



**WELLNESS POLICY  
ORANGE CENTER ELEMENTARY SCHOOL DISTRICT**

**Orange Center Elementary**

**Nutrition Education Goals**

- **Students in grades K-8 shall receive nutrition education that is interactive and teaches the skills students need to adopt healthy eating habits.**
- **Nutrition education shall be offered in the cafeteria as well as the classroom.**
- **Student shall receive nutrition messages in the classroom and cafeteria.**
- **State and district health education curriculum standards and guidelines include both nutrition and physical education.**
- **Nutrition shall be integrated into health education curricula or core curriculum (e.g. math, science, language arts.)**
- **OCSD will conduct nutrition education activities and promotions that involve parents and students.**

### **Physical Activity Goals**

- Students will have the opportunity for physical activity during the school day through daily recess periods and physical education (PE classes).
- OCSD shall encourage community sports and activity. For an example, baseball, softball, football, volleyball and basketball community/local teams.
- OCSD shall work with parents/community to create an environment that is safe and supportive of students' physically active commute to and from school.

### **Establishing Nutrition Standards for All Foods Available on School Campus during the School Day**

- During each school day the food service program shall offer breakfast and lunch under the nutritional guidelines of the USDA's National School Lunch and Breakfast Program.
- OCSD shall offer supper based on the nutrient guidelines in the USDA's After School At-Risk Snack Program to those students in after-school education or enrichment programs.
- OCSD shall encourage all students to participate in meal opportunities. The school district shall make every effort to ensure that families are aware of need-based programs for free or reduced price meals. The program shall maintain the confidentiality of students and families applying for or receiving free or reduced meals.
- The food service director shall monitor the nutrient breakdown of our menu items to ensure that USDA guidelines are being met.
- OCSD will limit the availability of non-food items to students.

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

- OCSD shall continue to provide a clean, safe, enjoyable meal environment for students.
- OCSD will discourage the use of food as a reward or punishment.
- OCSD shall make every effort to ensure fundraising efforts are supportive of healthy eating.

### **Setting Goals for Measurement and Evaluation**

- OCSD Advisory Group consisting of a parent, student, administration, principal and food service personnel shall monitor and evaluate the district Wellness Policy.
- OCSD Wellness Policy shall be implemented and modified based on needs and success of the program.