

Central Point School District 6 Wellness Policy

Preamble

Central Point School District 6 (CPSD6) is committed to the health and academic success of every student. The District recognizes that good nutrition and physical activity before, during, and after the school day are strongly correlated with positive student outcomes including improved learning, attendance, and behavior.

This policy outlines CPSD6's approach to creating healthy school environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day.

1. District Wellness Committee

Committee Role and Membership

CPSD6 will convene a District Wellness Committee that meets at least once each school year to establish goals, oversee policy implementation, and review and update this policy.

Committee Members

Name	Title/Role	Committee Responsibility
Christine Beck	Director of Education	Chair, Policy Oversight
Anne Leavens	Nutrition Supervisor	Child Nutrition Program
Joni Rasor	Committee Member	Community Engagement
Lynn Rupp	Committee Member	District Support

The **Director of Education** will convene the committee, facilitate development and updates, and ensure compliance. District contact: **Christine Beck, Director of Education – christine.beck@district6.org**

2. Policy Implementation, Monitoring, Accountability, and Engagement

CPSD6 will retain records to document compliance with federal and state wellness policy requirements, including:

- A copy of this Wellness Policy
- Meeting agendas, minutes, and membership lists
- Documentation of stakeholder involvement

- The most recent triennial assessment and evidence of public access

Public Notification:

The Wellness Policy, updates, and implementation progress will be shared annually with families and the public on the District's website and included in student or family handbooks.

Triennial Assessment:

Every three years, CPSD6 will complete a formal assessment using the *ODE School-Level Triennial Assessment Tool* to evaluate:

- The extent of compliance with this policy
- Comparison to model wellness policies
- Progress toward policy goals

The triennial progress report will be made available to the public through the District's website and school communications.

3. Nutrition Promotion and Nutrition Education

CPSD6 is committed to providing nutrition education and promotion that helps students develop lifelong healthy eating behaviors.

Nutrition Education Goals

- Provide age-appropriate, evidence-based nutrition education integrated into health and physical education.
- Link classroom nutrition lessons with cafeteria programs, school gardens, and community-based food education.

Nutrition Promotion Goals

- Encourage participation in school meal programs that meet USDA standards.
- Display positive messages about healthy eating in cafeterias and classrooms.
- Promote fruits, vegetables, whole grains, and low-fat dairy products across district settings.

4. Standards for Foods and Beverages

CPSD6 will ensure that all foods and beverages sold or provided during the school day support healthy nutrition standards.

- All reimbursable meals will meet or exceed USDA and ODE standards.
- Foods and beverages sold outside the school meal programs (e.g., a la carte, vending, fundraisers) must meet **Oregon Smart Snack Standards**.
- Foods and beverages provided, but not sold (e.g., classroom celebrations, rewards), are encouraged to meet Smart Snack Standards.
- Only foods and beverages meeting USDA Smart Snack standards may be advertised or marketed on school grounds.

5. Physical Education and Physical Activity

CPSD6 recognizes the importance of regular physical activity for student health and academic success.

Physical Activity Goals

- Ensure all students engage in daily physical activity consistent with national and state standards.
- Provide safe and supportive environments for physical activity before, during, and after school.
- Incorporate short physical activity breaks into classroom instruction, where feasible.
- Recess will complement—not replace—physical education instruction.

Physical Education Standards

- All students will receive physical education aligned with the Oregon PE Content Standards and required instructional minutes.
- Schools will not withhold recess or physical activity as punishment.

6. Other School-Based Activities Promoting Student Wellness

CPSD6 will integrate wellness activities throughout the entire school environment by:

- Coordinating nutrition, health, and physical activity programs to complement one another.
- Hosting community and family wellness events.
Encouraging school gardens, farm-to-school programs, and nutrition-related partnerships with local farms and organizations.

Wellness Activity Goals

- Promote districtwide access to safe drinking water.
- Celebrate National School Lunch and Breakfast Weeks.
- Partner with local agencies to support family nutrition and physical wellness education when appropriate..

7. Triennial Assessment Tool

CPSD6 will use the *Oregon Local School Wellness Policy Triennial Assessment Tool (March 2022)* to evaluate implementation every three years. The tool assesses progress in six core areas:

1. Nutrition Education
2. Nutrition Promotion
3. Physical Activity
4. Other School-Based Wellness Activities
5. Standards for Foods and Beverages Sold/Provided
6. Food and Beverage Marketing

Each school will complete the assessment using the “Yes / Partial / No” rating system and provide comments describing progress and barriers. The District Wellness Committee will compile results, summarize trends, and post findings publicly.

Approval and Review

This Wellness Policy was adopted by the Central Point School District 6 Wellness Committee on **10/21/2025** and will be reviewed and updated every three years following completion of the triennial assessment.

Policy Contacts:

Christine Beck, Director of Education

Anne Leavens, Nutrition Supervisor