

Odyssey Academy
#4030

Wellness Policy

Purpose

The purpose of this policy is to encourage and support healthy learners who thrive in our school community and to assure a school environment that promotes and protects student safety, well being and ability to learn. To that end the policy incorporates physical activity, nutrition and other healthy supports.

General Statement of Policy

1. The school district provides tools, strategies, techniques and connections to develop healthy and optimistic learners.
2. The school district respects the values, cultures, beliefs and traditions of each student.
3. The school district recognizes the individual needs and developmental stages of students.
4. The school district recognizes that good physical and mental health foster improved student attendance, education and learning.
5. School district personnel engage in collaborative efforts between school and community services to ensure a continuum of services.
6. The school environment should promote and protect student safety, well being and ability to learn by providing programming, curriculum and services that address healthy behavior, skills and knowledge.
7. School district personnel seek to accommodate special needs by identifying barriers to learning.
8. The school district recognizes that balanced nutrition and physical activity promote emotional well-being, academic success, and healthy life choices.
9. The Odyssey Wellness Committee will continue to make recommendations to the board of directors as the needs arises.

Training

The school district will develop and implement a method of discussing this policy with students, families and school personnel. The district shall ensure that students, families and school personnel receive additional training as necessary regarding behaviors that promote good health and steps to change or improve health.

1. Staff workshop days at the beginning of the school year will be used to review the policy, and to provide training and tools for use in the class room.
2. Students will be provided with the education on how and why to make healthy lifestyle choices.
3. Families will be offered the education and opportunities to participate in healthy lifestyle choices.

Physical Activity

1. The school will strive to make continuous progress toward physical education classes that meet or exceed the national standards.
2. Students will demonstrate an understanding of skills and techniques to achieve and maintain life-long personal fitness.
3. Students will have access to physical education class and/or fitness-oriented activities regardless of behavior or academic status.

4. The school will refrain from using exercise as a consequence for negative behaviors.
5. The school will work to develop and coordinate physical activity opportunities before, during and after school.
6. All students will participate in daily physical activity through active recess.
7. The school will engage students in a variety of physical activities throughout all disciplines on a recurring and consistent basis.
8. The school will maintain employment of a physical education teacher that is certified and licensed instructor. All students will have physical education classes a minimum of two times per week.
9. The school will maintain safe and developmentally appropriate fitness equipment and activity areas.
10. All students will have access to annual health education, with age appropriate curriculum.

Nutritional Quality of Foods and Beverages Sold and Served During and Outside of the School Day

1. Foods and beverages sold or served at school will meet or exceed the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
2. The lunch program will provide students with a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic and cultural diversity of the student body in meal planning; will accommodate the special dietary needs of students and will provide clean, safe and pleasant settings and adequate time (minimum 15 minutes from the time the students are seated with their food) for lunch.
3. The school will participate in all federal school nutrition programs to the maximum extent practicable.
4. The school will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will establish linkages between health education and the school meal program and with related community services.
5. The school will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
6. The school will discourage tutoring, club or organizational meetings during mealtimes, unless students may eat during such activities.
7. The school will not use foods or beverages as rewards for academic performance or good behavior unless this practice is allowed by a student's individual education plan or behavior intervention plan and the school will not withhold food or beverage as punishment. Rewards and incentives will be used that do not involve food or drink and do not undermine the health of students or reinforce unhealthy eating habits.
8. School meals served will:
 - a. Offer a variety of fruits and non-fried vegetables;
 - b. Serve only 4oz 100% juice, 8oz. low fat and fat free milk, except when whole or 2% milk is recommended for students with special nutritional needs; offer lactose reduced milk when requested by students and/or parent/guardian, and will not offer chocolate or flavored milks;
 - c. Ensure that more than half of the grains served are whole grains;
9. Food sold to primary students during the school day will be in form of balanced meals, given young children's limited nutritional skills.
10. The only beverages sold at school, during the school day and at after school events, will be milk, water and 100% juice.

11. The food sold outside of school hours will meet the U.S.D.A. nutrition and portion guidelines and Odyssey Wellness Committee standards.
12. Students will not be allowed to share food or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets and sanitary concerns.
13. Snacks served during the school day and during after school programs and activities will make a positive contribution to children's diets and health, meet the Wellness Committee standards. The school will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages and other considerations.
14. The school will limit celebrations that involve food during the school day to no more than one party per class per month. Efforts will be made that the party will be later in the school day, so regularly scheduled mealtimes are not disrupted. Each party will include no more than one food or beverage that does not meet the Odyssey Wellness Committee standards.

Nutritional Education and Promotion

The school aspires to teach, encourage and support healthy eating by students. The school will provide nutrition education and engage in nutrition promotion that:

1. Is offered as a comprehensive part of sequential, standards based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
2. Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social studies and elective subjects;
2. includes enjoyable, developmentally appropriate, culturally relevant, participatory activities such as contests, promotions, farm visits and school gardens;
3. teaches media literacy with an emphasis on food marketing;
4. promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods and health enhancing nutrition practices;
5. emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
6. and links with school meal programs, other school foods and nutrition-related community services.

Food Marketing

1. School based marketing will be consistent with nutrition education and health promotion. As such, the school will limit food and beverage marketing to the promotion of foods that meet the nutrition standards for meals or foods that meet the standards of the Odyssey Wellness Committee.
2. School based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains and low-fat dairy products is encouraged.

Fund Raisers

1. Fundraising efforts are supportive of healthy eating by emphasizing the sale of nonfood items or healthy food items.

2. Fundraising activities which involve the sale of food and beverages items must meet the Odyssey Wellness Committee standards.

Staff Wellness

The school staff serve as role models for students and are the key to successful implementation of student wellness programs. Therefore, the school will offer wellness programs each year. These may include workshops and presentations on health promotion, education and resources that will enhance morale, encourage healthy lifestyles, prevent injury, reduce chronic diseases and foster exceptional role modeling.

Implementation, Monitoring and Reporting

The Director shall implement administrative procedures that ensure the implementation of the wellness policy. These procedures shall include designation of personnel responsible for the implementation, monitoring and reporting of the policy.

1. After approval by the school board, the wellness policy will be implemented throughout the school.
2. The Odyssey Wellness Committee will set forth the nutrition guidelines and procedures for selection of all foods made available on campus. Staff will be provided with lists of suggestions for foods served at events, for snack choices and for foods served at classroom parties.
3. The director will ensure compliance with the wellness policy within all areas of the school, including food services, general classrooms, physical education, health classes, and before and after school programs. The director will provide an annual report, upon request, of the school's compliance with the policy to the school board.
4. The school will incorporate wellness policy implementation within the school continuous improvement plan. Staff will be provided with tools for implementing and monitoring the wellness choices of the students, such as "Energizers" books, internet links for physical activity, student-monitored classroom charts, and more.
5. The Odyssey Wellness Committee will continue to work towards more improvements in the future.

Communications with Families

1. The school recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being and encourages consistent communication between the school and family to optimize each child's health.
2. The school will support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. The school encourages parents to pack healthy lunches and snacks and to refrain from including beverages and foods without nutritional value.
4. The school will provide information about ways to promote healthy lifestyles through handouts of suggestions at the beginning of the school year, supplements in the monthly school newsletter, and events through the school year.

Exemptions

Exemptions from this policy may be granted by the board of education upon recommendation by the director of the school.

Legal References

42 U.S.C 1751 et seq. (Richard B. Russell National School Lunch Act)
42 U.S.C. 1771 et seq. (Child Nutrition Act of 1966)
P.L. 108-265 (2004) 204 (Local Wellness Policy)
7 U.S.C. 5341 (Establishment of Dietary Guidelines)

ADDENDUMS:

List for daily snacks and foods and drinks for class celebrations (attached)
List for non-food and drink incentives (attached)
List physical activity ideas for all curricula and active recess options (attached)
Marketing Committee suggestions (attached)
CAC and all after school events food and drink guidelines (attached)
Classroom/Birthday celebrations policy and letter to parents (attached)
Student-monitored healthy habits logging books per classroom

July 2010

Food Guidelines **For Classroom Snacks and Class Parties**

- Whole, fresh foods are encouraged, such as fresh fruits and vegetables, non-processed dairy items, whole-grain crackers, cereal, and bread items, and more.
- Food packages that list the following items in the ingredient list need to be avoided:
 - 1.) High Fructose Corn Syrup
 - 2.) Fully- or Partially-Hydrogenated Fats or Oils
 - 3.) Artificial Colors, Flavors and Sweeteners
 - 4.) Preservatives (such as nitrates and nitrites, etc...)
- Foods high in sugar and sodium per serving need to be avoided.

- Look for these easy-to-find store-bought choices:

Pepperidge Farm Original Goldfish Crackers

Pretzels (Snyders, Rolled Gold, etc...)

Raisins

Tortilla Chips ("Restaurant" Style, or Original), with or without Salsa

Original Sun Chips

Washed Fresh Fruits (Cut and prepped, if needed)

Bag of Fresh Baby Carrots

Popcorn* (Prepped, if needed)

Cheerios

Honey Nut Cheerios

Kix Cereal

Sunflower Seeds (Without shells)

Granola*

Crackers*

Chex Cereals (NOT Packaged Chex Mix)

... and many, many other choices...

*Please read package ingredient lists carefully to avoid the list of chemicals above, if choosing one of these items.

Thank you for your help in creating an optimal learning environment for your student and all Odyssey students! Nutrition plays a vital role in academic success. Together we can give our children the best start possible.

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Our family will participate in the classroom snack program by:

- ☐ Bringing in one snack per month, using the above list as a guide.
- ☐ Paying an annual classroom snack donation of \$15 per student (or \$25 per family, if more than one kindergarten –3rd grade student in family).
- ☐ Participate in classroom snack donation payment plan (i.e.: \$5 per trimester, \$2 per month, etc...). Please contact classroom teacher for details.

Student Name: _____ Classroom Teacher: _____

Parent Signature: _____

Out-of-School Day Events Food Guidelines

For CAC events, marketing events and after school activities

- Food packages that list the following items in the ingredients will be avoided:
 - 1.) High Fructose Corn Syrup
 - 2.) Fully- or Partially-Hydrogenated Fats or Oils
 - 3.) Artificial Colors, Flavors and Sweeteners
 - 4.) Preservatives (such as nitrates and nitrites, etc...)
- Whole, fresh foods are encouraged, such as fresh fruits and vegetables, non-processed dairy items, whole-grain crackers, cereal, and bread items, meats without artificial preservatives, and more.
- Foods that are high in sugar and sodium per serving will be avoided.
- Drinks served will only be milk, 100% fruit juice, water, and decaffeinated coffee
- The committee and school staff will work to partner with area food stores and businesses to promote local resources of fresh, whole and, when possible, organic foods for events and after school activities and will petition for donations, as available.



Classroom Celebrations at Odyssey

Odyssey Academy is committed to the health and wellness of its students. Classroom and birthday celebrations at school can provide a unique way to shift the focus from unhealthy foods (cupcakes, candy, etc.) to celebrating the child and/or season.

Each classroom will have ONE classroom celebration per month. All students celebrating a birthday that month will be recognized at that celebration. The teachers will inform the families of the date and plans for each month's celebration in advance. If applicable, the students will choose and be served ONE "treat" food item at a month's celebration.

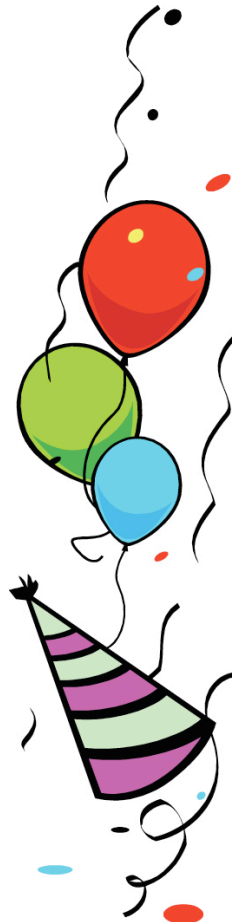
Teachers have their own special way to recognize birthdays in school. Birthday "treat" food items that are brought into the school on any day other than the designated celebration day will be returned home. However, if parents would like to acknowledge a child's birthday at school, they are encouraged to do so by:

- **Donating a book to the classroom library and/or having a family member bring and read a book to the class.**
- **Organizing a game or craft for the classroom.**
- **Volunteering in the classroom.**
- **Visiting the class and talking about how birthdays are celebrated in your home land.**
- **Sharing your favorite story/fable/myth or song from your culture.**
- **Sharing with flash cards made at home, the words for birthday, celebration, party, etc in your native language.**
- **Being creative—come up with your own idea to celebrate at school without food (talk to your child's teacher about your idea).**

Thanks for helping to keep your child healthy and encouraging him or her to be his or her BEST!

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We, the _____ family, pledge to support our child(ren)'s health and the Odyssey classroom celebration policy. We understand that any food "treats" brought into the school on any days that are not a scheduled classroom celebration day will be sent home. We also understand that students will only choose one "treat" food item per each month's classroom celebration. Date: _____



Non-food or drink Classroom Rewards and Incentives

At school, home, and throughout the community kids are offered food as a reward for “good” behavior. Often these foods have little or no nutritional value but are easy, inexpensive, and can bring about short-term behavior change.

There are many disadvantages to using food as a reward:

- _It undermines nutrition education being taught in the school environment.
- _It encourages overconsumption of foods high in added sugar and fat.
- _It teaches kids to eat when they're not hungry as a reward to themselves.

Kids learn preferences for foods made available to them, including those that are unhealthy.¹ Poor food choices and inadequate physical activity contribute to overweight and obesity. Currently, obesity among kids is at epidemic levels and can often lead to serious health problems.²

1. Birch LL. Development of Food Preferences. 2. Ogden CL, Flegal KM, Carroll MD, and Johnson CL. Prevalence and Annu. Rev. Nutr. 1999, 19:41-62. Trends in Overweight Among US Children and Adolescents, 1999-2000. JAMA, October 9, 2002 Vol 288, No. 14.

Adapted from a project funded by Michigan Department of Community Health's Cardiovascular Health, Nutrition & Physical Activity Section at Lincoln Elementary School in South Haven, Michigan. Lincoln Elementary is a Team Nutrition school. For more information about Team Nutrition contact Chris Flood at 269-639-0002 or go to www.tn.fcs.msue.msu.edu

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Students Learn What They Live

Kids naturally enjoy eating healthy and being physically active. Schools and communities need to provide them with an environment that supports healthy behaviors. Below are some alternatives for students to enjoy instead of being offered food as a reward at school.

ZERO-COST ALTERNATIVES

- ☐ Sit by friends
- ☐ Watch a video
- ☐ Read outdoors
- ☐ Teach the class
- ☐ Have extra art time
- ☐ Enjoy class outdoors
- ☐ Have an extra recess
- ☐ Play a computer game
- ☐ Read to a younger class
- ☐ Get a no homework pass
- ☐ Make deliveries to the office
- ☐ Listen to music while working
- ☐ Play a favorite game or puzzle
- ☐ Earn play money for privileges
- ☐ Walk with a teacher during lunch
- ☐ Eat lunch outdoors with the class
- ☐ Be a helper in another classroom
- ☐ Eat lunch with a teacher or principal
- ☐ Dance to favorite music in the classroom
- ☐ Get “free choice” time at the end of the day
- ☐ Listen with a headset to a book on audiotape
- ☐ Have a teacher perform special skills (i.e. sing)
- ☐ Have a teacher read a special book to the class

LOW-COST ALTERNATIVES

- ☐ Select a paperback book
- ☐ Take a trip to the treasure box (non-food items)
- ☐ Receive a video store or movie theatre coupon
- ☐ Get a set of flash cards printed from a computer
- ☐ Receive a “mystery pack” (notepad, folder, sports cards, etc.)
- ☐ Get stickers, pencils or other school supplies

IDEAS FROM MICHIGAN TEACHERS

GAME DAY: “I have my students earn letters to spell game day...after the letters have been earned, we play reading or phonics-type board games. The kids beg for Game Day!”

FRIDAY FREE TIME: “I give my students thirty minutes at the beginning of the week and they can earn or lose free time according to their behavior. I use a timer and turn it on (they can hear it) if they are too loud working, lining up, etc. I add time when their behavior is good. Adding time is the most effective. I save time by not waiting for them to settle down so I don't feel bad about the free time.”

Addendum 4, 7/10

Physical Activity Ideas for in the Classroom

- Energizers Classroom Books
- JAM Program (www.jamschoolprogram.com)
- www.actionbasedlearning.com
- Simple yoga poses and/or breathing exercises
- 2-minute dance
- Standing stretches
- Walk a circle around the room/follow-the-leader

Active Recess

- Jump ropes / Double-dutch
- Shoot Hoops
- Catch with a football
- Kick soccer ball between cones
- Dance to radio
- Big Base
- Tip
- Walk the track
- Use playground equipment