

OREGON CITY SCHOOLS WELLNESS

Revised April 2019

Oregon City Schools provides an environment that offers and promotes healthy meal, snacks and beverage choices. Schools, families, and community business partners cooperate to create this healthier and more nutritional environment.

Staff and Student Wellness Health Promotion Committee

Oregon City Schools has a Wellness Committee that focuses on staff and student wellness issues, identifies and disseminates wellness resources, and performs other functions that support staff and student wellness in coordination with our insurance carrier. Committee members include representatives from each school building, parents, staff, administrators, food service supervisor, business partners and community members. This committee meets quarterly and implements strategies to support staff and students to actively promote and model healthy eating and physical activity behaviors. Parents and community members wishing to become active in this committee or have any questions are encouraged to contact Vicki Laurell, Child Nutrition Supervisor. The following promotions have been implemented by this committee:

- Fit Bit Challenge
- Maintain Don't Gain Holiday Challenge
- ProMedica dietitian support
- Wellness Fair
- Individualized Building Proposal Grants
- Health Screenings
- Bark in the Park Cancer Drive
- Susan B. Komon Cancer Walk

All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using the following [Smarter Lunchroom techniques](#):
 - Whenever possible whole fruit options are displayed in attractive bowls or baskets (instead of chafing dishes or hotel pans)
 - Whole, sliced or cut fruit is available daily

- Daily fruit options are displayed in a location in the line of sight and reach of students
- Offer all vegetable options daily that are displayed in a location in the line of sight and reach of students
- All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal
- Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are offered within all service and dining areas
- A reimbursable meal can be created in any service area available to students
- Student surveys and taste testing opportunities are used to inform menu development, dining space decor, and promotional ideas
- Daily announcements are used to promote and market menu options
- Breakfast is promoted through School Newsletters, outdoor electronic signs and during morning announcements

All Child Nutrition staff are SNA Certified - The School Nutrition Association of Ohio promotes healthful meals and nutrition education. SNA of Ohio members nourish the minds of Ohio's students on a daily basis, providing them with the fuel they need to learn in the classroom. As the leading authority on school lunch in Ohio, the SNA of Ohio is committed to advancing good nutrition for all students. Child Nutrition employees have the opportunity to

- Attend SNA sponsored regional Chapter Meetings
- Attend SNA sponsored training
- All school nutrition program directors, managers, and staff meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#)
- [Over 75% of our staff has ServSafe Manager's Certification](#)

The District has developed relationships with community partners (i.e. hospitals, City of Oregon, local businesses) in support of wellness in our community. Existing partnerships include:

Mercy Health/Oregon City Schools Partnership

Oregon City Schools is a proud partner with Mercy Health with the establishment of a school-based health center located at Clay High School. This center services pediatric patients ages 22 and younger. The center is staffed by certified Pediatric Nurse Practitioner, Cherie Sexton.

City of Oregon/ Oregon City Schools Partnership SAFE

ROUTES TO SCHOOL 2007-2016

Fassett Middle School and Starr Elementary School have participated in Safe Routes to School (SRTS) since 2007. SRTS is a national and international movement to make it safe, convenient and fun for children to walk or bike to school. The City of Oregon and Oregon City Schools partnered to develop and implement this initiative. In January 2007, representatives from the Oregon City Schools and the City of Oregon first met to discuss developing a comprehensive Safe Routes to School program within the City of

Oregon. During the last 9 years, the Oregon Safe Routes to School Program has had a significant impact on the community. Programming began with a logo contest among other promotional events. In 2008, the Ohio Department of Transportation SRTS Program granted \$150,000 for infrastructure projects. The funding supported the Starr Avenue and Fassett Middle School Sidewalk Improvement Project, the first Safe Routes to School funded project in the state of Ohio.

Prior to the sidewalk improvement project, students were engaging in risky pedestrian behaviors, despite pedestrian education in school. Sidewalks on Starr Avenue did not connect, leaving bike lanes along a 35-mph road as the only place for the children to walk. The new sidewalks, improved signage, and pavement markings were completed and celebrated in the fall of 2008 with a ribbon cutting ceremony.

Despite successful infrastructure project completion, the Oregon Safe Routes to School program faces challenges with the current public perception that the walking and biking environment is still not safe. \$50,000 in grant funding for 2009 provided education and encouragement programs in schools, including the implementation of an incentives program that began in the late summer of 2009. The City of Oregon continued to expand its Safe Routes to School program in 2009 with \$240,000 in funding that was granted by the ODOT for infrastructure projects, including continued pedestrian and sidewalks. Oregon continues to have Walk to School and Bike to School events.

Oregon City Schools provides many opportunities for participation in student physical activity programs that promote a healthier lifestyle and wellness for all members in our community. Listed below are several examples of what our district does in this area:

- **Clay High School-DECA Video**
- During 2014-2015 Clay students in BPA created an award-winning video regarding how “Everyone Deserves a Lunch”. The video received 1st place at the State Competition and went on to be shown at the National Competition. The video contained footage of students getting ready for school and going to school and eating in the school cafeteria.
It showcased our Clay High School cafeteria and addressed the National School Lunch Program’s Free and Reduced Program.
- **Clay High School Community Walking Club**
- Clay High school is opening its doors to the community to help residents stay in shape and thank them for their votes.
- The Oregon Walking Club was started as an outreach program that aimed to thank the residents in the district for passing the levy that will generate \$1.9 million for Oregon City Schools.
- Walkers who participate will also get the opportunity to see what the students of Clay High School are studying.
- The walkers have to go through a registration process before they receive a walking club badge. As a safety precaution, they will only be able to park in a designated area and enter through a specific door before signing in to walk the building.

- **Clay High School-MedTech Senior Projects**
- Clay High School MedTech students have participated in developing and analyzing nutritional data for senior projects. They work with our Food Service Supervisor and have made improvements to our Clay Cafeteria.

- **Clay High School-Health Class**
- Health classes are offered to high school students who did not take the course in the junior high.

- **Clay High School Women's National Fitness Day**
- Clay High School counselor, Beth Kohler provides an activity (yoga, Cardio kickboxing) for school wide and community participation.
- **Clay High School Student Government**
- Student government sponsors 5th quarter dodge ball.
- Annual Color Run
- Clash of the Classes

- **Clay High School-Presidential Fitness Testing**
- All students enrolled in Physical Education participates in the Presidential Fitness Training

- **Fassett-Fitness Club**
- Fitness Club is an after-school activity open to all students at Fassett Junior High School. Students meet once a week for an hour after-school. Fitness Club promotes an active, healthy life-style for young people. Club meetings include time for circuit training in Fassett's weight room, walking and jogging, jump rope, hula hoop, intramural sports (touch football, soccer, etc.), and other fun activities students can enjoy with their friends. We conclude each meeting with a healthy snack. Fitness Club also provides opportunities for students to participate in field trips twice a year. Past field trips have included boxing at the International Boxing Club, rock climbing and swimming at the Bowman YMCA, ice skating at BGSU, roller blading at Maumee Bay State Park, etc. The
- \$5 yearly fee covers the cost of all snacks and field trips

- **Fassett-Check on Recess**
- The fitness club does circuit training in the weight room, running, jump roping, fitness games and fitness challenges.

- **Grade K-6 All Schools-Thirty Minute Recess Activities Every Day**

- **Eisenhower-Fitness Club**
- The fitness club does circuit training in the weight room, running, jump roping, fitness games and fitness challenges.

- **Eisenhower-Mud Run**

- The Mud Run is not only a 1.5 mile course, it involves several fitness challenges and obstacles along the route including hurdles, hay bale piles, a climbing wall, several rows of tires, large hills to scale and a water pit where you have to belly crawl under a low net, monkey bars over a water/mud pit, floating railroad ties that you have to walk across to avoid falling in the mud/water, water spray from large fire hoses along the course, plus jumbo irrigation pipes to climb over and crawl through as you work your way towards the finish line!

- **Eisenhower-Youth to Youth**
- Youth to Youth does team building games, promotes healthy habits and alternative activities geared towards leadership skills, social skills and positive choices in an effort to stay away from drugs and alcohol.

- **Eisenhower-Soaring Eagle Day**
- The Soaring Festival includes team building games that involve classroom competitions, team relay races, fitness challenges, small sided games, air extreme game challenges, a dual obstacle course, relaxation and concentration games and activities and crafts, board games and yard tossing games.

- **Coy-VIP Day**
- VIP Day is an all-day school-wide event featuring track and field events and other events. Participants include student invited Very Important People in their lives and they work as a team during the events.

- **Coy-Basketball Ball Jones**
- Basketball Ball Jones test prep assembly.

- **Coy-After School Fitness Program**
- After school physical fitness program.

- **Coy-American Red Cross Blood Drive Jerusalem**
- This is a school sponsored event in the community.

- **Coy-Bonnie Cabbage Program**
- This program encourages students to learn about and encourage gardening. Students are given a cabbage plant to grow and compete in a National contest.

- **Coy-School wide talent show**
- School-wide talent show run by Coy parent group.

- **Coy-Hoop for Hearts**
- Students do physical activity and then donate pledges to the American Heart Association.

- **Jerusalem-American Red Cross Blood Drive**
- This is a school sponsored event in the community.

- **Jerusalem-Kids Heart Challenge**
- Students do physical activity and then donate pledges to the American Heart

Association.

- **Jerusalem- Before School Fitness Program**
 - Before school physical fitness program.
- **Jerusalem-Career Cafe**
 - 4th grade students have guest speakers talk about various careers.
- **Jerusalem-Costume Run**
 - This is an early November race involving pumpkins and rewards.
- **Jerusalem-Career Day**
 - Many health workers come to talk about how they take care of people and what they do.
- **Jerusalem-Annual Jog-A-Thon**
 - This is a fund-raiser for our parent's club. Students run a track and collect pledges.
- **Jerusalem-Pennies for Patients Fundraiser**
 - This is a fund-raiser for Leukemia.
- **Starr-Bonnie Cabbage Program**
 - This program encourages students to learn about and encourage gardening. Students are given a cabbage plant to grow and compete in a National contest.
- **Starr-After School Running Club**
 - The Starr School Running Club was created to introduce students to running for fitness. Through the club, students are introduced to basic running fundamentals and participate in a variety of different running activities designed to improve running form, build endurance, and improve overall fitness levels. The goal of the club is to help students build confidence in their abilities and to find lifelong enjoyment for running and fitness.
- **Starr-American Red Cross Blood Drive**
 - This school-sponsored event encourages adults 18 and older to help save the lives of others by donating blood.
- **Starr-Basketball Jones**
 - An engaging assembly that inspires students to make responsible decisions, show kindness and compassion toward others, and work hard to reach personal goals.
- **Starr-Bucket Filler Program**
 - This school-wide program promotes a positive culture and caring climate by recognizing acts of kindness performed by students and staff.
- **Starr-Career Café & Career Day**

- Speakers from various of career paths participate in Career Café and Career Day, including health and wellness professionals. Nutritionists, physical therapists, doctors, nurses, social workers and many health-oriented speakers have participated.
- **Starr-Color Run**
- The Color Run is a one-mile walk/run event that takes place in September, a healthy kick-off to a new school year.
- **Starr-Dental Sealant Program**
- This school-based dental sealant program is offered to all students for free. Because untreated cavities can have far-reaching negative consequences for children such as difficulty eating, speaking and even learning, this program helps protect students' short and long-term health.
- **Starr-Food Drive**
- Starr students, families and staff donate non-perishable food for others in our community to help them stay healthy even though difficult times.
- **Starr-Fun Day**
- This jam-packed day is filled with physical activities including bounce house blow-ups, relay races, and a multitude of other movement opportunities. Students also get the chance to build relationships with peers and celebrate friendship and fun.
- **Starr-Girls on the Run**
- Girls on the Run is a positive youth development program for girls in 3rd-8th grade. It teaches life skills through dynamic, interactive lessons and running games. The program culminates with participants being physically and emotionally prepared to complete a 5K running event and ultimately to continue running as a lifelong activity.
- **Starr-Go Noodle**
- Go Noodle is an interactive website that gets students moving in the classroom. A program shown to boost classroom performance, improve behavior and attention, and build a sense of community, Go Noodle makes movement and mindfulness an integral part of our students' school day.
- **Starr-Hoops for the Heart**
- Students obtain donation pledges, perform physical activity challenges, and then give donations to the American Heart Association.
- **Starr-Nutrexity**
- ProMedica developed the Nutrexity board game to provide students in grades 2-5 a fun way to learn the essentials of good health.
- **Starr-Realeyes**
- Realeyes is a classroom education program created by the Ohio Optometric Association and includes interactive age-appropriate curricula presented by volunteer optometrists in the community. Topics covered include eye anatomy, eye safety and eye disorders.
- **Starr-Stress Management Lunch Groups**

- Students who would like to learn healthy ways to manage stress join lunch groups in which they learn about coping strategies such as deep breathing, visualization techniques, progressive muscle relaxation and positive affirmations.
- **Starr-Turkey Trot**
- A fun 5K walk/run opportunity that Running Club members, along with other students and staff, participate in annually.
- **Starr-Walking Club**
- Students are encouraged to participate in Walking Club during recess as a fun way to get exercise and develop friendships.
- **Starr-Wellness Wednesday**
- Every Wednesday, a wellness tip is shared on the morning announcements. Monthly wellness tips focus on exercise, healthy eating, yoga, stress management techniques, sleep tips and a variety of other healthy hints that promote wellness.
- **Starr-Recess**
- Students receive 30-minutes of activity every day.