

## Odyssey House/Horizonte School Wellness Policy

Odyssey House/Horizonte School (hereto referred to as the School) is committed to the optimal development of every student. The School believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year. Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes.

This policy outlines the School's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.

### **School Meals**

The School is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements.

- All school meals are accessible to all students.
- The School offers reimbursable school meals that meet USDA nutrition standards.
- Drinking water will be available to all students throughout the school day and throughout the school campus, including during mealtimes.
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.
- All school nutrition program staff will meet or exceed hiring and annual continuing education requirements in the USDA professional standards for child nutrition professionals.

### **Other Foods**

- The school will not provide any competitive foods or beverages.
- All foods offered during school will meet or exceed the USDA Smart Snacks in School nutrition standards.
- Teachers and parents will not be allowed to bring in food or snacks for students.
- Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.
- No food or beverages will be sold through fundraisers on the school campus during the school day.
- The School will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

### **Nutrition Promotion**

Students and staff will receive consistent nutrition messages throughout classrooms and the cafeteria. The school will promote healthy food and beverage choices.

- The School will promote healthy food and beverage choices, using at least ten Smarter Lunchroom Techniques.
- The School will implement the Farm to School activity by ensuring that local and/or regional products are incorporated into the school meal program.
- No foods or beverages will be marketed or promoted to students on the school campus during the school day.

### **Nutrition Education**

The School aims to teach, model, encourage, and support healthy eating by students. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.

- Nutrition education will include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, or taste-testing.
- Nutrition education will be included in the Health curriculum.
- The School teaches students nutrition education using scientifically-based, up-to-date nutrition information consistent with the Dietary Guidelines for Americans

### **Physical Education/Activity**

- The School will provide students with physical education, using an age-appropriate, sequential physical education curriculum.
- The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.
- All students will be provided equal opportunity to participate in physical education classes.
- The School will continue relationships with its community partners, including the University of Utah and Salt Lake Community College in support of this wellness policy's implementation.

### **Policy Monitoring/Informing the Community**

- The School will identify a wellness committee that meets quarterly to establish goals for and oversee school health and safety policy and programs, including development, implementation, and review.
- The wellness committee can consist of school staff, district staff, and parents or caregivers.
- The wellness policy and progress toward related goals will be provided to households/families when requested.
- The wellness policy will be assessed and updated at least every three years.

**If you have any questions about this policy or would like to be a part of our committee, please contact our designated official, Daniel Peterson, at [dpeterson@odysseyhouse.org](mailto:dpeterson@odysseyhouse.org).**