

Odyssey Academy

Student Nutrition/Local Wellness Policy

Purpose and Goal:

Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating is demonstrably linked to reduce risk for mortality to help students and staff establish and maintain lifelong, healthy eating patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits.

All Students shall possess the knowledge and skill necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff is encouraged to model healthy eating and physical activity as a valuable part of daily life. The Odyssey Academy School District shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity. This plan shall make effective use of school and community resources and equitably serve the needs and interest of all students and staff, taking into consideration differences in cultural norms.

The Odyssey Academy Board of Directors shall appoint a School Health Advisory Committee (SHAC). The committee will include, but not limited to, the School nurse, Child Nutrition Services Staff, health teachers and physical education coaches.

Component 1: A Commitment to Nutrition and Physical Activity

- A: One of the SHAC mission shall be to address nutrition and physical activity issues and will develop, implement, and evaluate guidelines that support a health school nutrition environment.
- B: With TDA guidelines, Odyssey Academy shall ensure the nutrition modules for reimbursable meals served.
- C: The Superintendent will address concerns such as kinds of foods available on campus, sufficient mealtime, nutrition education and physical activity.
- D: Nutrition education shall be integrated across the curriculum and physical activity will be encouraged daily.

- E: The School Chef, kitchen staff and Child Nutrition staff will participate in making decisions and guidelines that will affect the school nutrition environment.

Component 2: Quality School Meals

- A: The Odyssey Academy School District will offer breakfast and lunch to all students.
- B: School food service staff that is properly qualified according to the current professional standards and regularly participates in professional development activities will administer the Child Nutrition Programs.
- C: Food Safety will be a key part of the school food service operation.
- D: Menus will meet the nutrition standards established by the U.S. Department of Agriculture and the Texas Department of Agriculture, conforming to good meal planning principles, and featuring a variety of healthy choices that are tasty, attractive, of excellent quality, and are served at proper temperature.
- E: School personnel will encourage students to choose and consume full meals. Positive nutrition statements will be provided to students on a daily basis.
Example: Fruits and Vegetables are good for a growing body

Component 3: Other Healthy Food Items

- A: Recommended guidelines will be issued on nutrition standards for food and beverages offered through parties, celebrations, social events and any school functions.
- B: Students in possession of foods or beverages of minimal nutritional value will be asked to surrender such items to school staff members, who turn in will follow campus procedures as to disposal or return of them.
- C: No foods or beverages other than those provided through the school food service department may be made available to student's Pre-K through 12th grade anytime. The only exception, would be the four "free days", to include the Friday closest to Halloween day, the last day before the Christmas Vacation, the Friday closest to Valentine's Day and the last day of school.
- D: School staff shall not use food as a reward for student accomplishment. The withholding of food as punishment for students is prohibited. For example, restricting a child's selection of flavored milk at mealtime due to misbehavior in the classroom.

- E: Odyssey Academy, upon request will provide nutritional information to parents that will encourage parents to provide safe and nutritious food for their children.
- F: Organizations shall only use non-food items or food designed for delivery and consumption after school hours as fundraisers. For example, World Finest sales after school hours are acceptable only.

Component 4: Pleasant Eating Experiences

- A: Drinking fountains will be available for students to get water throughout the day.
- B: A short snack-free recess for all elementary students is encouraged to be scheduled sometime before lunch so that children will come to lunch less distracted and ready to eat.
- C: School personnel will assist all students in developing the healthy practice of washing hands before eating.
- D: School personnel will schedule enough time so students do not have to spend too much time waiting in line.
- E: Schools should not schedule tutoring, assemblies, club/organization meetings, and other activities during meal times.
- F: Adequate time to eat in a pleasant dining environment should be provided. The minimum eating time for each child after being served is 10 minutes for breakfast and 20 minutes for lunch.
- G: Odyssey Academy will encourage socializing among students, and between students and adults. Adults will properly supervise dining rooms and serve as role models to students by demonstrating proper conduct and voice level, and by eating with the students. Parents are highly encouraged to dine with their student(s) in cafeteria.
- H: Creative, innovative methods will be used to keep noise levels appropriate.

Component 5: Nutritional Education

- A: Odyssey Academy School District will follow Health Education curriculum standards and guidelines as stated by the Texas Education Agency. Schools will link nutrition education activities with the coordinated school program.
- B: Students in Pre-Kindergarten through 12th grade will receive nutritional education that is interactive and teaches the skill they need to adopt healthy eating behaviors.

Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts as applicable.

- C: Nutrition education will be offered in the school dining room and in the classroom, with coordination between school foodservice staff and teachers. Teachers can display posters, videos, websites, etc. on nutrition topics.
- D: Odyssey Academy will participate in USDA nutrition programs and conduct nutrition education activities and promotions that involve students, teachers and staff. The school nutrition team responsible for these activities will be composed of Child Nutrition Services staff, School nurse, health teachers and physical education coaches.

Component 6: Marketing

- A: Students will receive positive, motivation messages, both verbal and non-verbal about healthy eating and physical activity throughout the schools setting. All school personnel will help reinforce these positive messages.
- B: Odyssey Academy will consider student needs in planning for a healthy school nutrition environment. Students will be asked for input and feedback through the use of student surveys, and attention will be given to their comments.
- C. School will promote healthy food choices and will not allow advertising that promotes less nutritious food choices.

Component 7: Implementation and Evaluation

- A: The SHAC shall be composed of school district staff, parents, students, the P.E. teacher, school nurse and Child Nutrition Director.
- B: Assessment, Development, Implementation and Updates of LWP will made by P.E. teacher, school nurse and Child Nutrition Director.
- C: The SHAC members will conduct a review of the campuses every three years in the spring semester to identify areas of improvement. This group will report their finding to the superintendent and develop a plan of action for improvement.
- D. The SHAC will notify the public of the assessment results through the Odyssey Academy Website and at monthly PTO meetings. The results will also be available upon request.

Component 8: Records Retention

A: School Nurse will retain all records for three years of all changes, updates and assessments of LWP.