



**Official Policy
of
Ogden Preparatory Academy**

4. Curriculum and Instruction

4.03 Wellness Policy

Effective/Revision Date: 12/15/2016

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Background

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.
- Approximately 17% (or 12.5 million) of children and adolescents aged 2- 19 years are obese.
- Since 1980, obesity prevalence among children and adolescents has almost tripled.
- There are significant racial and ethnic disparities in obesity prevalence among U.S. children and adolescents. In 2007-08, Hispanic boys, aged 2-19 years, were significantly more likely to be obese than non-Hispanic white boys. Non-Hispanic black girls were significantly more likely to be obese than non-Hispanic white girls. Less than 25% 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% to 29% between 1991 and 1999. Currently, only 4% of all states require recess and just 22% 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 hereby establish and put into place the following Wellness Policy for the 2006-2007 school year.

The Child Nutrition and Authorization Act of 2004

1. 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.
 - a. Establish a wellness policy that includes goals for nutritional and physical education as well as other school-based activities designed to promote student wellness.
 - b. Include nutrition guidelines for all foods available during the school day with the objective of promoting student health and reducing childhood obesity.
 - c. Assure that reimbursable school meals not be less restrictive than regulations and guidelines allow.
 - d. 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.
 - e. Involve parents, students, district representatives, the school board, school administrators and the public in the development of the policy.

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;
- Good health will foster good attendance and increase the ability for academic learning;
- That education in individual health habits such as good eating, personal exercise, and hygiene are established in childhood, and this education can help reduce the risk of heart disease, cancer, stroke, obesity and other major disease on the rise in the United States;
- That school should be a model in helping children learn healthy eating habits, we need to provide a diet consistent with USDA guidelines;
- 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;
- 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 wellbeing, health, and ability to learn by supporting healthy

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eating, physical activity, and wellness 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.

2. 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, SFA representative, PE/Health teachers, and members of the community.

The school health council shall consist of the following:

WELLNESS ADVISORY BOARD

Principal: Amie Campbell

Assistant Principal(s): Josh Rempfer and Kasey Kennington

Nutrition Coordinator: Sherlene Hillan

Other Staff Members and Parents

3. 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; in good nutrition, we can further the goal of the “Healthy for Life” child.

b. Meals served will:

- i. Offer a variety of menu choices which will encourage healthy eating.
- ii. Meet minimum, nutritional requirements established by local, state, and federal statutes and regulations.
- iii. All nutrition guidelines of foods available, but not sold, on the school campus will be provided.
- iv. Offer a variety of fruit and vegetables along with the main meal.
- v. Serve whole grain breads when possible.
- vi. Serve reduced fat milk products.
- vii. 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.
- viii. Serve healthier snacks that appeal to the students.

- ix. OPA offers 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.
 - x. Student Council serves as a sounding board for new foods, the OPAPO board will be invited to do taste tests of possible new products.
- c. Dining Environment
- i. The school will provide a clean, safe, and enjoyable meal environment for students.
 - ii. 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.
 - iii. The school will provide enough space and serving areas to ensure all students have access to school meals with minimum wait time.
 - iv. The school will make drinking fountains available so that students can get water at meals and throughout the day.
 - v. Bottled water is available to the students for a nominal fee.
 - vi. Students have several options open to them at lunchtime after they eat. They can go outside, sit and visit in the cafeteria, or go to the library.
 - vii. The school will encourage students to participate in the school meals program, and will protect the identity of students who eat free and reduced price meals.
 - viii. 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.
 - ix. The school will schedule lunchtime as near the middle of the school day as possible. Lunch will be scheduled between 11:00 am and 1:00 pm.
 - x. The school will not allow tutoring, club, organization meeting, nor activities to be scheduled during lunchtime.
 - xi. The school will make every effort to accommodate children with allergies.
 - xii. Food will not be used as a reward or punishment.
- d. School Environment
- i. No vending machines are accessible to students.
 - ii. Students are not permitted to leave school campus during time allotted for lunch.
 - iii. Food in the classroom will be limited to only that food which goes along with approved lesson plans.
 - iv. 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
- i. Qualified and trained professionals will administer the school meal program.
 - ii. The school will provide continuing professional development for all nutrition professionals.

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- iii. 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 and Promotion

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

- i. Encourage teachers whenever possible to use healthy nutrition facts in learning skills such as reading, typing, writing, and math.
- ii. Provide a bulletin board with the menus and health tips.
- iii. Because we are teaching Spanish to our students the menus will be in English and Spanish. This will help in increasing their Spanish vocabulary.
- iv. Provide a monthly menu that will be available on the Ogden Preparatory Academy website and in the front office.
- v. Display a monthly menu on our website for parents to refer to nutritional sites.
- vi. Include a tip from the Cafeteria on the menu to help increase awareness.
- vii. Promote nutritional and physical awareness and healthy lifestyles during assemblies. This can include, but are not limited to, gymnastics and dance.
- viii. 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 utilizing local law enforcement and more.
- ix. 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.
- x. Encourage nutrition education not only in health but in subjects such as math, science, language arts, social sciences and elective subjects.

g. Summer Food Service Program

- i. A flyer in the spring will be provided in all of OPA's media to advertise the locations in Ogden and surrounding areas where a Summer Food Program is available.

4. Increase and Encourage Awareness of Need for Physical Activity

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

- a. Provide staff with examples of five-minute energizers, yoga breaks, and snack choices. Encourage them to use these in between tasks or before testing. This will give the students an opportunity to energize their minds.
- b. Provide a wide variety of physical activities and introduce students to many different sports and different ways of getting physically active. School activities,

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coursework, and after-school programs will be utilized to support these wellness goals.

- c. Encourage regular physical activity and proper nutrition as a personal choice.
 - d. Provide 20 minutes of daily activity opportunities to all students.
 - e. When activities arise, such as mandatory testing, that make it necessary for students to stay indoors for long periods of time, students should be given periodic breaks during which they are encouraged to stand and participate in some activity and movement.
 - f. Physical activity or participation in physical activity will not be used as a punishment.
 - g. OPA participates in our annual 5K fun run, which emphasizes the need for physical activity, and how fun physical activity can be for the whole family.
5. Staff Wellness
- a. We value the health and wellbeing 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.
 - b. During weekly staff meetings only healthy food is provided, and Teachers are encouraged to participate in a fitness/wellness program.
6. In the Community
- a. OPA participates in the 5k Community Walk/Run, which promotes the importance of physical activity for the whole family.
 - b. OPA sponsors after school programs that promote a healthy lifestyle. Students are encouraged to join physical activities and sport teams when they are performed during the year.
 - c. Middle school students will have an opportunity for intramural sports with other Ogden District teams.
 - d. 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, in addition to their recess periods.

It is the intention of OPA to become a community hub that provides recreation and educational facilities and services for Ogden.

7. Monitoring of the Wellness Policy
- a. Monitoring
 - i. The designee will ensure compliance with established nutrition and physical activity wellness policy.
 - ii. The designee shall review the wellness policy every three years using the School Wellness Policy Assessment Tool. The 2016-2017 designee is Amie Campbell. That person will make recommendations for any changes in policy that need to be made, and will then report to the School Board and Health Council.

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- b. Items to measure for the plan for implementation and measuring the wellness policy:
 - i. The number of students participating in nutrition and physical fitness programs and promotion at the school;
 - ii. The average daily participation in the School Lunch Program;
 - iii. The level of implementation of the Wellness Policy as determined by the Local School Wellness Policy Assessment Tool;
 - iv. The time of lunch recess at the school;
 - v. The length of time to serve lunch;
 - vi. The number of children that have access to physical activity;
 - vii. The average number of physical activity minutes available to each student;
 - viii. The number of children receiving Physical Education;
 - ix. The minutes of Physical Education provided for each Child;
 - x. The number of school days a student is required to attend P.E. during the school year;
 - xi. Review menus and the amount of students participating in the School Lunch Program.
- 8. The Board shall designate the school principal as its Designee.
- 9. Recommendations for Consideration for Future Implementation into the Wellness Policy
 - a. The following Items will be reviewed and considered for approval into the Wellness Policy:
 - i. After school Nutrition and Physical Education class for Families, such as YMCA fall fitness classes, would be held twice a week. One class would be nutritious, healthy, and full of fun recipes children can learn to prepare while 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.
 - ii. 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, and personal fitness plans.
 - iii. To include the community, we could open the class up to staff, parents, and students.
 - b. Staff Education
 - i. Review the USDA health recommendations and exercise program to help get parents, students and community involved. Conduct nutrition education activities and promotions that involve parents, students, and the community.
 - ii. Provide a staff wellness program. The better educated and excited the staff, the more apt to adopt a healthy lifestyle they are. The more we

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model wellness, the more value the students will place upon its importance.

c. Student Education

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

Document History

Approved: 03/12/2014

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Legal References

Federal Child Nutrition and WIC Authorization Act of 2004

Richard B. Russell National School Lunch Act

Children Nutrition Act of 1996

Public Law 108-265 §204