FOREST GROVE BOARD OF EDUCATION

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FOREST GROVE Wellness Policy

Preamble

FOREST GROVE (henceforth referred to as the District) is committed to the optimal health of every student. The District believes that all students have the opportunity to achieve high levels of learning, and that they need to be healthy and thriving in order to succeed in school and in life. The District recognizes that students who are healthy and well are better able to focus, learn, and succeed in school. The District also believes that students are more likely to be successful in school if they have access to healthy food and physical activity opportunities. Therefore, the District has adopted a comprehensive wellness policy to promote a healthy school environment.

Relevance and Purpose of the Policy

The District believes that a comprehensive wellness policy is essential to support the health and well-being of all students. The policy is designed to ensure that all students have access to healthy food and physical activity opportunities, and to promote a school environment that supports healthy behaviors.

Implementation Plan

The District will develop and implement a plan for the implementation of the wellness policy. The plan will include the following elements:

- The District will provide a policy to all students and staff, and all policies will be reviewed and updated annually.
- The District will provide training for all staff on the implementation of the policy.
- The District will provide monitoring and evaluation of the implementation of the policy.
- The District will provide feedback to all stakeholders on the implementation of the policy.

The District will ensure that all stakeholders are involved in the development and implementation of the wellness policy.

Applicability

This policy applies to all students, staff, and staff members in the District. It is intended to promote healthy living and healthy behaviors among all students and staff.

1. School Wellness Committee

Committee Roles and Responsibilities

The District will appoint a steering committee to oversee the implementation of the policy. The steering committee will be responsible for:

- Planning and implementing the policy.
- Monitoring the implementation of the policy.
- Evaluating the effectiveness of the policy.

The steering committee will meet regularly to review the implementation of the policy and make recommendations for improvement.

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FOREST GROVE BOARD OF EDUCATION

CO

Water

- The District will provide clean and safe drinking water to all students and staff.
- The District will establish a policy for the use of water bottle filling stations.
- The District will ensure that all water sources are regularly tested and monitored for contamination.
- The District will provide educational materials to students and staff on the importance of hydration.

Nutrition

- The District will provide access to healthy and nutritious foods in the school environment.
- The District will establish a policy for the purchase and distribution of school meals.
- The District will ensure that all meals provided by the school are nutritionally balanced.

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FOREST GROVE BOARD OF EDUCATION

CO

- Food and nutrition/health/community services;
- Teaching library with an emphasis on food and beverage marketing;
- Fruits and nuts:
  - Improving student health and the promotion of health and disease prevention;
  - Social influences on physical activity, including media, family, peers, and culture;
  - How to implement, support, or advocate for places to engage in physical activity;
- Promote the use of physical and health-related programs;
- Physical education programs for adolescents;
- Drug free schools;
- Promotion of healthy habits through physical activity;
- Workshops for teachers on preventing bullying and promoting healthy lifestyles;
- Parent workshops on the importance of physical activity for children.

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Revision Date(s): 2/23/2017
Page 7 of 8

FOREST GROVE BOARD OF EDUCATION

CO

- Corporate brand, logo, name of trademark on school equipment, such as uniforms, message boards, stadiums, or buildings;
- Immediate employment of staff during school hours to ensure appropriate facilities are available;
- All health education teachers will provide opportunities for teachers to practice in or observe health or other similar activities;
- Education content meets Health Standards (School Guide/Teacher Guide) criteria;
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Adoption Date: 1/19/2016
Revision Date(s): 2/23/2017
Page 7 of 8

FOREST GROVE BOARD OF EDUCATION

CO

- Physical activity. Physical activity during the school day is important to ensure healthy physical activity levels will continue to be an important factor in the success of the district.
- Health education will be required at all levels (pre-school, K-12) and the district will require these levels to be at least 50% of the time that health education coursework is delivered (or at least 30 minutes of physical education).
- Physical education programs for adolescents;
- Drug free schools;
- Promotion of healthy habits through physical activity;
- Workshops for teachers on preventing bullying and promoting healthy lifestyles;
- Parent workshops on the importance of physical activity for children.

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Page 7 of 8