

WELLNESS POLICY

OGDEN PREPARATORY ACADEMY

2006 - 2007

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CDC statistics provide an alarming trend in our society they include but are not limited to the following:

- Obesity has become the second leading cause of death in the United States, second . only to deaths attributed to the use of tobacco.
- One in three U.S. children born in 2000 will become diabetic unless more people *start eating* less and exercising more.
- Less than 25 percent of children get at least 30 minutes of physical activity a day.
- Type 2 Diabetes, previously considered an adult disease, has increased dramatically in children and adolescents. Type 2 Diabetes is closely linked to being overweight and obese..

The percentage of students who took physical education on a daily basis dropped from 42 percent to 29 percent between 1991 and 1999. Currently, only four percent of all states require recess and just 22 percent of the states recommend *that* elementary schools provide students with regular recess.

John Robinson, a curriculum specialist, explained the de-emphasis of physical education in states like Nevada, where P.E. classes don't exist anymore, certainly doesn't help. And neither does *the* decline of students interested in P.E.

A recent study in California entitled "Academic Benefits of Nutrition and Physical . Activity" found the more active students were, the higher their test scores went." Robison explained, "The more kids that ate breakfast, the better they did on their tests."

Because we care about the health and well being of our students and in compliance with the federal Child Nutrition and WIC Authorization Act of 2004,we at Ogden Preparatory Academy do here by establish and put into place the following Wellness Policy for the 2006-2007 school year.

Ogden Preparatory Academy
Wellness Policy on Physical Activity and Nutrition

- ❖ Because we believe children need access to healthy foods and opportunities to be physically active in order to learn, grow and thrive,
- ❖ Because we believe good health will foster good attendance and increase the ability for academic Learning,
- ❖ Because we believe that education in good eating habits, and a desire for physical activity are established in childhood, and this education can help reduce the risk (of heart disease, cancer, stroke, obesity and other major disease that are on the rise in the United States,
- ❖ Because we believe that school should be an example in helping children learn healthy eating habits, we need to provide a diet consistent with the food guide pyramid,
- ❖ Because we believe in the whole child, Physical and Mental, and understand that to learn a child needs to be: healthy. We want a well educated and healthy child now and throughout their entire lives,
- ❖ Because we believe that a good example is a great educator,

Ogden Preparatory Academy is committed to providing a school environment that will promote and protect the students and staff well being, health and ability to learn by supporting healthy eating physical activity, and nutritional education. We will increase awareness and support of Healthy Lifestyles in the school and in our community.

Therefore, we do set the following goals outlined in the *Wellness Policy of Ogden Preparatory Academy*.

I. Establishment of School Health Council

The school will develop, implement, monitor, review, and as necessary, revise the school nutrition and physical activity policy. The school health council may consist of but is not required or limited to parents, students, school food authorities, member(s) of the school board, school administrator, teachers, health professionals, and members of the community.

The school health council now consists of the following:

Wellness Advisory Board

Principal: Kathy Thornburg

Kitchen Manager, Nutrition Coordinator, Parent: Sherlene Hillan

Board Members: Ilene Painter, Brandy Beckman, Debbie Deem, Brenda Bird, Kim Hunter.

II. School Meals

A. Implement Cafeteria Connections.

Part of our program is called the Cafeteria Connections. It is a way to unite learning in the class with learning in the lunchroom. The cafeteria can be a great place to feed the mind as well as the body. By promoting concepts in healthy eating, and in good nutrition we can further the goal of the Healthy for Life child. .

B. Meals served will:

- ❖ Offer a variety of menu choices which will encourage healthy eating.
- ❖ Meet minimum, nutrition requirements established by local, state, and federal statutes and regulations.
- ❖ Offer a variety of fruit and vegetables along with the main meal. Serve whole grain breads when possible.
- ❖ Serve reduced fat milk products.
- ❖ We understand that children live in a world where they are given many choices in what they will eat. As we educate them in the school about the importance of healthy eating, we will allow them to make responsible choices as to what they will eat and be responsible for the food they put into their bodies. Find healthier snacks that appeal to the students.
- ❖ OPA and MOPA offer a Healthy Lifestyles Curriculum which is taught in the classrooms. Students are taught all year long the importance of making healthy decisions in regards to food and exercise.
- ❖ Student Council serves as a sounding board for new foods.
- ❖ A snack is provided mid-morning to grades 5-8. This nutritional break allows students to revitalize.

C. Dining Environment

- ❖ The school will provide a clean, safe, enjoyable meal environment for students.
- ❖ The school will provide students access to restroom use for washing of hands and a hand sanitizer available at the entrance/exit of the cafeteria.
- ❖ The school will provide enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- ❖ The school will make drinking fountains available so that students can get water at meals and throughout the day. Bottles water is available to the students for a fee of \$0.50.
- ❖ Students have several options open to them at lunchtime after they eat. They can go outside, sit and visit in the cafeteria, go to the library, or visit in the foyer (grades 5-8)
- ❖ The school will encourage students to participate in school meals program and protect the identity of students who eat free and reduced price meals.
- ❖ The school will ensure an adequate time for students to enjoy eating healthy foods with friends in schools. Allowing the students at least 15 minutes after sitting down to consume their meal.
- ❖ The school will schedule lunch time as near the middle of the school day as possible. Will be scheduled between 11:40 am and 12:40 pm.
- ❖ The school will not allow tutoring, club or organization meeting or activities to be scheduled during meal time.
- ❖ The school will make every effort to accommodate children with allergies. Food will not be used as a reward or punishment.

D. School Environment

- ❖ No vending machine are assessable to students.
- ❖ Food in *the* class room will be limited to only that food which goes along with lesson plans.
- ❖ After school activities that offer food will do their best to offer food choices that have nutritional value.

E. Qualification of School Food Service Staff

- ❖ Qualified and trained professionals will administer the school meal program.
- ❖ The school will provide continuing professional development for all nutrition professionals.
- ❖ Staff development program should include appropriate certification and or training programs for School nutrition managers, and cafeteria workers, according to their levels of responsibility.

F. Nutrition Education

We will try to teach, encourage, and support healthy eating habits for the students and staff. We will provide nutrition education and engage in nutrition promotions as follows:

- ❖ Encourage teachers when ever possible to use healthy nutrition

- ❖ facts in learning skills such as reading, typing, writing and math.
- ❖ Provide a bulletin board with the menus and health tips. Because we are teaching Spanish to our students the menus will be in English and Spanish. This will help in increasing their Spanish vocabulary.
- ❖ Provide a monthly menu that will be sent home with each student.
- ❖ Display a monthly menu on our website for parents to refer to nutritional sites.
- ❖ Include a tip from the Cafeteria on the menu to help increase awareness.
- ❖ Promote nutritional and physical awareness *and* healthy lifestyles during assemblies. This can include but are not limited to gymnastics and dance.
- ❖ Increase student, staff and community awareness of not only nutrition, but the need for healthy lifestyles such as regular medical and dental check ups. Promote safety as part of healthy lifestyles with such information as, how to stay safe in and out of the home. Local law enforcement and more.
- ❖ Follow the curriculum as now outlined for each grade level designed to • provide the students with the knowledge and skills necessary to promote and protect their health.
- ❖ Encourage nutrition education not only in health but in subjects such as math, science, language arts, social sciences and *elective* subjects.

III. Increase and Encourage Awareness of Need for Physical Activity

The primary goal of our nutrition education is to influence student's eating behaviors, build knowledge and skills that will help children make healthy eating and physical activity choices now and lifelong.

- ❖ Provide staff with examples of 5 minute energizers. Encourage them to use these in between tasks, or before testing. This will give the students an opportunity to energize their minds
- ❖ Provide a wide variety of physical activities and. introduce students to many Different sports and different ways of getting physically *active*. *This can* be done in the classroom, P.E., assemblies, and after school activities.
- ❖ Encourage regular physical *activity* as a personal choice.
- ❖ Provide daily Recess All students will have at least 20 min. a day.
- ❖ When activities such as mandatory testing make it necessary for students to stay indoors for long periods of times, students should be given periodic breaks during which they are encouraged to stand and participate in some activity and movement.
- ❖ Physical activity or participation in physical activity will not be used as a punishment
- ❖ OPA and MOPA participate in the 5k community Walk Run which emphasizes the need for physical activity and the fun that physical activity can be for the whole family.

V. Staff Wellness

- ❖ We value the health and well being of every staff member and acknowledge the power of modeling wellness to students. We will try to implement activities that will support personal efforts to maintain healthy lifestyles. We encourage parents, community members, and staff to serve as role models.
- ❖ During weekly staff meetings only healthy food is provided.

VI. In the Community

- ❖ OPA participates in the 5k Community Walk Run which emphasizes the need for physical activity and the fun that physical activity can be *for* the whole family.
- ❖ MOPA sponsors after school programs that promote a healthy lifestyle. Students are *encouraged to* join cheerleading, basketball and soccer when they are preformed during *the* year.
- ❖ We are planning to have a long distance track team headed up by parent volunteers.
- ❖ Middle school students will have an opportunity *for* intramural sports with other Ogden District teams.
- ❖ 5th & 6th grades have adopted the surrounding community area as theirs and walk the block when weather permits. They also use this time for "policing" the environment. Grades K-4 have two days of PE each week plus their recess periods

VII. Monitoring of the Wellness Policy

A. Monitoring

- ❖ The designee will, ensure compliance with established nutrition and physical activity wellness policy.
- ❖ The designee will develop a summary report at the end of the 2006-2007 school year and then every three years thereafter as to the compliance of the policy now in place. That person or persons will make recommendations for any changes in policy that need to be made. Then report to the School Board, Principal and Health council.

B. Plan for implementation and measuring the wellness policy

- ❖ The number of students at the school.
- ❖ The average daily participation in the School Lunch Program
- ❖ The level of implementation of the Wellness Policy
- ❖ The time of Lunch recess at the School
- ❖ The length of time to serve lunch
- ❖ The number of children that have access to physical activity
- ❖ The average number of physical activity minutes available to each student
- ❖ The number of children receiving Physical Education
- ❖ The minutes of Physical Education provided for each Child
- ❖ The number of school days a student is required to attend P.E. during *the school year*

- ❖ Review menus and the amount of students participating in the School Lunch Program.

Sherlene Hillan will be the person in charge of making sure the Wellness Policy is followed.

VIII. Recommendations for Consideration for Future Implementation into the Wellness Policy

The following Items will be reviewed and considered for approval into the Wellness Policy:

- ❖ After school Nutrition and Physical Education class. Class would be held twice a week *One day* would be nutritious, healthy, and fun recipes children can learn to prepare. Teaching them about healthy food choices, why they are important, and empowering them to be able to prepare healthy snacks and meals. This would go along with our goals for Healthy Lifestyles that are so important to their health now and for the rest of their lives,
- ❖ The second day we would have a variety of instructors teach the students different ways to be physically active, i.e. Yoga, Karate , Tai Chi, Jazzercise, Tae Bo, line dancing, tumbling, strength training.
- ❖ This would encourage the students to try new things and to realize physical activity doesn't have to be boring .
- ❖ To include the community, we could open the class up to staff, parents, and students.

Staff Education

- ❖ Review the food pyramid program and exercise to help get parents involved also the students and community. Conduct nutrition education activities and promotions that involve parents, students, and the community. .
- ❖ Provide a staff wellness program. The better educated and excited the staff the more apt to adopt healthy *lifestyles* they are and *the more we model wellness the more value the students will place upon its importance.*

Student Education

- ❖ Five a Day program - Get students to create a program that they follow to help increase awareness of what a Healthy Lifestyle is.

IX. The Child Nutrition and Authorization Act of 2004

The five criteria established by the federal Child Nutrition and WIC, Authorization Act of 2004, which requires all districts taking part in the Richard B. Russell National School Lunch Act or the Children Nutrition Act of 1996, Outlined in Section 204 of Public Law 108-265.

- First: Establish a wellness policy that includes goals for nutrition education, physical education *and* other school-based activities designed to promote student wellness.
- Second: Include nutrition guidelines for all foods available during the *school* day with the objective of promoting student health and reducing childhood obesity.
- Third: Assure that reimbursable school meals not be less restrictive than regulations and guidelines allow.
- Fourth: Establish a plan for measuring the implementation of the wellness policy with one or more people at each district or school ensuring compliance to the policy.
- Fifth: Involve parents, students, district representatives, the school board, school administrators and the public in the development of the policy.