

School Wellness Newsletter

Student
and staff
wellness
synergy
Spring
2015



employee wellness

OEA Choice Trust is dedicated to worksite wellness for all of Oregon's public school employees. School staff need to be physically, mentally and emotionally well in order to be healthy, productive, energetic employees and to successfully model wellness to students. In addition to resources provided by OEA Choice Trust, school staff can help create healthy school environments with resources from a variety of programs like Fuel Up to Play 60, Alliance for a Healthier Generation, the Oregon Employee Benefit Board (OEBB), Kaiser Permanente's Thriving Schools, and ODE Nutrition Services just to name a few. Multiple programs working together is ideal!

Also within a district, no one person does it all. For example, Jefferson School District is updating the District Wellness Policy to align with the Oregon School Board Association (OSBA) model policy that includes school employee wellness to foster synergy between student and staff well-being. The superintendent, principals and school board members support the district's wellness goal to create a culture that helps employees improve their well-being. The food services team plays a vital role in the educational mission by providing a comprehensive nutrition program promoting staff and student wellness. Together, everyone contributes to healthy school environments.
www.oechoice.com



wellness policy help

Local wellness policies provide the structure for districts, schools and families to build school environments that promote student, staff and community members' health, well-being and ability to learn.

The **Healthy, Hunger-Free Kids Act of 2010** (Sec. 204 of Public Law 111-296), includes new provisions for local school wellness policies related to implementation, evaluation, and publicly reporting progress.

To help Oregon districts and schools revise their own wellness policies, ODE Child Nutrition Programs worked with the Oregon School Board Association (OSBA) to develop sample Policy and Administrative Regulations. Check out the model policies and make adaptations for your school:

www.ode.state.or.us/wma/nutrition/snp/sample-policy.pdf

For more information, contact
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attendance and health

Many health factors can keep kids away from school, and contribute to chronic absenteeism (missing 10% or more of school days). But missing school can cause health problems, too! Kids who miss lots of days are more likely to fall behind and later drop out. Adults with less education are more likely to have worse health throughout their lives. Chronic absenteeism is now reported at the school and district level-so educators can intervene early when kids are missing out and falling behind. What is your school doing to support attendance?

healthy schools for kids.

nutrition all year

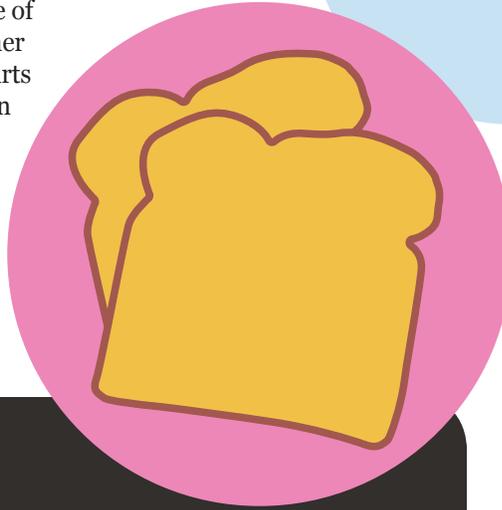
Once the school year ends, many children may not have access to nourishing meals and snacks. Fortunately, Oregon has the Summer Food Service Program (SFSP) to meet this need during the summer months.

Although the primary intent of SFSP programs is to provide food for low-income children, **any child 18 years of age and under, regardless of family income level, may participate!** The meals are tasty and meet the strict USDA nutritional guidelines. (No registration or paperwork - kids just show up and eat.)

Inadequate nutrition and hunger are barriers to good health and academic success, no matter the time of year. Students who go hungry during the summer are at an academic disadvantage once school starts in September. Less than 20% of eligible children and youth take advantage of the free summer meals. We can do more to nourish our kids!

Please spread the word and check out summer meals. For information about sites near you visit:

www.summerfoodoregon.org
or oregonhunger.org.



applesauce french toast

Easy to find ingredients, fun to prepare together
and perfect for families.

INGREDIENTS

- * 2 eggs
- * 1/2 cup non-fat or 1% milk
- * 1 teaspoon ground cinnamon
- * 2 teaspoons white sugar
- * 1/2 teaspoon vanilla
- * 1/4 cup applesauce
- * 6 slices whole wheat bread

DIRECTIONS

1. In a large mixing bowl, combine eggs, milk, cinnamon, sugar, vanilla and applesauce. Mix well.
2. Soak bread one slice at a time until mixture is slightly absorbed.
3. Lightly spray or oil a skillet or griddle. Cook over medium heat until golden brown on both sides.
4. Serve hot.
5. Refrigerate leftovers within 2 hours.

NOTES

Top with applesauce, fresh fruit or yogurt. Serving Size 1 slice. Yield 6 Servings

Prep time: 5 minutes Cooking time: 10 minutes

For nutrient facts and other delicious and economical recipes go to FoodHero.org

physical activity moments

Try these in your school and classrooms.

Students need at least 60 minutes of daily physical activity. Physical activity during the school day not only improves student health, but can also lead to increased learning! Studies show schools that offer physical activity programs can see positive effects on academic achievement – including increased concentration, improved test scores, and reduced disruptive behavior.

Schools can access resources to promote physical activity on the Healthy Schools Program [website](#). The **Fit For A Healthier Generation** videos showcase fitness celebrities leading kids through 3-5 minute breaks. For a quick dose of physical activity in the classroom, try a **Physical Activity Task Card**.

additional resources

Fuel Up to Play 60 Grant applications accepted
April - June 16, 2015

www.oregondairyCouncil.org/FUTP60

Oregon School Employee Wellness Conference
www.oeachoice.com/news-events

National School Breakfast week March 2-6

Every Kid Healthy Week April 19-25
www.actionforhealthykids.org

Screen Free Week: May 4-10
www.commercialfreechildhood.org

May is Walk + Bike Challenge Month
www.walknbike.org Fire Up Your Feet
May 1-31 or.fireupyourfeet.org

Oregon Summer Food Programs
www.summerfoodoregon.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 Council
- * Oregon Department of Education
- * Oregon School Nutrition Association
- * OSU Extension Family & Com. Health
- * Multnomah Co. Community Wellness and Prevention Program