



**Official Procedure  
of  
Ogden Preparatory Academy**

**4. Curriculum and Instruction**

**4.03.PRC.1 Wellness Policy Assessment Tool**

**Effective/Revision Date: 11/14/2016**

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1. Those involved with the wellness policy as well as their relationship to the school/district.
  - a. Principal: Amie Campbell
  - b. Assistant Principal(s): Josh Rempfer and Kasey Kennington
  - c. Nutrition Coordinators: Sherlene Hillan
  - d. Other Staff Members and Parents
2. OPA shall designate the Principal as the SFA official in charge of overseeing Local School Wellness Policy Compliance.
3. Does the Wellness Policy compare? Are we missing any pieces?
  - a. Need flyers, newsletters, and postings about Summer Food Programs being promoted in the area.
  - b. Need to post the assessment of the wellness policy.
  - c. Improve parent communication and involvement in nutritional programs as well as product selection.
  - d. The Wellness Policy has been revised but needs to be approved by the board.
4. Does the Wellness Policy include goals for nutrition education and nutrition promotion? Provide examples.
  - a. The summer flyer is being designed and will be distributed in May.
  - b. Bulletin boards in both buildings provide nutritional information.
  - c. Physical education is encouraged in every classroom at least every other day in K-6. In 7-9 it is a required course.
  - d. Recess is provided for all students K-9 to ensure daily activity.
  - e. Several physical education clubs are available to students at the K-9; such as Yoga, Triathlon, and robotics.
5. Does our Local School Wellness Policy include goals for physical activity? Provide examples in comments space below.
  - a. Parents are invited in to support physical activity by participating in P.E. classes.
  - b. The annual OPA Fun Run is open to all grades and families.
  - c. The P.E. and Fitness teacher at the middle school organizes lessons and activities for during and after school programs implemented by older students with younger students.
  - d. We provide a variety of sports and activities both competitive and noncompetitive.
6. What goals do we include in our Local School Wellness Policy for other school-based activities to promote student wellness. Provide examples in the comments below.
  - a. The dining environment is clean, safe and the food offered is colorful and appetizing.

- b. Restrooms, hand-sanitizer and handwashing facilities are available to all students.
  - c. Drinking fountains are available in every hallway.
  - d. The students have several options open to them at lunchtime after they eat to be social, active, or academic.
  - e. The policy ensures lunch will be between 11:00-1:00pm. Students will have adequate time for students to enjoy healthy foods with friends in school. We allow at least 15 minutes after sitting down to consume their meal.
  - f. No tutoring, clubs, nor organizations will meet during meal times.
7. What are our nutrition guidelines for all foods available on school campus? Provide examples in comments below.
- a. Nutritional guidelines of all foods available during the school day and outside of the school day are in line with the national guidelines.
  - b. Nutrition labels of all foods on campus are available upon request and many are on display.
8. What is our plan for measuring implementation of the Local School Wellness Policy? Explain in comments space below.
- a. Daily participation in the School Lunch Program is tracked
  - b. Timeframes of the policy are maintained.
  - c. Number of minutes per week and number of students receiving physical education.
  - d. Nutrition guidelines, portions, and access are all monitored and measured.
  - e. Menus, selected products and portions are all recorded and monitored by production guides.
9. What progress has been made toward attaining the goals listed in the Local School Wellness Policy? Describe:
- a. All goals are on track but are not perfect.
  - b. Additions needed:
    - i. Parent involvement in the adoption of new products.
    - ii. Increased promotion of proper nutrition with increased marketing of the Summer Lunch Program.
    - iii. A certified P.E. Teacher and a designated time rotation to ensure P.E.
    - iv. Increased Yoga Breaks, and or Brain Gym.
    - v. The Wellness Policy needs to be distributed in the registration packet, or a flyer referring to the website.
10. Is the school in compliance?
- a. Yes
11. How do we inform students, parents stakeholders and the public of the Local School Wellness Policy?
- a. It is reviewed and approved by the OPA School Board.
  - b. It is posted on the website.
12. How are potential stakeholders made aware of their ability to participate in the development, assessment, update and implementation of the Local School Wellness Policy?

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- a. All members of the committee were asked to review the policy for compliance and completeness.
  - b. 6 direct members on the policy committee will implement the policy; it is their job.
  - c. All members sign off on the review of the policy yearly.
13. Based on our assessment, what updates/changes will be made to the Local School Wellness Policy? Describe the comments below.
- a. Promotion of the Summer Lunch Program at participating locations around Ogden.
  - b. Parent taste tests on new products.
  - c. Open meetings for parents about nutrition guidelines.
14. How will the results of this assessment be made available to the public? Describe in the comments below.
- a. Copies of this assessment will be available in the cafeteria, and posted online with the Wellness Policy.
15. When will the next assessment and update of the policy occur?

Document History

Approved:

Revised: 11/14/2016

Legal References

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