



# **Odyssey Charter School Student Wellness Policy**

Pending Board Approval  
Revised: April 2023

**1. ADVISORY GROUP**

Odyssey Charter School will have a Student Wellness Advisory Group made up of diverse stakeholders to assess the schools' needs and develop a policy that meets the operational realities of the schools and works toward improved health and wellness outcomes for school children. The Student Wellness Advisory Group will include:

- Three parent representatives (1 per school)
- Two middle school students
- Two high school students
- Three staff members (1 per school)
- School Nurse and/or FASA

The Student Wellness Advisory Group will meet twice a year to review the schools' goals and to discuss other issues. Student Wellness Advisory Group meetings will be open to the community.

**2. STUDENT WELLNESS POLICY COORDINATOR**

Student Wellness Policy Coordinator: Director of Federal Programs  
702-257-0578

The Student Wellness Policy Coordinator will be responsible for reporting the status of the policy implementation annually. Odyssey Charter School will provide the Nevada Department of Agriculture (NDA) the name(s), position(s), and contact information for the person(s) responsible for the oversight of the local school student wellness policy at the district and/or school level by September 30th of each school year. If the designated wellness policy coordinator changes, Odyssey Charter School must notify the NDA within 60 days.

**3. RECORDKEEPING**

Odyssey Charter Schools will retain basic records demonstrating compliance with the LSWP and will include the following documentation: compliance with the requirements of advisory group representations, triennial assessment of the LSWP, annual LSWP progress reports for each school under its jurisdiction and demonstrate compliance with public notification that includes:

The Student Wellness Policy can be found on the Odyssey website under the Resources tab. Additionally, under the Student Wellness Policy tab, there will be a link to the Student Wellness Policy, a schedule of each campus' events or activities related to the Student Wellness Policy and how individuals and the public can get involved with the advisory group.

#### **4. ODYSSEY CHARTER SCHOOL-STUDENT WELLNESS POLICY GOALS**

Odyssey Charter School Student Wellness Advisory Group will annually review and create goals in the following areas:

1. Nutrition education and promotion
2. Physical activity
3. Other school wellness activities

#### **5. INCENTIVES AND REWARDS**

Odyssey Charter School teachers are strongly encouraged to utilize forms of incentives or rewards that are not food-based. Any food awards are required to be in alignment with the Smart Snacks Nutrition Standards.

#### **6. FUNDRAISING**

During the school day, all items sold to students on the school campus must meet the Smart Snacks Nutrition Standards. Fundraiser exemptions will not be granted.

#### **7. SPECIAL OCCASIONS POLICY**

For the following special occasions and/or holidays, food may exceed the established nutrition standards:

- State or National Holidays
  - Valentine's Day
  - Nevada Day/Halloween
- School Community Observations
  - As Part of a Lesson Plan- Prior approval by administration required
  - State mandated testing
  - School Sponsored Activities/Events

In order to minimize risk of food borne-illness and to avoid known food allergies, food must be commercially prepared.

#### **8. REVENUE**

Odyssey Charter School does not sell food or beverage items to students.

## 9. MEAL CONSUMPTION

Odyssey Charter School does not serve meals on school campuses.

## 10. PHYSICAL ACTIVITY

Teachers, school personnel and community personnel will not use physical activity or withhold opportunities for physical activity as punishment.

## 11. MARKETING

Marketing and advertising from outside vendors is not permitted on school property.

## 12. SMART SNACKS NUTRITION STANDARDS

All foods and beverages available for students on the school campus during the school day must meet the minimum nutrition standards. These food standards apply to all grade levels (unless otherwise specified).

To be allowable, a food item **must meet all** of the competitive food standards as follows:

### **Calories:**

Snack/Side Item- ≤200 calories per item as served (includes any accompaniments)

Entree- ≤350 calories per item as served (includes any accompaniments)

**AND**

### **Sodium:**

Snack/Side Item- ≤200 mg per item as served

Entree- ≤480 mg per item as served

**AND**

### **Fat:**

Total Fat- ≤35% of calories

Saturated Fat- ≤10% of calories

Trans Fat- 0 g per serving

**AND**

### **Sugar:**

Total sugar- ≤35% by weight Specific Nutrient Standards for Food

In addition to the Smart Snacks Nutrition Standards, food items must meet one of the following criteria:

- Be a grain product that contains >50% whole grains by weight or have whole grains listed as the first ingredient on the food label; OR
- Have listed as the first ingredient on the food label one of the non-grain main food groups: fruit, vegetable, dairy or protein foods; OR
- Be a combination food that contains at least ¼ cup fruit and/or vegetable  
\*If water is the first ingredient, the second ingredient must meet one of the above criteria.

**13. BEVERAGES**

Odyssey Charter School does not sell beverages on school campuses. Water dispensers are provided free of charge to all students on each school campus.

Beverage	Elementary School	Middle School	High School
Plain water	No size limit	No size limit	No size limit

**14. CAFFEINE**

All foods and beverages in elementary and middle schools must be non-carbonated and caffeine-free, with the exemption of trace amounts of naturally-occurring caffeine substances (e.g. chocolate milk).

It is recommended that no caffeine be allowed; however, caffeine is permitted at the high school level at the discretion of the school administrator.

**15. CHEWING GUM**

Chewing gum (sugar, sugar-free...) is not allowed on any Odyssey Charter School campus for sale.