

# OREGON CITY SCHOOLS WELLNESS

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**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.**

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](#):
  - Whole fruit options are displayed in attractive bowls or baskets (instead of chafing dishes or hotel pans)
  - 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
  - White milk is placed in front of other beverages in all coolers
  - Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted or signs 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 State of Ohio yearly Conference
- 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](#)

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:

### **ProMedica Hospital/ Oregon City Schools Partnership**

- **NUTREXITY** Game-ProMedica developed the **NUTREXITY** board game as a way to provide kids grades 2-5 with a fun way to learn essentials of good health. The following provides what ProMedica is offering our school district:

*Focused on prevention, best for community or school setting*

- Board game for kids grades 2-5, developed by ProMedica
- Includes messaging about healthy eating, physical activity, sleep, screen time, and helping others in the community
- Game boards will be distributed to 4 schools and 3 community sites in the Bay Park service area, with a focus on 3<sup>rd</sup> grade classrooms. (\*this can be changed to any grade, 2-5)
- An assembly will be organized for the 3<sup>rd</sup> grade students to introduce them to the game
  - A healthy snack will be provided for students as well as healthy ProMedica prizes
  - Each 3<sup>rd</sup> grade classroom will receive a board game
  - Each community site will receive 2 board games
- The board games will be left with the schools and community sites for groups of students to play on their own or with teacher facilitation.
- ProMedica will return one month after the initial assembly and again two months after the assembly to provide reinforcement activities. ProMedica will survey students and teachers on school use and perception of the game as well as student knowledge before and after introduction of the game.

### **Cooking Matters at the Store tours (CMATS)**

- *Focused on prevention, can be incorporated into community or school setting*
- Grocery store tour for low-income families, led by a Registered Dietitian
- Focused on parent education, may also be tailored for older students
- Parents/families learn 4 key concepts:
  - Buying fruits and vegetables on a budget
  - Reading and comparing food labels
  - Finding whole grain foods
  - Comparing unit prices
- Parents from each school and community site in the Bay Park service area will be recruited to attend the tours, with 2-3 tours offered for each location.
- Recruitment will be completed through school parent groups and community organizations

### **Additional Dietitian Consultations**

- In addition to the two programs above, 40 hours of the dietitian's time will also be allocated to spend at each of the 4 schools, which could include time for the following:
  - Dietitian consultations with school nurses and school staff to provide nutrition resources for students
  - Dietitian consultations with foodservice staff at schools to provide education and help develop healthier student meal options

### **Advertising Campaign**

- 6-month online advertising campaign targeting 43605, 43616, and 43619 zip codes
- Healthy messaging based on the messages in Nutrexity
- Web banners and ads on Google and Facebook targeting parents. Advertisements would then link to ProMedica Health Connect articles, quizzes, and tips regarding a healthy family lifestyle.

### **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.

### **BP/City of Oregon/ Oregon City Schools Partnership**

On September 11, 2015, BP hosted Road to Rio presented by Liberty Mutual Insurance here at Clay high School. This was a free family-friendly event. The Road to Rio event included many hands-on experiences for participants.

- Relive iconic Olympic moments and view memorabilia
- Capture "your own" Olympic moment with the use of green-screen technology
- Interactive wheelchair racing challenge, long jump, and basketball exhibitions

Road to Rio attendees were also able to mingle with three Team USA Athletes: Myles Porter, Brad Snyder & Erik Kynard.

### **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:**

- **Fitness Club-Fassett**

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

- **Fitness Club-Eisenhower**

This is a voluntary activity in which students participate in physical fitness and healthy eating choices

- **Mud Run-Eisenhower**

This is a building wide activity in which students run a 1.5 mile obstacle course

- **Youth to Youth-Eisenhower**  
Youth to Youth activities including healthy choices such as fitness games
- **Soaring Eagle Day-Eisenhower**  
This is an activity day in which students are involved in soccer activities, obstacle courses and other physical activity
- **Running Club-Starr**  
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 up their endurance, and improve their overall fitness level. It is our goal to help students to build confidence in their abilities and to find a lifelong enjoyment and appreciation for running and fitness.
- **Kohl's Kids in Action Program-Coy**  
The Kohl's Kids in Action program, sponsored by Kohl's and a local hospital. A representative from KKIA comes to our school to work with students twice a week over the course of three weeks teaching students how to eat healthy and stay fit. Kiwanis Club involvement. Members volunteer to help facilitate our weekly fit club after school.
- **Cystic Fibrosis Foundation Penny War-Coy**  
The Cystic Fibrosis Foundation penny war. This year we donated \$1,314.50 to the organization. Jump for the Heart/Hoops for the Heart fundraiser. Students donate pledges they earn to the American Heart Association.
- **Dad's Day-Coy**  
Dad's Day is an all day school-wide event featuring track and field events and other events.
- **Basketball Ball Jones-Coy**  
Basketball Ball Jones test prep assembly.
- **After School Fitness Program-Coy**  
After school physical fitness program.
- **American Red Cross Blood Drive-Coy and Jerusalem**  
This is a school sponsored event in the community.
- **Hoop for Hearts-Starr, Coy and Jerusalem**  
Students do physical activity and then donate pledges to the American Heart Association.
- **Pumpkin Run-Jerusalem**  
This is an early November race involving pumpkins and rewards
- **Jump Rope for Hearts-Jerusalem**  
Students do physical activity and then donate pledges to the American Heart Association.
- **Annual Jog-A-Thon-Jerusalem**  
This is a fund-raiser for our parent's club. Students run a track and collect pledges.
- **NUTREXITY for 3<sup>rd</sup> grade-Jerusalem; 2<sup>nd</sup> grade-Starr & Coy**  
ProMedica developed the **NUTREXITY** board game to provide kids grades 2-5 a fun way to learn the essentials of good health. Two to six children can play at a time. The

game can be used to fit the time available at school. During 2015-2016 all three schools have been introduced to the game and received special "Health Smart" rewards during the kick-off.

All buildings will have the opportunity to work with a dietitian to provide nutrition resources for students.

- **Career Day-Starr**  
Many health workers come to talk about how they take care of people and what they do.
- **5K Run-Starr**  
Encourages kids to walk or run outside of school.
- **MedTech Senior Projects-CLAY**  
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.
- **Health Class Online-CLAY**  
Health classes are offered to all high students via one online course. This is a graduation requirement.
- **Strength Training and Sports Psychology for Elite Competition-CLAY**  
Clay High School will offer this new course during the 2016-2017 school year. This program involves training both the physical and mental body.
- **Focus on Wellness for 2016-2017 School year –Starr**  
Yoga 4 classrooms-possibly offered one day a week during recess.  
Focus on wellness ne day each week during morning announcements. For example: Mindfulness Mondays and Wellness Wednesdays.  
Pumpkin Run incorporated with Trunk or Treat event.  
Teaching students' relaxation techniques, deep breathing, Brain Gym exercises, yoga poses as well as offer health tips for sleep, eating, and exercising.
- **DECA Video-CLAY**  
During 2014-2015 Clay students in BPA created an award winning video regarding how "Everyone Deserves a Lunch". The video received 1<sup>st</sup> 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.
- **Community Walking Club-CLAY**  
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.

- **Holiday Cheer Up Project-Coy**  
Holiday Cheer-Up project. Students make Christmas decorations and cards for cancer patients at the Cancer Connection in conjunction with the International Reading Association. Our building has been recognized publicly regarding our involvement with the Cancer Connection.
- **School wide talent show-Coy**  
School-wide talent show run by Coy parent group.
- **Thirty Minute Recess Activities Every Day-All K-6 Schools**
- **Women's National Fitness Day-September-Clay**  
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 5<sup>th</sup> quarter dodge ball.  
Annual Color Run

### **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. 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