

# **OPP CITY SCHOOLS WELLNESS POLICY**

The Opp City School District is committed to providing a school environment that promotes and protects children's health and well-being. We realize that our schools can play a vital role in helping our student's ability to learn about and identify healthy eating habits and to encourage them to make smart choices about nutrition and physical activity.

It is the policy of the Opp City School District to adopt these following goals:

- The primary goal of Opp City Schools is to inform students about the importance of making good food choices and developing healthy lifelong eating habits.
- The Child Nutrition Program of Opp City Schools complies with federal, state, and local requirements and is accessible to all students.
- All Opp City Schools school-based activities are consistent with the local wellness policy goals.
- Opp City Schools will provide nutrition education that is appropriate for students and reflect student cultures. Nutrition education will be integrated into student's curriculum to teach and foster life-long healthy eating habits.
- Opp City Schools will provide opportunities for students to develop the knowledge and skills for specific physical activities to help maintain physical fitness, ensure students regular participation in physical activity, and teach the benefits of a physically active and healthy eating lifestyle.
- Every school shall ensure that all foods sold at break and in the cafeterias are compliant with the USDA Smart Snacks in Schools standards.
- Opp City Schools will provide a safe, comfortable, and pleasing school environment that allows ample time and space for eating meals. The school campus shall reflect healthy nutrition environments. Schools must not establish policies, class schedules, bus schedules or other barriers that directly or indirectly restrict access to and compete with a school's meal schedule. Students must have a minimum of 15-20 minutes to consume their meal.
- A copy of the Opp City School District Wellness Policy will be on the district and local school's website. A hard copy will also be accessible at each school office and the Central Office.

### **Goals for Nutrition Education**

- The primary goal of nutrition education is to inform students about the importance of making good food choices and developing healthy lifelong eating habits.
- Nutrition education must be emphasized and instructional materials made available to all students.
- Nutrition education is offered in the school dining room as well as in the classroom.
- All stakeholder groups shall work together to ensure that all school activities are consistent with sound nutrition practices taught in the classroom and in the school meal program.

### **Goals for Physical Activity**

- The primary goal of physical activity is to inform students about the importance of maintaining a physically active lifestyle and its lifelong benefits. Opportunities shall be provided for every student to participate in appropriate physical activities.
- Physical education shall be taught by certified personnel and shall be an essential element of each school's curriculum.
- The physical education program shall be designed to stress physical fitness and encourage a healthy, active lifestyle.
- Teachers will be encouraged to incorporate physical activity into their lessons or within their class time specifically at the elementary and middle school levels.

### **Goals for Establishing Nutrition Standards for all Foods Available on Campus During the School Day**

- Schools must ensure that reimbursable school meals meet the program requirements and nutrition standards set forth under the Federal Guidelines.
- Standards for all foods and beverages sold or served to students will follow the Alabama Board of Education guidelines as well as the Federal Non-Competitive Food Regulations and Foods of Minimal Nutritional Value Regulations.
- Foods served through the cafeteria shall adhere to the guidelines established by the U.S. Department of Agriculture.
- Only approved food and beverages may be sold at school break and in the school cafeterias.
- All fundraising activities, whether involving food or not, is prohibited during school hours.
- School parties will follow the guidelines set by the Alabama Board of Education which states any food or beverage that has sugar or high fructose corn syrup listed as the first ingredient is prohibited on any school premises during school hours.

## **Goals for School-Based Activities Designed to Promote Student Wellness**

- School meals shall be easily accessible to every child.
- School meals shall be properly supervised when served.
- Students will be given adequate time to consume breakfast and lunch.
- All lunchrooms will promote healthy food options and will display information about those options daily.
- All lunchrooms will promote and provide healthy food choices and maintain a healthy dining environment.
- All school breaks will adhere to the competitive food guidelines and will honor the established timeline prior to the service of and the end of service of the school breakfast and lunch meal programs.
- Teachers are encouraged to use non-food rewards and are prohibited to withhold food as punishment.

## **Opp City Schools Wellness Programs and Events**

### **Nutrition**

- Breakfast Program is offered at all schools
- Menu announcements are made each morning at all schools
- Allowance of water bottles in classrooms at all schools
- Water bottle refill stations available in all lunchrooms
- Grab and Go options available at the middle and high school for students and faculty

### **Activities**

- Field Day at Opp Elementary School
- Greek Games at Opp Middle School
- Jump Rope for Heart at Opp Elementary School
- Presidential Fitness Program at Opp Elementary and Opp Middle School
- Heather Bryan Memorial 5K headed by Opp High School in October each year
- Red Ribbon Drug Free Awareness Week observed at all schools
- Breast Cancer Awareness Month observed at all schools
- School Athletics available to ALL students at Opp Middle and Opp High School to include football, baseball, softball, basketball, volleyball, cheer, golf, cross country, track and fishing

### **Staff**

- Annual Faculty training for diabetes education, allergy (epi-pen) education and CPR
- Annual Wellness Clinic offered to all staff and their spouses
- Seasonal Flu Shot Clinic offered to all students, staff and their spouses
- Annual Alabama Suicide Prevention and Erin's Law Mandatory Training

## **Community Involvement**

Opp City Schools is fortunate to be a part of a community where there are so many stakeholders who take an active roll in the development and promotion of our schools. Parents, Students, School Nutrition Personnel. Administrators, School Nurse, Teachers and the Public have all contributed in the development of our Wellness Policy.

## **Implementation Plan**

The Superintendent of Opp City Schools shall appoint an Advisory Committee consisting of members from the various stakeholder groups to address nutrition and physical activity programs in the school system. The committee will monitor and/or revise these guidelines as needed.

### **WELLNESS PLAN ADVISORY COMMITTEE MEMBERS**

Rita Drew – Head School Nurse (Chairperson)

Shawn Short – Opp Elementary School Principal

Kim Anderson – OES Lunchroom Manager

Alicia Kroher – Opp Middle School Assistant Principal

Katie Johnson – Teacher

Robbie Ross – P.E. Teacher/Coach

Josh Thompson – P.E. Teacher/Coach

Allie Wismer – Student

April Cox – Parent

