

# Oxford Preparatory Academy

## Board Policy

### Student Wellness Policy

Oxford Preparatory Academy (“OPA” or “School”) is committed to the optimal development of every student. OPA 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. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically. Finally, there is evidence that adequate hydration is associated with better cognitive performance.

This policy outlines OPA’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. Specifically, this Policy establishes goals and procedures to ensure that:

- ❑ OPA students have access to healthy foods at snack recess and lunch through reimbursable school meals in accordance with Federal and state nutrition standards;
- ❑ Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- ❑ Students have opportunities to be physically active before, during and after School;
- ❑ The School engages in nutrition and physical activity promotion and other activities that promote student wellness;
- ❑ School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- ❑ The community is engaged in supporting the work of OPA in creating continuity between School and other settings for students and staff to practice lifelong healthy habits; and
- ❑ The School establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of this Policy and its established goals and objectives.

## **School Wellness Committee**

### ***Committee Role and Membership***

OPA will convene a representative School Wellness Committee (“WC”), or work within an existing school health committee, that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this Policy.

The OPAWC membership will represent all grade/school levels and may include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; classroom teachers; school health professionals, and mental health and social services staff (e.g., school counselors, psychologists, or social workers); school administrators; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators (SNAP-EDEDSNAP-Ed). To the extent possible, the OPA WC will include representatives from each school building and reflect the diversity of the community.

### ***Leadership***

The Executive Director or designee(s) will convene the OPA WC and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy.

Additionally, the designated official for oversight of the OPA WC is:

Executive Director or Designee

## **I. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

### ***Implementation Plan***

OPA will ensure the School meets legal obligations regarding implementation of this Policy.

This Policy and the progress reports can be found at:  
<https://oxfordpreparatoryacademy.com/board/policies/>

### ***Recordkeeping***

OPA will retain records to document compliance with the requirements of this policy in the main office. Documentation maintained in this location will include but will not be limited to:

- The written Policy;
- Documentation demonstrating that the Policy has been made available to the public;

- Documentation to demonstrate compliance with the annual public notification requirements;
- Documentation of the triennial assessment of the Policy;
- Documentation demonstrating the most recent assessment on the implementation of the Policy has been made available to the public.
- Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit School Wellness Committee membership from the required stakeholder groups; and (2) These groups' participation in the development, implementation, and periodic review and update of the wellness policy;

### ***Annual Notification of Policy***

OPA will actively inform families and the public each year of basic information about this Policy, including its content, any updates to the Policy and implementation status. OPA will make this information available via the Schools' websites and/or School/Organization-wide communications. OPA will provide as much information as possible about the School nutrition environment. This will include a summary of School's events or activities related to Policy implementation.

Annually, OPA will also publicize the name and contact information of the School official(s) leading and coordinating the WC, as well as information on how the public can get involved with the OPA WC.

### ***Triennial Progress Assessments***

At least once every three years, OPA will evaluate compliance with the wellness policy to assess the implementation of the Policy and include:

- The extent to which the School in compliance with this Policy;
- The extent to which the School's policy compares to model wellness policies; and
- A description of the progress made in attaining the goals of the School's Policy.

The position/person responsible for managing the triennial assessment and contact information is:

The Executive Director or Designee [info@oxfordchampions.com](mailto:info@oxfordchampions.com)

The OPA WC/Wellness Committee will monitor the School's compliance with this Policy.

OPA will actively notify households/families of the availability of the triennial progress report.

### ***Revisions and Updating the Policy***

OPA will update or modify this Policy and may use the results of an annual School Health Index and triennial assessments and/or as School priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **This Policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

### ***Community Involvement, Outreach and Communications***

OPA is committed to being responsive to community input, which begins with awareness of the

wellness policy. OPA will actively communicate ways in which representatives of OPA WC/the School and others can participate in the development, implementation and periodic review and update of this Policy through a variety of means. OPA will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards.

OPA will use electronic mechanisms, such as email or displaying notices on the School's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to this Policy, as well as how to get involved and support the Policy. The School will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating important School information with parents.

The School will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. OPA will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

### ***Nutrition Education***

The School Food Authority (SFA) aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Includes enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Includes nutrition education training for teachers and other staff

## **III: Nutrition**

### ***School Meals***

OPA participates in USDA child nutrition programs, including the National School Lunch Program (NSLP). The School is committed to offering school meals through the NSLP that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal

statutes and regulations. (The School offers reimbursable school meals that meet USDA nutrition standards.)

- Promote healthy food and beverage choices using at least ten of the following Smarter Lunchroom techniques:
  - Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans).
  - Sliced or cut fruit is available daily.
  - Daily fruit options are displayed in a location in the line of sight and reach of students.
  - All available vegetable options have been given creative or descriptive names.
  - Daily vegetable options are bundled into all grab-and-go meals available to students.
  - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
  - White milk is placed in front of other beverages in all coolers.
  - Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
  - A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.).
  - Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
  - Student artwork is displayed in the service and/or dining areas.
  - Daily announcements are used to promote and market menu options.
- Menus posted on the website and will contain nutrition contents;
- Students are served lunch at a reasonable time of day.
- Menus are reviewed by a nutritionist.

### ***Water***

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. OPA will make drinking water available where school meals are served during mealtimes.

### ***Competitive Foods and Beverages***

OPA is committed to ensuring that all foods and beverages available to students on the School campus during the school day support healthy eating. The foods and beverages sold and served outside of the School meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable School meal programs that are sold to students on the School campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

### ***Celebrations and Rewards***

All foods offered on the OPA campus will meet or exceed the USDA Smart Snacks in School nutrition standards, including through:

1. Celebrations and parties. OPA will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.
2. Classroom snacks brought by parents. OPA will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.
3. Rewards and incentives. OPA will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

### ***Fundraising***

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the OPA campus during the school day. OPA will make available to parents and teachers a list of healthy fundraising ideas

### ***Nutrition Promotion***

OPA will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- ✦ Implementing at least ten evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques described above; and
- ✦ Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.

### ***Food and Beverage Marketing in Schools***

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

As the Executive Director or Designee reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by this Policy.

## **II. Physical Activity**

The School has the following specific goals to promote student wellness, consistent with this Policy:

1. Every student will receive the required PE minutes per week
2. Organized activities will be provided to encourage student activity during recess and lunch breaks
3. Students will be encouraged to participate in organized sports and clubs

In developing these goals, the School reviewed and considered evidence-based strategies and

techniques and parent input. OPA will work toward achievement of these goals by:

1. Provide scheduled and age appropriate Physical Education activities on a weekly basis by a certificated PE teacher on each site a minimum of two times per week
2. Offer and Promote Mileage Club, Cheer, Flags and/or other clubs which encourage movement and physical activity.
3. Offer competitive intramural sports for lunch

### **III. Other Activities that Promote Student Wellness**

OPA will integrate wellness activities across the entire School setting, not just during meal periods, other food and beverage venues and physical activity facilities. OPA will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of this Policy, including but not limited to ensuring the involvement of the OPA WC and/or parents and the community.

All School-sponsored events will adhere to this Policy's wellness guidelines. All School-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

#### ***Community Partnerships***

OPA will develop relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators, etc.) in support of this Policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with this Policy and its goals.

#### ***Professional Learning***

When feasible, OPA will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help OPA staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing organization reform or academic improvement plans/efforts.

#### ***Nondiscrimination Statement***

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the agency (state or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at 800-877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (AD-3027), found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html) and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call 866-632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410
- (2) fax: (202) 690-7442
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

*All stakeholders are able to participate in the development, review, update, and implementation of the Local School Wellness Policy. Please contact Jill Marks for more details.*