



# School Wellness Newsletter

Healthy Kickoff  
Fall 2017

## school employee wellness kickoffs

Back to school is a busy time for students and staff throughout Oregon. Astoria School District celebrated the new school year with an employee wellness kickoff.

With support provided by OEA Choice Trust and Fuel Up to Play 60, Astoria School District hosted a wellness fair that included staff members and their families as part of the back to school event. Employees and students joined a walking challenge and earned raffle tickets for each lap they completed. Community partners donated prizes and hosted activities for the wellness fair.

Other ways districts are engaging employees include postcards announcing wellness challenges, cooking classes using local foods, and hosting a "Step Challenge" to encourage daily physical activity. The return to school is a great time for superintendents to emphasize employee well-being; some even bring in keynote speakers to highlight the importance of resiliency and stress management. A well planned kickoff can generate lots of employee enthusiasm and result in more positive teamwork. How will your school help staff commit to yearlong well-being?

Need ideas? Learn more:

[takeactionca.cdph.ca.gov/take-action-kickoff.asp](http://takeactionca.cdph.ca.gov/take-action-kickoff.asp)



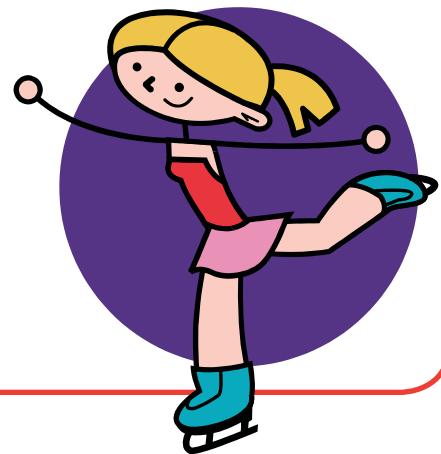
## wellness policy revisions

The school environment shapes daily choices that influence health. A school wellness policy creates a school environment that supports health for students and staff. All school districts participating in the National School Lunch Program or the School Breakfast Program are required to adopt and implement a **revised local wellness policy** that includes:

- \* Nutrition guidelines for foods sold and provided at school (including fundraisers, snacks, classroom celebrations and rewards)
- \* Marketing and promoting food in schools
- \* Physical education and physical activity
- \* Stronger wellness policy leadership, accountability and transparency

Need information to revise your local wellness policy? [www.oregon.gov/ode/students-and-family/childnutrition/SNP/Pages/OregonSchoolWellness.aspx](http://www.oregon.gov/ode/students-and-family/childnutrition/SNP/Pages/OregonSchoolWellness.aspx)

Contact Jennifer Young,  
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503-947-5795.



## move every morning!

The beginning of the school year is the perfect time to start creating healthy, fun and safe habits such as walking and biking. Here are some reminders for you and your students when traveling to or from school:

- Keep your **EYES and EARS OPEN**
- **Cross the street at the corner** or crosswalk, and obey all traffic signals and crossing guards
- **Look left, right, left again, AND** behind before and during crossing

We must all look out for each other and work together so everybody arrives safely.

Mark your calendar for **Walk+Roll to School Day, Wednesday, October 4!**

❖ Register at [www.thestreettrust.org/walkroll/](http://www.thestreettrust.org/walkroll/)

# • healthy schools for kids.

## physical education update

Physical education is a core academic subject for all Oregon students and is required to be taught in grades K-12. Legislation passed ten years ago to ensure all K-8 students receive quality physical education as part of their regular school day. This included best practice recommendations for specific minutes per week based on grade level taught by a licensed physical education teacher:

- Grades K-5: 150 minutes/week
- Grades 6-8: 225 minutes/week

In 2017, a new law passed, Senate Bill 4, allowing schools more time to phase-in the required minutes and for

up to 45 minutes/week to be taught by classroom teachers outside of their own class, as long as it aligns with the Oregon Physical Education Standards.

More detailed information about physical education and Senate Bill 4 can be found on the Oregon Department of Education website:

[www.oregon.gov/ode/educator-resources/standards/physicaleducation/Pages/default.aspx](http://www.oregon.gov/ode/educator-resources/standards/physicaleducation/Pages/default.aspx)

For questions, please contact Suzanne Hidde, ODE Health & Physical Education Specialist at [suzanne.hidde@state.or.us](mailto:suzanne.hidde@state.or.us).

## not your everyday apples

### ingredients

3 medium apples (3" diameter)  
1/2 cup raisins  
2 teaspoons soft butter or margarine  
2 teaspoons brown sugar  
1/4 teaspoon cinnamon



### directions

1. Preheat oven to 400 degrees.
2. Wash the apples and chop into small pieces.
3. Mix apples with raisins, butter or margarine, sugar and cinnamon.
4. Place the mixture in a baking dish and cover loosely with foil. Bake for about 20 minutes.
5. Cool slightly and enjoy!
6. Refrigerate leftovers within 2 hours.

### notes

Try serving this recipe with vanilla yogurt!

For more nutrient facts and other delicious and economical recipes go to [FoodHero.org](http://FoodHero.org).



[www.actionforhealthykids.org](http://www.actionforhealthykids.org)



[healthykidslearnbettercoalition.com](http://healthykidslearnbettercoalition.com)

## congratulations!

The 2017 Oregon School Wellness Award recipients are:

- Adams Elementary, Corvallis School District
- Milwaukie High School, North Clackamas School District
- St. Paul Elementary, St. Paul School District

These schools are outstanding in their efforts to improve child health by connecting nutrition, physical activity and academic achievement. In partnership, the Oregon Department of Education, the Nutrition Council of Oregon and the Oregon Dairy and Nutrition Council provided each of these schools with a banner, a certificate of recognition and \$2,500 for wellness efforts. Will your school be the next recipient?

Applications open soon: [www.oregon.gov/ode/students-and-family/childnutrition/SNP/Pages/SWA.aspx](http://www.oregon.gov/ode/students-and-family/childnutrition/SNP/Pages/SWA.aspx)

## additional resources

### Health and PE Updates

To sign up for newsletters [www.ode.state.or.us/search/page/?id=1843](http://www.ode.state.or.us/search/page/?id=1843).

Oregon Agriculture in the Classroom (AITC) [oregonaitc.org](http://oregonaitc.org)

Action for Healthy Kids [www.actionforhealthykids.org](http://www.actionforhealthykids.org)

Fuel Up to Play 60  
Grant applications due November 1, 2017  
[www.fueluptoplay60.com](http://www.fueluptoplay60.com)

ODE School Wellness Award Applications: open Sept-Jan  
[www.oregon.gov/ode/students-and-family/childnutrition/SNP/Pages/SWA.aspx](http://www.oregon.gov/ode/students-and-family/childnutrition/SNP/Pages/SWA.aspx)

Walk & Roll to School Day: October 4, 2017  
Over 200 Oregon schools walk and bike to school [www.walknbike.org](http://www.walknbike.org)

## about this newsletter

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

- Alliance for a Healthier Generation
- Oregon Public Health Institute
- Healthy Kids Learn Better
- OEA Choice Trust
- OHA, Public Health Division
- Oregon Action for Healthy Kids
- Oregon Dairy and Nutrition Council
- Oregon Department of Education
- Oregon School Nutrition Association
- OSU Extension Family & Com. Health