

Board approved: February 13, 2014  
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## **ODYSSEY CHARTER**

### **Wellness Policy on Nutrition and Physical Activity**

#### **Student Wellness**

Odyssey Charter believes that good health fosters student achievement and student attendance. Thus, Odyssey Charter is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn. This environment will be achieved by teaching, supporting and modeling healthy eating habits and lifestyles; physical activity and physical education; and school safety. Odyssey Charter recognizes that the learning environment can influence the way in which children develop life-long eating, physical activity, and healthy lifestyle habits. Odyssey Charter further recognizes that children need access to healthful foods, opportunities to be physically active, and supported in a nurturing learning community in order to grow, learn, and thrive.

#### **Wellness Policy Development and Review**

Odyssey Charter believes that the participation of the community, school food service professionals, school administrators, physical education and health educators, staff, parents, and students is essential. The process of policy development will reflect the standard established by model coordinated school health programs throughout the state of Utah. The Director will appoint a committee inviting representatives of the above group to review and monitor the implementation of the School Wellness Policy.

#### **Wellness Policy Goals**

The overall goal of the Wellness Policy is to encourage a healthy lifestyle and to discourage behaviors that can harm students' well-being. Odyssey Charter shall adopt goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness.

#### **Nutrition and Nutrition Education**

Odyssey Charter believes that foods and beverage available to students at Odyssey Charter should support the health curriculum and promote optimal health. To the extent practicable, Odyssey Charter will participate in available federal school meal programs and meet the nutrition requirements established by state and federal agencies.

1. All students will have access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.
2. The school nutrition program will accommodate the diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
3. The School will meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.
4. The School will offer a variety of fruits and vegetables according to NSLP requirements.
5. The School will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. There will be no identifying lines or other system to separate paying and non-paying students.
6. The School will provide students with at least 15 minutes after sitting down for lunch before going to recess.
7. The School will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
8. Food and beverages that are sold for the purpose of fundraising or other activities during the school day will meet the USDA Smart Snacks in the School Nutrition Standards.
9. The School will promote healthy food and beverage products at all school-sponsored events.
10. School staff will be encouraged to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior. This will be presented during trainings as to what other options are available for rewards and what is in our school wellness policy.
11. School staff shall encourage parents/guardians or other volunteers to support the school's nutrition education program by considering nutritional quality when selecting any snack, which may be donated.
12. Nutrition education shall be provided through health education programs. The School's nutrition education and physical education programs shall be based on and consistent with the Utah Department of Education curriculum and framework and standards for the subject.
13. Qualified nutrition professionals will administer the school meal programs. Odyssey Charter will encourage continuing professional development for all nutrition professionals. Programs should include appropriate certification and/or training programs for school nutrition managers, and cafeteria works, according to their levels of responsibility.
14. The guidelines for food and snacks can be found at <http://fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>.
15. Odyssey will encourage school-based organizations to use non-food items for fundraising.
16. The school meals served through the National School Lunch Program will promote healthy food and beverage choices for all students throughout the

school, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards;
- Display of food groups required for a reimbursable meal. Signs posted in lunch room;
- Be served in a clean and pleasant setting;
- Serve only low fat 1% and fat free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- Ensure that all of the served credited grains are whole grain.

### **Physical Activity and Physical Education**

All students in grades K-6 will have opportunities, support, and encouragement to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs and other activities.

1. Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television.
2. Opportunities for physical activity will be encouraged to be incorporated into other subject lessons.
3. Students will have access to at least twenty minutes a day of supervised recess, preferably outdoors, during which they will be encouraged to participate in moderate to vigorous physical activity.
4. Extended periods of inactivity will be discouraged. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, school staff will give students periodic breaks during which they are encouraged to stand and be moderately active.
5. Teachers and other school personnel will not use physical activity for punishment.
6. Teachers and other school and community personnel will be encouraged to not withhold opportunities for excessive physical activity as punishment.
7. All students will participate in a planned sequential program of curricula and instruction that helps students develop the knowledge, skills and confidence necessary for an active lifestyle. At least 50 per cent of Physical Education instructional time will be spent in moderate to vigorous physical activity.

### **Positive and Safe School Environment**

Odyssey Charter desires a learning community that welcomes, supports, and encourages its members to lead healthy, successful lives. Odyssey Charter recognizes

that it is not always practicable or possible to have nurses, psychologists, and counselors on site to address mental health issues. However, it is the school's goal to identify and access resources that are responsive to its members' needs.

1. Odyssey Charter has established rules and procedures concerning safety for students and will communicate these to students/parents on a regular basis.
2. Appropriate school personnel will be trained on emergency response procedures, basic first aid and CPR, and on administering medications that students are required to take during school hours.
3. School personnel will monitor and maintain equipment used for physical activities.
4. School personnel will monitor weather and air quality and use this data to make decisions about student participation in outdoor physical activities.
5. The school will develop a Comprehensive School Safety Plan that will address multiple aspects of student safety and a safe school environment.

### **Staff Wellness**

Odyssey Charter values the health and well being of every staff member and encourages all staff to maintain a healthy lifestyle. Odyssey Charter encourages all staff members to model a healthy lifestyle for its students.

### **Communication with Parents**

Odyssey Charter will support parents' efforts to provide a healthy diet and daily physical activity for their children.

Odyssey Charter will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials and special events.

### **Policy Review and Accountability**

Odyssey Charter will periodically review and revise the Student Wellness Policy to ensure that it supports healthy eating, physical activity, and student wellness and that it is based on the best available research in the area of student wellness. The Director, or designee, will encourage compliance with established school-wide nutrition and physical activity wellness policies.

The Student Wellness Policy will be made available to the public on the school's website as well as the Odyssey Charter Parent Handbook.

School food service staff will ensure compliance with nutrition policies within the school food service program and will report on this matter to the director.

To ensure that nutrition goals are addressed and healthy nutrition is encouraged the following data will be reviewed:

- Analysis of the nutritional content of meals served
- Student participation in school meal program
- Snack and beverage sales outside of meal program
- Food sales as fundraisers or activities outside of school meal program

To ensure physical activity goals are addressed the following data will be reviewed:

- Scheduled physical education classes
- Assessment results for Grades K-6
- School and classroom discipline programs

To ensure school safety and climate goals are addressed, the following data will be reviewed:

- Safety Committee Minutes
- Report of suspension and expulsion
- Attendance and accident reports

The Director shall report to the Board at least every two years on the assessment and implementation of this policy and any other Board policy related to nutrition and physical activity.