

Banks School District Wellness Plan

Updated: September 1, 2025

Purpose

The Banks School District Wellness Committee is an action-oriented group committed to making student and staff wellness a district priority. The committee supports the implementation of district-wide wellness and health-related priorities and promotes awareness of physical, emotional, and social wellness as a holistic approach for students, staff, and the community.

Group Agreements

The Wellness Committee will:

- Support the district in developing a healthier school and district environment
- Assist with policy development and revision to support a healthy school environment
- Advocate for school health programs and policies within the broader school community
- Plan and implement wellness programs for students and staff
- Evaluate wellness programs and policy efforts
- Identify funding opportunities and leverage resources to support student and staff wellness

Committee Membership

- **Darla Waite-Larkin** — Director of Student Services, Chairperson
- **Jennifer Collins** — Business Manager, Food Services Liaison
- **Charles Hardin** — Food Services Director, Banks (Sodexo)
- **Jacob Pence** — Principal, Banks High School
- **Banks High School** —
- **Banks Middle School** —
- **Banks Elementary School** —
- **Leann Gallien** — Assistant Principal, Banks Middle School
- **School Board Member**
- **Community Member**

Wellness Policy Components

The District Wellness Committee will address the following components:

- Nutrition education and promotion activities
- Physical activity opportunities

- Nutrition standards for all foods and beverages available on each school campus during the school day that meet or exceed USDA requirements for school meals and competitive foods
- Marketing and advertising of only foods and beverages that meet USDA Smart Snacks in School nutrition standards
- Other school-based activities that promote student wellness
- Opportunities for parents, students, school food authority representatives, physical education teachers, school health professionals, school board members, administrators, and the general public to participate in the development, implementation, review, and update of the local wellness policy
- Regular public reporting on wellness policy content and implementation
- Periodic measurement of school compliance with the local wellness policy, with progress updates made available to the public
- Designation of a lead school official to ensure compliance with the local wellness policy

Focal Areas

1. School Health and Safety Policies and Environment

- Local wellness policies
- All foods sold during the school day and extended school day meet USDA standards
- Prohibit the use of physical activity as punishment
- Limit food as a reward or punishment
- Promote a positive school climate
- Prevent harassment and bullying through:
 - **Elementary School:** Social Emotional Learning (Zones of Regulation)
 - **Middle School:** Culture of Kindness lessons
 - **High School:** Health classes (9th and 12th grade)

2. Health Education

- Required health education courses
- Instruction on physical activity
- Instruction on healthy eating
- Professional development opportunities in health education

3. Physical Education and Other Physical Activity Programs

- Multiple years of physical education
- Standards-aligned physical education curriculum
- Health-related fitness instruction
- Promotion of community-based physical activities
- Availability of before- and after-school physical activity opportunities

4. Nutrition Services

- Breakfast and lunch programs
- Variety of nutritious foods in school meals
- Promotion of healthy food and beverage choices
- Collaboration between nutrition services staff and teachers
- Clean, safe, and welcoming cafeteria environments

5. Health Services

- Access to a district nurse
- Identification and tracking of students with chronic health conditions
- Implementation of referral systems
- School-based health services partnership with Forest Grove High School, including increased promotion through flyers and posters

6. Counseling, Psychological, and Social Services

- Counseling, psychological, and social services provided by a full-time counselor, social worker, and psychologist
- Collaboration with school staff
- Identification and tracking of students with emotional, behavioral, and mental health needs
- Established referral systems

7. Health Promotion for Students

- Promotion of positive management strategies, including stress and anxiety support
- Wellness rooms for students and staff
- Social media education with focused wellness topics

8. Health Promotion for Staff

- Health information resources for staff
- Physical activity and fitness programs for staff
- Modeling healthy eating and physical activity
- Promotion of staff participation in wellness initiatives

9. Family and Community Involvement

- Family and community involvement in school decision-making
- Family access to school facilities
- Ongoing communication with families
- Parenting education and strategies
- Family and community volunteers
- School health updates for families
- Community-wide health promotion events
- Partnerships and agreements with community healthcare providers and organizations

Monitoring and Evaluation

The Banks School District Wellness Committee will monitor and evaluate the implementation of the local wellness policy on an ongoing basis to ensure compliance with federal and state requirements and to assess progress toward established goals.

- The Wellness Committee will meet annually to plan the Health and Wellness Fair for staff during Inservice, ensuring the event supports staff well-being and aligns with wellness goals
- Implementation and compliance will be evaluated using a combination of data sources, including participation rates in school meal programs, feedback from students, staff, and families, program documentation, and observations of school practices.
- The District will complete periodic assessments of compliance with USDA Local School Wellness Policy requirements and maintain documentation for administrative review purposes.
- Updates on wellness goals, progress, and outcomes will be made available to the public through district communications, including newsletters, the district website, and social media platforms.
- The District will revise the local wellness policy and implementation plan as needed based on evaluation findings, stakeholder input, and changes in federal or state guidance.

Annual Wellness Goals

The District Wellness Committee will identify four to five goals each year.

2025–2026 Goals

1. **Plan and implement the annual Health and Wellness Fair** for staff at the start-of-year inservice to support staff well-being.
2. **Meet quarterly to evaluate district-wide wellness initiatives**, assess progress toward goals, and identify areas for improvement.
3. **Provide wellness ideas and suggestions** through building monthly newsletters and coordinate wellness-related social media posts aligned with a monthly calendar.
4. **Implement staff physical and emotional wellness initiatives** and pursue grant funding to support wellness programming.
5. **Enhance school nutrition environments** by collaborating with Sodexo to improve cafeteria appearance, functionality, and student engagement.
6. **Encourage community engagement in healthy lifestyles** by promoting and supporting community-based wellness activities and events.

2026–2027 Goals

1. **Expand the Health and Wellness Fair** to include new interactive wellness workshops and activities for staff, based on feedback from the previous year.
2. **The Wellness Committee will meet quarterly** to assess and evaluate progress toward district-wide wellness goals, using data, site feedback, and best practices to guide next steps.
3. **Maintain a comprehensive wellness communication strategy** by providing wellness ideas in building newsletters and coordinating regular social media outreach aligned with monthly wellness themes.
4. **Sustain and expand staff physical and emotional wellness initiatives** through partnerships and funding sources, including OEA Wellness Trust and OEBB.
5. **Promote healthy nutrition environments for students** by supporting the implementation of USDA school meal standards, providing nutrition education, and encouraging participation in school meal programs.
6. **Encourage community engagement in healthy lifestyles** by promoting and supporting community-based wellness activities and events.

2027–2028 Goals

1. **Expand the Health and Wellness Fair** to include new interactive wellness workshops and activities for staff, based on feedback from the previous year.
2. **Enhance quarterly Wellness Committee evaluations** by including measurable outcome indicators for staff wellness and student nutrition participation.
3. **Strengthen wellness communication efforts** by integrating monthly wellness themes into classroom activities and student newsletters in addition to staff-focused communications.
4. **Broaden staff wellness initiatives** to include professional development opportunities related to stress management, nutrition, and physical activity.
5. **Advance student nutrition education** through partnerships with local health organizations, school gardens, or farm-to-school programs to support hands-on learning experiences.
6. **Increase community wellness engagement** by creating family and community wellness challenges, events, and volunteer opportunities that promote healthy lifestyle habits.