

Ogden City School District Wellness Policy

POLICY:

The Board of Education of Ogden City School District will support the wellness of our students, staff, and community with ongoing attention to Nutrition Education, Physical Education and Activity, Nutrition Guidelines, Community Involvement, and Assessment.

PROCEDURES:

Nutrition Education and Promotion

- All students will complete a health education class and Fitness for Life class before graduating from high school. The classes will offer a nutrition component.
- Nutrition education will emphasize topics including: healthy food preparation; balance between food intake and energy expenditure; links with school meals; and health literacy.
- Additional electives and Consumer and Tech Education classes may be offered that feature a nutrition component.
- The cafeteria at each school will feature educational signage that promotes a healthy lifestyle.
- The eligible schools are encouraged to apply for the Fresh Fruit and Vegetable Program and run the program in the schools selected for the grant. Under this program, schools will receive funding to distribute a fresh fruit or vegetable snack two times per week. Teachers are given information about the fruit or vegetable that they may use to teach a short nutrition lesson.

Physical Education and Activity

- Physical Education class sizes are encouraged to maintain the 40:1 student to teacher ratio that is recommended by the Utah State Office of Education.
- Teachers will utilize a curriculum that is consistent with the National and State Standards for Physical Education.
- Pre and post tests will be administered for the Presidential Youth Fitness Program for grades 4-12.
- Appropriate physical education will be provided to students with disabilities and special health care needs.
- Elementary schools are encouraged to provide at least 20 minutes of recess for students during each school day.
- Elementary schools are encouraged to provide recess before lunch.
- Elementary schools are encouraged to provide at least 30 minutes of physical education per class per week.
- Elementary schools are encouraged to have faculty and staff members promote physical activity during recess.
- Elementary schools are discouraged from withholding recess time as a punishment.
- Elementary schools are encouraged to provide alternate physical activity opportunities on bad weather days.
- Secondary schools will meet the State physical education requirements for graduation.

Nutrition Guidelines

- School Meals – School breakfast and lunch meals will be planned to meet the current Federal and State guidelines. The menu planner will work to make meals appealing and cost-effective.
- Smart Snacks – Schools will be responsible to abide by the Federal Regulations on All Food Sold in Schools (Smart Snacks). Each school is in charge of granting exemptions, up to the number allowed by the State, and to keep records of those exemptions. The District’s Child Nutrition Department will be available to contact with questions on this regulation. Schools may also contact the Utah State office of Education Child Nutrition Program for guidance.
- Schools are encouraged to achieve at least silver level on the Smarter Lunchroom strategy checklist.
- Food and beverage marketing during school hours is only allowed for those foods and beverages that meet the Smart Snacks in School nutrition standards.
- Schools are encouraged to only offer non food incentives. If schools are providing a food incentive it is recommended to be limited to one portion size per week.
- Schools only allow commercially manufactured food and drinks for student consumption.

Community Involvement

- The District will encourage community partnerships with Weber State University, Weber-Morgan Health Department, Ogden City Recreation, YMCA, Boys and Girls Club of Northern Utah, and other community organizations.
- Additional opportunities for community involvement:
 - Ogden Nature Center
 - Local grocery stores
 - Weber Pathways
 - Weber Moves
 - Local healthcare facilities
 - Ogden Trails Network

Assessment Measures

- The District will appoint a District Wellness Committee to oversee the policy’s implementation and assessment.
- Each school will provide a school wellness representative to be on the District Wellness Committee. The school representative is responsible for annually assessing his or her school in the fall (see assessment attachments).
- Wellness representatives will quarterly attend faculty meetings and provide wellness policy updates, assessment results, and professional development in best practices related to wellness topics.
- The District Wellness Committee will meet at least once per school year to report on each school’s progress.
- The District Wellness Committee will meet every three years to evaluate the current wellness policy. Members of the general public and the school community will be invited to participate in the wellness policy process.
- A description of public involvement, public updates, participation, and policy leadership will be issued annually to the public.

For more information on OCSD wellness policy assessment and resources please visit: osdmeals.org

Elementary Wellness Procedural Checklist

School _____ Wellness Rep. _____	Yes	No
Nutrition education emphasizes topics including healthy food preparation, balance between food intake and energy expenditure, links with school meals, and health literacy.		
The cafeteria features educational signage that promotes a healthy lifestyle.		
Fresh Fruit and Vegetable program is offered.		
Physical education class sizes maintain the same teacher to student ratio as core subjects.		
Teachers utilize a curriculum that is consistent with national and state standards for physical education.		
Pre and post tests are administered for the Presidential Youth Fitness Program for grades 4-6.		
Appropriate physical education is provided to students with disabilities and special health care needs.		
The school provides at least 20 minutes of recess for students during each school day.		
The school provides recess before lunch.		
The school provides at least 30 minutes of physical education per class per week.		
The school faculty and staff members promote physical activity during recess.		
The school does not withhold recess time as a punishment.		
The school provides alternate physical activity opportunities to students on bad weather days.		
The school's breakfast and lunch follows all State and Federally mandated guidelines.		
The school abides by the Federal Smart Snack guidelines.		
The school achieves at least silver level on the Smarter Lunchroom strategy checklist.		
Food and beverage marketing during school hours is only allowed for those foods and beverages that meet the Smart Snacks in School nutrition standards.		

The school only offers non food incentives.		
The school only allows commercially manufactured food and drinks for student consumption.		
The wellness representative attends faculty meetings quarterly and provides wellness policy updates, assessment results, and professional development in best practices related to wellness topics.		
<p>The school participates with at least three community partnerships that promote healthy lifestyles:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Weber State University <input type="checkbox"/> Weber-Morgan Health Department <input type="checkbox"/> Ogden City Recreation <input type="checkbox"/> YMCA <input type="checkbox"/> Boys and Girls Club <input type="checkbox"/> Other community organizations <hr style="width: 20%; margin-left: 0;"/>		

Junior High School Wellness Procedural Checklist

School _____ Wellness Rep. _____	Yes	No
Nutrition education emphasizes topics including healthy food preparation, balance between food intake and energy expenditure, links with school meals, and health literacy.		
Additional electives or CTE classes are offered that feature a nutrition component.		
The cafeteria features educational signage that promotes a healthy lifestyle.		
Physical education class sizes maintain the same teacher to student ratio as core subjects.		
Teachers utilize a curriculum that is consistent with national and state standards for physical education.		
Pre and post tests are administered for the Presidential Youth Fitness Program for grades 7-9.		
Appropriate physical education is provided to students with disabilities and special health care needs.		
The school meets the State physical education requirements for graduation.		
The school's breakfast and lunch follows all State and Federally mandated guidelines.		
The school abides by the Federal Smart Snack guidelines.		
The school achieves at least silver level on the Smarter Lunchroom strategy checklist.		
Food and beverage marketing during school hours is only allowed for those foods and beverages that meet the Smart Snacks in School nutrition standards.		
The school only allows non food incentives.		
The school only offers commercially manufactured food and drinks for student consumption.		
The wellness representative attends faculty meetings quarterly and provides wellness policy updates, assessment results, and professional development in best practices related to wellness topics.		

The school participates with at least three community partnerships that promote healthy lifestyles:

- Weber State University
 - Weber-Morgan Health Department
 - Ogden City Recreation
 - YMCA
 - Boys and Girls Club of Northern Utah
 - Other community organizations
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High School Wellness Procedural Checklist

School _____ Wellness Rep. _____	Yes	No
Students complete a Health Education class and Fitness for Life class before graduating from high school. The classes offer a nutrition component.		
Nutrition education emphasizes topics including healthy food preparation, balance between food intake and energy expenditure, links with school meals, and health literacy.		
Additional electives or CTE classes are offered that feature a nutrition component.		
The cafeteria features educational signage that promotes a healthy lifestyle.		
Physical education class sizes maintain the same teacher to student ratio as core subjects.		
Teachers utilize a curriculum that is consistent with national and state standards for physical education.		
Pre and post tests are administered for the Presidential Youth Fitness Program for grades 10-12 in physical education.		
Appropriate physical education is provided to students with disabilities and special health care needs.		
The school meets the State physical education requirements for graduation.		
The school's breakfast and lunch follows all State and Federally mandated guidelines.		
The school abides by the Federal Smart Snack guidelines.		
The school achieves at least silver level on the Smarter Lunchroom strategy checklist.		
Food and beverage marketing during school hours is only allowed for those foods and beverages that meet the Smart Snacks in School nutrition standards.		
The school only offers non food incentives.		
The school only allows commercially manufactured food and drinks for student consumption.		

<p>The wellness representative attends faculty meetings quarterly and provides wellness policy updates, assessment results, and professional development in best practices related to wellness topics.</p>		
<p>The school participates with at least three community partnerships that promote healthy lifestyles:</p> <ul style="list-style-type: none"><input type="checkbox"/> Weber State University<input type="checkbox"/> Weber-Morgan Health Department<input type="checkbox"/> Ogden City Recreation<input type="checkbox"/> YMCA<input type="checkbox"/> Boys and Girls Club of Northern Utah<input type="checkbox"/> Other community organizations <p>_____</p>		