Policy Final Rule](#), please contact [Jennifer Young](#) by email or at (503) 947-5795.

Short descriptions of previous School Wellness Award winners can be found [here](#).



## Instructions

If you think your school deserves to be recognized for the healthy, active environment it has established, complete the following application and submit it, with the required supporting documents, BY JANUARY 31st, 2018.

Use each question to describe your school's progress in implementing and exceeding your district's wellness policy over the last 18 months and highlight what makes your school shine!

**DO NOT** use the back arrow on the browser or your session will be terminated. The survey **DOES NOT** save your progress each time you click 'Next' or 'Prev', so please make sure that you are ready to enter your FINAL submission.

\*Click [here](#) for a PDF preview of the application to use for your own DRAFT purposes. Assemble a team of school wellness champions, including your school nutrition director, to help complete this application.

**IMPORTANT - YOU NEED TO SUBMIT YOUR APPLICATION VIA SURVEY MONKEY!**

Please note:

- Schools must participate in the School Breakfast Program, or the National School Lunch Program to apply.
- Schools that have previously received the School Wellness Award may not apply again.
- Your district must have a board-adopted local wellness policy that reflects the Final Rule.
- Winning schools serve as examples for others across the state.
- Wellness work should inspire and be replicable for any school in Oregon.

For additional guidance, including award rules, required materials, and the selection process, please contact Jennifer Young at (503) 947-5795 or [jennifer.l.young@state.or.us](mailto:jennifer.l.young@state.or.us)

Go to [ODE's Wellness Webpage](#) for more information about local wellness policies, school food and physical activity resources best-practices, and funding opportunities.



### School Information

\* 1. School Name:

\* 2. District Name:

\* 3. ODE Child Nutrition Programs Agreement Number

\* 4. Total Enrollment (As of October 2017)

\* 5. Grades Served:

	Pre-K	K	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th
Grades	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



### Contact/Committee Information

#### 6. Person completing the form - Contact Information

Contact Name

Position/Title

Telephone Number

Fax Number

Email Address

Designated District Representative

**\*The Healthy, Hunger-Free Act of 2010 requires oversight authority/responsibility for the Wellness Policy.**

The name of the person designated for oversight of Wellness Policy Implementation at your school

#### 7. List all committee members involved in completing this application:

School Administrator

Nutrition/Food Service  
Administrator

Wellness Coordinator

Name & Position

Name & Position

Name & Position

Name & Position



### Wellness as a Priority

8. Does your school have a health/wellness council (also known as a School Health Advisory Council (SHAC) or School Wellness Committee)?

\_\_\_\_\_/20 points

- Yes
- No

9. How are you engaging the entire school community to inform the local wellness policy and the school wellness plan? (Please mark all that apply)

\_\_\_\_\_/25 points

- Nutrition and physical activity opportunities are offered to all staff
- School evaluates wellness activities (e.g. assessments, feedback, event participation, etc.)
- PTA/PTO meetings include health/wellness as a standing agenda item
- School offers parents/community at least one program that promotes wellness activities (e.g. fun run, wellness fair, etc.)
- School facilities are available before and/or after school for wellness activities

Other (please specify)



### Wellness Practices in the School Environment

10. In the last 18 months, what school-wide programs and/or practices in your school community highlight school-wide efforts to promote Wellness? (Please mark all that apply) \_\_\_\_\_

**/ 30 points**

- School provides nutrition programs/projects for nutrition promotion (e.g. menus, culinary classes, posters, gardens, taste tests, etc.)
- All foods sold to students meet the Oregon SMART SNACK standards
- All foods promoted/marketed to students meet the Oregon SMART SNACK standards
- Wellness Policy includes guidelines for foods offered during the school day to students meet or exceed Oregon SMART SNACK standards (e.g. foods offered as snacks, celebrations, rewards)
- Lunch periods permit students at least 20 minutes to eat lunch
- Recess is scheduled before lunch
- Nutrition/food service staff and classroom educators coordinate to promote healthy eating and healthy eating environments
- School uses at least one outside educational resource to support nutrition education or physical activity
- Breakfast and/or lunch has increased due to promotion of wellness efforts
- Wellness Policy prohibits withholding physical activity or disciplining students with physical activity
- Physical education instruction is provided by a Physical Education teacher
- School consistently offers a variety of physical activities before, during, and after school, and a significant amount of students and staff participate
- School is striving to meet physical education minute recommendations (150 minutes/ week K - 5th grade and 225 minutes/week 6th - 8th grade)
- School employee wellness programs/ initiatives are in place
- Please include additional school-wide programs, practices, initiatives that impact at least 75% of the school population (200 words or less)



Benefits of Wellness Initiatives

11. As a result of your Wellness efforts how have students, staff, and family/community members been positively impacted, and how has this been measured? (500 words or less) \_\_\_\_\_/25 points



Wellness Award

\* 12. If your school is chosen as a School Wellness Award Winner, explain how the \$2,500 funding award would be used to support school-wide student wellness. Please consider systems and environmental change impacts, and sustainability. (250 words or less)





**FINAL ITEMS TO BE SUBMITTED FOR CONSIDERATION**

**Supplemental materials demonstrating your wellness efforts are required before the application can be evaluated. Materials include:**

- 1.) Current District Wellness Policy**
- 2.) School Wellness Plan**
- 3.) Copy of 1 week of menu items from the menu planner**  
[www.ode.state.or.us/search/page/?id=3653](http://www.ode.state.or.us/search/page/?id=3653)
- 4.) District Report card information regarding Wellness Policy**
- 5.) Samples of creative menus, newspaper articles, student works- posters, music, raps, and/or other examples that help "your school shine".**

**Please send the above documents via scan, fax, email or mail as one document clearly labeled with your school name to:**

**Jennifer Young**  
**jennifer.l.young@state.or.us**  
**School Wellness Policy Coordinator**  
**Child Nutrition Programs, Oregon Department of Education**  
**255 Capitol Street NE**  
**Salem, OR 97310**  
**Fax: (503) 378-5156**

**Total \_\_\_\_\_/100 points**