



OREGON HEALTHY SCHOOLS

Schools and communities working together
for healthy, successful students and staff



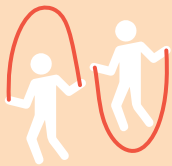
Oregon Healthy Schools – a partnership of the Oregon Department of Education Child Nutrition Programs and the Oregon Health Authority/Public Health Division that helps school districts make the most of their investments in school wellness with tailored assessments, tools and support toward their goals.



Investing in School Wellness Pays Off

Healthy students are better learners. Research shows what many teachers and parents have long considered common sense: good nutrition and regular physical activity are associated with higher grades and test scores. Wellness efforts can also improve school attendance and behavior.

A healthy workplace shapes daily choices that influence health. School employee worksite wellness programs decrease staff burnout and use of sick leave. They help school staff model healthy habits for students, families and the community.



Moving their bodies helps students concentrate. It helps them pay attention. It improves their behavior in class.



Worksite wellness programs in schools reduce absenteeism. They lower health risks linked to chronic disease. They boost employee morale and create a safe, healthy place to work.



Students who eat **school breakfast** have been shown to attend more days of school per year and score higher on standardized math tests.



Schools where most of the students engage in physical activity every week show **bigger gains in test scores** than other schools. The same is true for schools where many students eat healthy foods.

Creating a Culture of Health at School and Beyond

Culture:

The attitudes, knowledge and behavior of a group of people.



Health:

A state of physical, mental and social well-being.



Culture of Health



Schools: The Heart of Healthy Communities

Schools are large employers in Oregon communities. They are also at the heart of neighborhoods and towns. Healthy schools can create a culture of health for staff and students. They also can create a culture of health for students' families and the community:

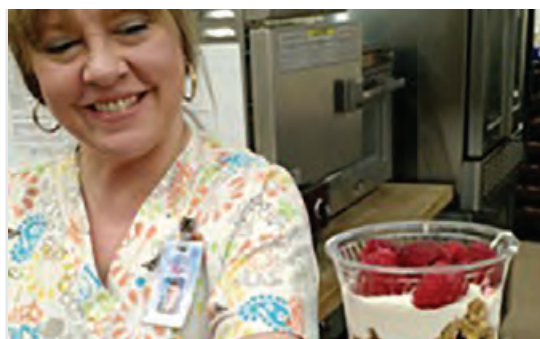
- ✓ The food that students are exposed to at school influences what they ask to eat at home.
- ✓ School meals meet nutrition standards that increase fruits, vegetables and whole grains in the school menu.
- ✓ Healthy activities and fundraisers such as dance-a-thons and skate nights make physical activity fun and accessible.
- ✓ School gardens and Farm to School programs support the local economy. They increase access to healthy foods for students and staff.
- ✓ Creating safe routes for walking and biking is good for the entire community.
- ✓ Oregon schools can make a big difference to improve the culture of health in their communities.

Whatever Your Goals, Oregon Healthy Schools Can Help You Get There



DETERMINE WHERE TO START

Oregon Healthy Schools can provide resources to help districts create wellness goals that build on current efforts. School district wellness policies are a great place to start.



INCREASE ACCESS TO HEALTHY FOOD IN SCHOOLS

Oregon Healthy Schools can help meet nutrition guidelines for all foods sold at school. Oregon Healthy Schools provides resources to improve nutrition and strategies to increase school breakfast and lunch participation.



CREATE OPPORTUNITIES FOR BEFORE, DURING AND AFTER SCHOOL ACTIVITIES

Oregon Healthy Schools connects districts with groups that can help with resources to improve physical activity and nutrition.



PLACE MATTERS

The places where we live, work and learn have a big impact on our health. These include our schools. Learn more at PlaceMattersOregon.com.

WE ALL HAVE A ROLE TO PLAY

Superintendents, principals, school staff, parents and community groups can help school staff be healthy at work. We all can help Oregon children get the healthy food and physical activity they need to be successful students.

SCHOOL DISTRICT WELLNESS POLICIES

Each school district participating in the National School Lunch or Breakfast Program is required to establish a school district wellness policy for all schools under its jurisdiction. The Healthy, Hunger-Free Kids Act of 2010 added provisions related to implementation, evaluation, and publicly reporting on the progress of those policies.

GET STARTED

Contact ode.schoolnutrition@ode.state.or.us (subject line: Wellness Policy) or 503-947-5893. Learn more at: www.ode.state.or.us/go/ODEwellness.

Oregon Department of Education, Student Services, Child Nutrition Programs

Address: 255 Capitol St. NE, Salem, OR 97310

Phone: (503) 947-5960 Web: www.ode.state.or.us/go/ODEwellness

