

## ODYSSEY CHARTER SCHOOL

### WELLNESS POLICY/NUTRITION

Odyssey Charter School recognizes that all students need adequate, nourishing food in order to grow, learn and maintain good health. We recognize that the food and beverages we offer to our students convey a message about what we think is healthy and appropriate for them. We further recognize that significant research indicates a positive relationship between adequate nutrition, learning and academic performance. Academic performance and quality of life issues are affected by the choice and availability of healthy foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn. The district will ensure that each student will have access to healthy food choices at all school sites.

#### Food Service/Child Nutrition Program

All foods sold to students during school hours shall be:

1. Selected so as to contribute to student's nutritional well-being.
2. Prepared in ways that will appeal to students, retain nutritive quality and foster lifelong healthful eating habits.
3. Provided to give a variety of healthy choices at all sites including ethnic and cultural favorites.

A representative sample of students from all sites will be involved in the selection, tasting and marketing of healthy foods that appeal to students.

Odyssey Charter School will provide an opportunity for students to have a minimum of 10 minutes to eat after sitting down at breakfast and a minimum of 20 minutes after sitting down for lunch.

#### Quality of Food

The Headmaster or designee shall ensure the meals offered by the school's food service program meet all State and Federal requirements for all foods sold on campus including the National School Lunch and School Breakfast Programs and snack programs.

The school food service program is encouraged to feature fresh, seasonal and minimally processed foods from local and organic sources to the greatest extent possible.

Sanitation and safety procedures shall comply with the requirements of the State of Delaware Department of Health and Social Services.

#### Marketing and Promotion of Foods and Beverages

Healthy foods and beverage choices (i.e. fresh fruits and vegetables, whole grains, low-fat dairy products, 100 percent fruit juice and water) will be promoted in all school activities and school-sponsored events where food and beverages are offered or sold.

Odyssey Charter School seeks to protect students from commercial influences that promote unhealthy food and beverages on campus, in curriculum and in classroom materials.

The school will not market or advertise unhealthy foods or beverages. Any food or beverages that do not meet nutrition standards and current state and federal regulations will not be promoted in any way (e.g., through signage, vending machine fronts, scoreboards, logos, school supplies, etc.) All contracts entered into by the school or any school employee will be consistent with this policy. Current contracts not meeting the policy will be renegotiated or allowed to sunset.

The school will review all resources and materials provided by outside sources to ensure that they do not promote unhealthy foods or beverages, and that they do not include logos, mascots or brand names associated with unhealthy foods and beverages.

The school will not accept any materials (including but not limited to curriculum, classroom materials, posters, prizes and giveaways) from any food company or food industry-associated group unless the superintendent or designee finds that the material is consistent with the district's school wellness policy.

The school discourages teachers from using identifiable brand names in their instruction unless they are found to be necessary to the lesson being taught.

#### Competitive Food Sales/Fundraisers

School fundraisers shall not undermine students' nutrition and health. The school will encourage all organizations and entities engaged in fundraising not to use food and beverage items for fundraisers. Fundraisers that promote physical activity are especially encouraged.

Organizations electing to use food or beverage items for fundraising will be provided with current law nutrition standards, and encouraged to sell only food and beverage items that are consistent with those standards.

The Headmaster or designee shall ensure that food sales by school-related groups and the use of vending machines are in compliance with state and federal law and do not impair student participation in the school's food service program.

Clubs must obtain approval for food sales from the Headmaster or designee.

Food fairs during the school day, (e.g. International day, potlucks etc.), may occur not more than four times per year at any one site. The school day is from one-half hour before the student day until one-half hour after.

#### Food Donations

The school will encourage parents/guardians to bring only healthy food and beverage items for classroom food donations (e.g., foods/beverages brought for class parties and special events). The school will provide parents/guardians with information about current state and federal law pertaining to nutrition standards, and encourage parents/guardians to bring only food and beverage items to school that are consistent with those standards.

#### Food as a Reward/Punishment

School staff will not use food or beverages as a reward for student accomplishments, nor withhold food or beverages as punishment.

The use of food as a reinforcement may be acceptable for students with disabilities, after non food options have been considered, who require significant reinforcement to maintain appropriate behavior in the public school setting. The use of such reinforcement should be as nutritionally appropriate as possible and should be reviewed at least annually as part of the IEP process.

The school will educate staff about the health risks of using food as a reward or punishment, and identify a list of non-food reinforce/reward alternatives.

Wellness Committee is led by the Headmaster, Dr. Nick Manolakos

The community and public are involved in the following ways: Strategic Plan Committee convenes around "School Culture" issues, where the wellness plan is discussed, and feedback is provided through this committee. The School Culture Committee is comprised of faculty, administration, parents, and community members and convenes several times a year. There is also a schoolwide committee focused on the school's overall wellness policy so that faculty and staff can provide input to the wellness plan.

Odyssey Charter School Wellness Committee is comprised of School administration, Food Service management team, Board representation, consultants, faculty, parents, and students.

United States Department of Agriculture

## **Local School Wellness Policy Implementation**

### **Under the Healthy, Hunger-Free Kids Act of 2010:**

#### **Summary of the Final Rule**

##### **What is a local school wellness policy?**

A local school wellness policy (“wellness policy”) is a written document that guides a local educational agency’s (LEA) or school district’s efforts to establish a school environment that promotes students’ health, well-being, and ability to learn.

The wellness policy requirement was established by the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Reauthorization Act of 2004 and further strengthened by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). It requires each LEA participating in the National School Lunch Program and/or School Breakfast Program to develop a wellness policy. The final rule expands the requirements to strengthen policies and increase transparency. The responsibility for developing, implementing, and evaluating a wellness policy is placed at the local level, so the unique needs of each school under the LEA’s jurisdiction can be addressed.

##### **Provisions of the Final Rule**

On July 29, 2016, the USDA Food and Nutrition Service (FNS) finalized regulations to create a framework and guidelines for written wellness policies established by LEAs. The final rule requires LEAs to begin developing a revised local school wellness policy during School Year 2016-2017. LEAs must fully comply with the requirements of the final rule by June 30, 2017.

##### **Content of the Wellness Policy**

At a minimum, policies are required to include:

- Specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. LEAs are required to review and consider evidence-based strategies in determining these goals.
- Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with Federal regulations for:
  - School meal nutrition standards, and the
  - Smart Snacks in School nutrition standards.
- Standards for all foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives).
- Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.
- Description of public involvement, public updates, policy leadership, and evaluation plan.

**Wellness Leadership** LEAs must establish wellness policy leadership of one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the policy.

##### **Public Involvement**

At a minimum, LEAs must:

- Permit participation by the general public and the school community (including parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators) in the wellness policy process.

USDA Food and Nutrition Service

### **Triennial Assessments**

The final rule requires State agencies to assess compliance with the wellness policy requirements as a part of the general areas of the administrative review every 3 years.

LEAs must conduct an assessment of the wellness policy every 3 years, at a minimum. This assessment will determine:

- Compliance with the wellness policy,
- How the wellness policy compares to model wellness policies, and
- Progress made in attaining the goals of the wellness policy.

### **Documentation**

#### **Public Updates**

The rule requires that LEAs must make available to the public:

- The wellness policy, including any updates to and about the wellness policy, on an annual basis, at a minimum, and
- The Triennial Assessment, including progress toward meeting the goals of the policy.

### **Regulation**

The proposed rule was published in the Federal Register, and the 60-day public comment period closed on April 28, 2014. FNS received 57,838 public comments that were considered in developing the final rule. The final rule was published on July 29, 2016 and can be found online at: <http://www.fns.usda.gov/tn/local-school-wellness-policy>.

The State agency will examine records during the Administrative Review, including:

- Copy of the current wellness policy,
- Documentation on how the policy and assessments are made available to the public,
- The most recent assessment of implementation of the policy, and
- Documentation of efforts to review and update the policy, including who was involved in the process and how stakeholders were made aware of their ability to participate.

### **Updates to the Wellness Policy**

The final rule requires that LEAs update or modify the wellness policy as appropriate.



## Resources

USDA Food and Nutrition Service's "School Nutrition Environment and Wellness Resources" Web site has information and resources on:

- Local school wellness policy process,
- Wellness policy elements,
- Success stories,
- Grants/funding opportunities, and
- Trainings.

**Model Wellness Policy** – Thoroughly reviewed by USDA FNS, the Alliance for a Healthier Generation's model policy template is in compliance with the requirements set forth in the proposed rule and will be updated per the final rule.

**Putting Local School Wellness Policies Into Action: Stories From School Districts and Schools** – The Centers for Disease Control and Prevention and USDA developed a compilation of 11 stories to help LEAs and schools implement wellness policies.

**National Wellness Study Briefs** – Bridging the Gap's research briefs highlight areas of opportunity for State agencies, LEAs, and schools to strengthen wellness policy components.

Check it out! <http://healthymeals.nal.usda.gov/school-wellness-resources>

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