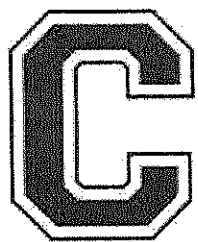


2024-2025

**Local Wellness School Policy
Triennial Assessment Results**

Coquille School District



Coquille

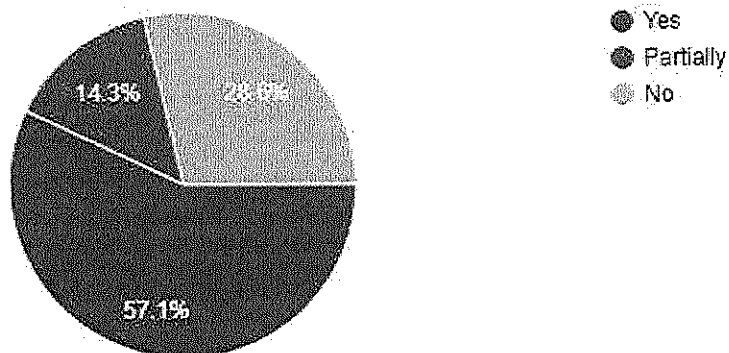
School District #8

Goal #1 Physical Activity: During the School Day

Physical activity includes regular instructional physical education, co-curricular activities, and recess at the elementary level. Substituting any one of these components for the others is not appropriate. All students will be expected to participate in regular physical activity and will be provided with appropriate opportunities for participation in physical education. The superintendent will establish minimum standards for student participation in physical education and activity and the timeline for implementation of those standards. Physical education instruction will be consistent with the state adopted physical education common curriculum goals, content standards and grade level benchmark standards for students. All students will be encouraged to further participate in physical activity through co-curricular activities and recess. The district will encourage the integration of physical activity with the academic curriculum, based on research findings relating to physical activity and learning. Recognizing the critical importance of sufficient physical activity for students, schools will withhold recess for disciplinary reasons only on an occasional basis as part of an individual or school-wide behavior plan.

Physical education will not be withheld as punishment.

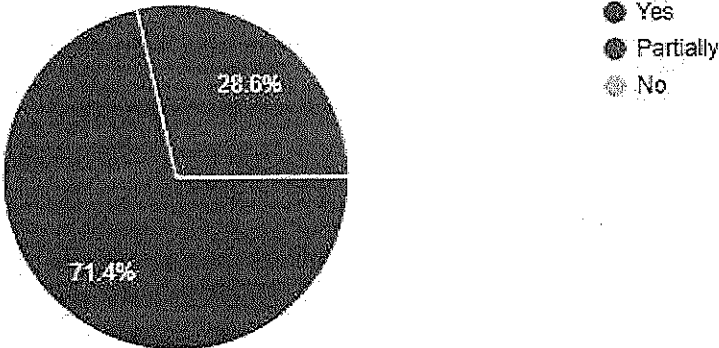
Question: Our school meets this goal for physical activity as outlined in the Local Wellness Policy:



Goal #2 Physical Activity: Before and After School Activities

Students will be encouraged to participate in physical activity through before and/or after-school programs including intramural, interscholastic athletics, and physical activity clubs. To encourage broad participation in extracurricular activities, the district will work with the community and other agencies to reduce barriers to participation and expand opportunities through partnerships with youth activity organizations, scholarships, subsidies, and other methods.

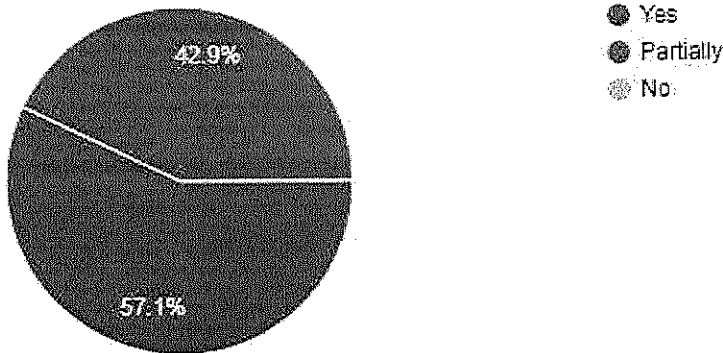
Question: *Our school meets this goal for physical activity as outlined in the Local Wellness Policy:*



Goal #3 Physical Activity: Parent and Community Support

Schools will encourage parents and guardians to support their children’s participation in physical activity, to be physically active role models, and to include physical activity in family events. The district will seek ways to make it safer and easier for students to walk or use other non-vehicular modes to travel to and from school. When appropriate, the district will collaborate with other community organizations on initiatives encouraging physical activity.

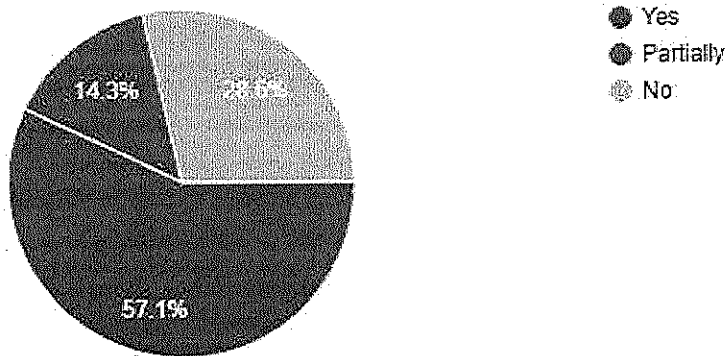
Question: *Our school meets this goal for physical activity as outlined in the Local Wellness Policy:*



Goal #4 Nutrition Education - Fostering Lifelong Healthy Eating Habits

Students will receive nutrition education that is interactive and teaches the skills they need to adopt lifelong habits of healthy eating. Students will receive consistent nutrition messages throughout schools, classrooms and cafeterias.

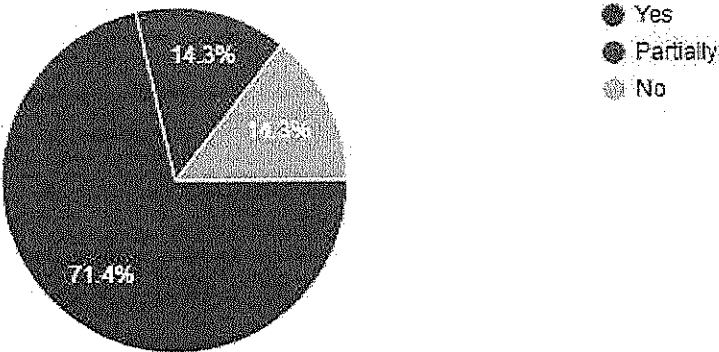
Question: Our school meets this goal for nutrition education as outlined in the Local Wellness Policy:



Goal # 5 Nutrition Education - Nutrition Education Curriculum

District curriculum standards and guidelines will include nutrition education. Nutrition education will be consistent with the state adopted health education common curriculum goals, content standards and grade level benchmarks for students. The aim of the curriculum will be for students to acquire knowledge and skills to understand and make healthful nutrition choices that contribute to growth and vitality and help prevent chronic disease. Nutrition education activities should be coordinated with the food service program, the core curriculum and the school health program, as appropriate, and should be enjoyable, developmentally appropriate, culturally relevant, and participatory.

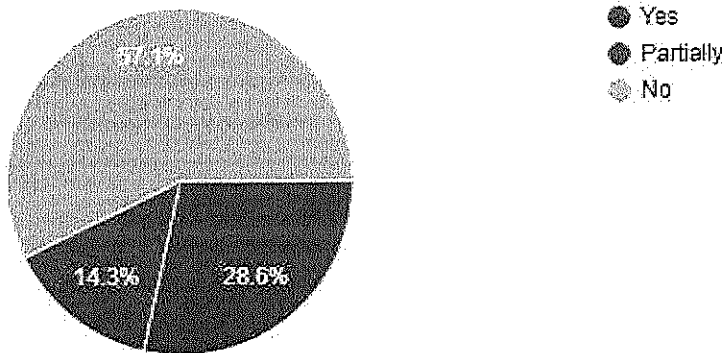
Question: *Our school meets this goal for nutrition education as outlined in the Local Wellness Policy:*



Goal # 6 Nutrition Education - Community Involvement

Schools will promote family and community involvement in nutrition education, such as developing school gardens and providing students with opportunities to learn about sustainable agriculture and how food is grown in the community.

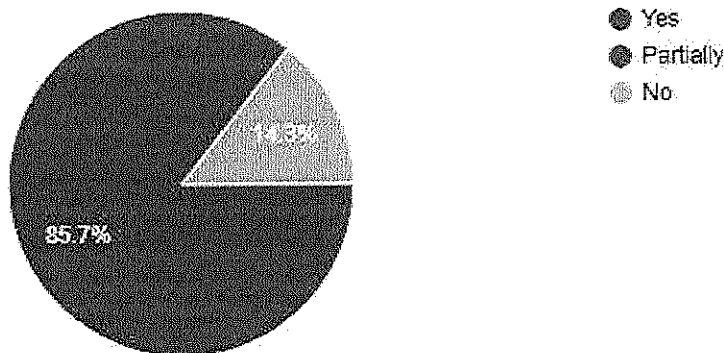
Question: Our school meets this goal for nutrition education as outlined in the Local Wellness Policy:



Goal # 7 National School Breakfast and Lunch Programs

The district's food service operations will provide nutrient-dense, tasty, food that includes varied daily vegetarian options and offers a variety of fruits and vegetables. The Superintendent will set nutrition standards that meet or exceed those set by the National School Breakfast and Lunch programs. To the extent possible, the district will operate the National School Breakfast Program in all schools and employ strategies that encourage participation in the program. The district will look for opportunities to integrate local, organic foods into the meals served to students by the Coquille School District, based on availability, acceptability and price. Recognizing the importance of sufficient time to eat and of a pleasant, relaxed eating environment, schools will adopt a minimum number of minutes that students have to eat breakfast and lunch and will consider other strategies, such as recess before lunch, that contribute to healthy eating.

Question: Our school meets this goal for food programs as outlined in the Local Wellness Policy:



Goal # 8 Nutrition Standards

Competitive Foods definition: Competitive foods include a la carte, fundraising, school stores, classroom parties, foods used during classes as part of the learning process, vending machines and anything that competes with breakfast and lunch programs.

1. Sale of Competitive Foods

Foods of Minimal Nutritional Value, as defined by the U. S. Department of Agriculture, shall not be sold to students on school campuses during the school day. The Board supports an economically self-sustaining, high quality food services program. To this end, no competitive foods that are not under the direct control of district food services operations shall be sold during the school breakfast and lunch service times.

I. A La Carte

In addition to reimbursable meals, the district food service operation sells food a la carte. A la carte offerings shall be selected with the goal of offering predominantly high quality, nutritious food.

II. Fundraising/School Stores

The district encourages fundraising activities that promote physical activity and provide healthy food and beverage options. Food sold at school as a fund-raiser during the school day will meet the Healthy Snacks and Healthy Party guidelines

III. Vending Machines

Vending machines accessible to students on school campuses shall include only nutritious food options that meet the Healthy Snacks guidelines. The district will use strategies to promote healthy food choices such as setting lower prices for healthier options, and offering a high percentage of nutritious food options.

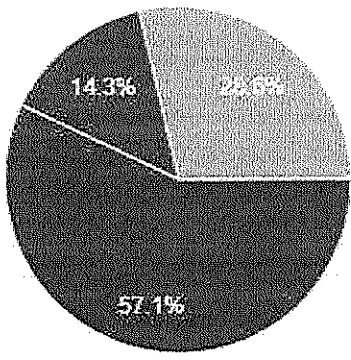
IV. Celebrations

Soda water, as defined by the U.S. Department of Agriculture, will not be distributed during the school day as part of a celebration or school party. Nutritious foods are encouraged when used as part of a social or cultural event in the schools. During the school day, schools should limit the use of food at celebrations that are not related to the curriculum. Parents and staff are encouraged to provide party foods that are consistent with the Healthy Parties guidelines and to serve such items after the lunch hour whenever possible.

V. Use of Food as Incentive or Reward

Foods of Minimal Nutritional Value, as defined by the U.S. Department of Agriculture, will not be distributed by staff as a reward for academic performance or good behavior. The use of any candy as a reward for academic performance or good behavior is strongly discouraged. Other food as an incentive, or reward, or as part of the curriculum for students should be used judiciously, taking into consideration the nutritional value of the food being served and the frequency of use.

Question: Our school meets this goal for nutrition standards as outlined in the Local Wellness Policy:



- Yes
- Partially
- No

Goal # 9 Nutrition Standards - After-School Events Sponsored by District

Food offerings at concession stands operated on school campuses (such as, but not limited to, athletic events and concessions, after school programs, performances and school dances) shall include healthy options such as water, milk, 100% juice and nutritious foods as delineated by the Healthy Snacks guidelines.

Question: Our school meets this goal for nutrition standards as outlined in the Local Wellness Policy:

