



East
meets
West

Building a Healthy
Partnership for Children



Our Mission for Every Child

Our Mission is to work in partnership with the family and community with the aim of helping each child reach full potential in all areas of life.

We seek to educate the whole child with the understanding that each person must achieve a balance of intellectual, physical, emotional, spiritual and social skills as a foundation for life.

Odyssey Charter School, Inc.

Building a National Model for Healthy Schools with a Focus on Natural Health

Committed to Academic Excellence and the Education of the Whole Child

Commitment to Shared Beliefs: Odyssey's Six Essential Elements

NEW INITIATIVE
Creating a National Model for
Healthy Schools



Green School & Campus



Wellness, Health, and Nutrition



Montessori Philosophy and Growth Mindset



Creating the Culture for Learning through Positive Discipline & Problem Solving



Collaborative Leadership and Professional Learning Communities



Academic Rigor and STEAM

Holistic Education



Who we are?

Serving 2400 students of predominantly working-class families in **Preschool through 12th grade** on two school campuses in Palm Bay, Florida

Montessori Village Green (Preschool and Voluntary Pre-Kindergarten)

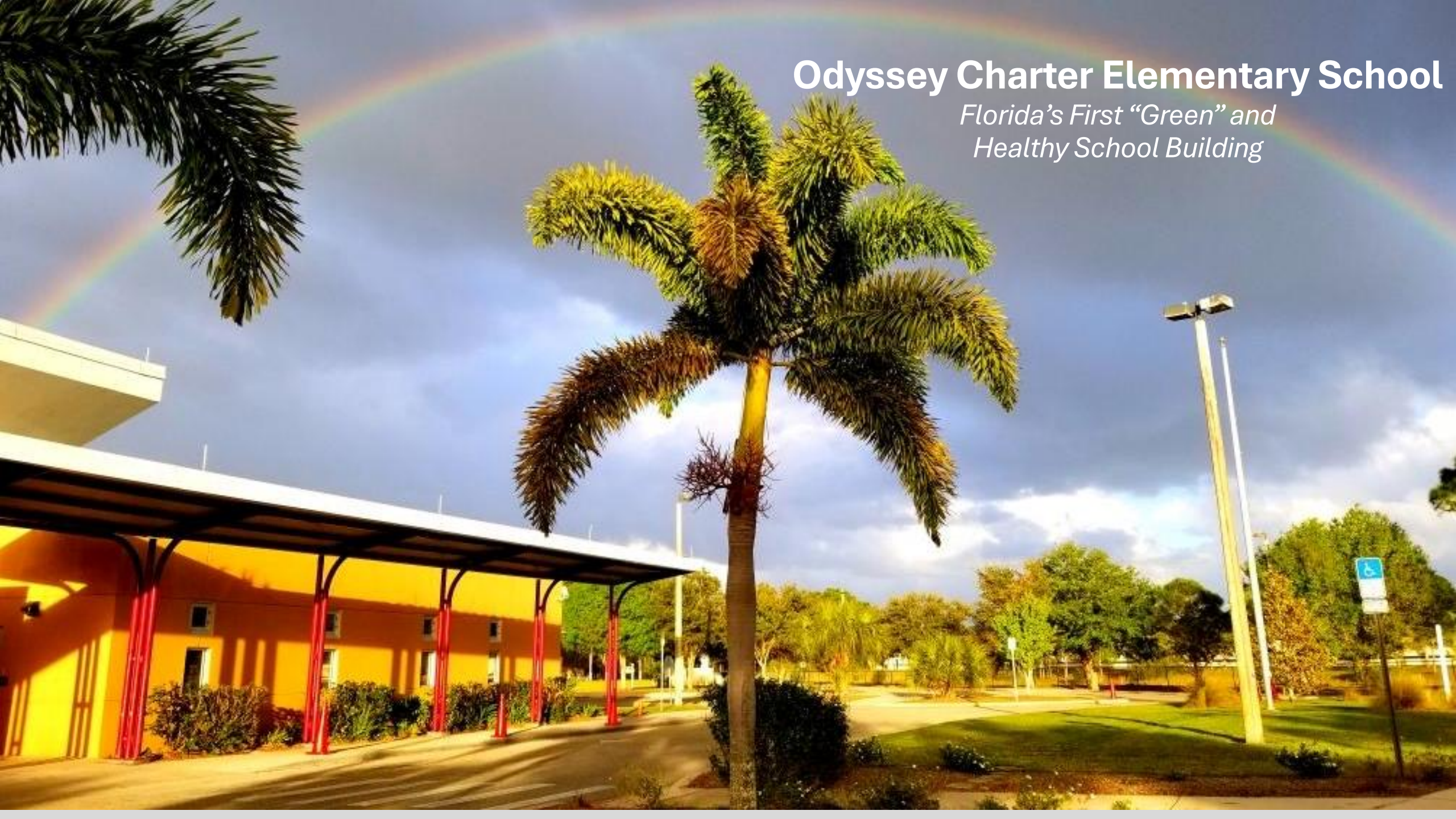
Odyssey Charter Elementary School (K-5)

Odyssey Preparatory Academy (K-5)

Odyssey Charter Jr/Sr High School (6-12)

Odyssey Charter Elementary School

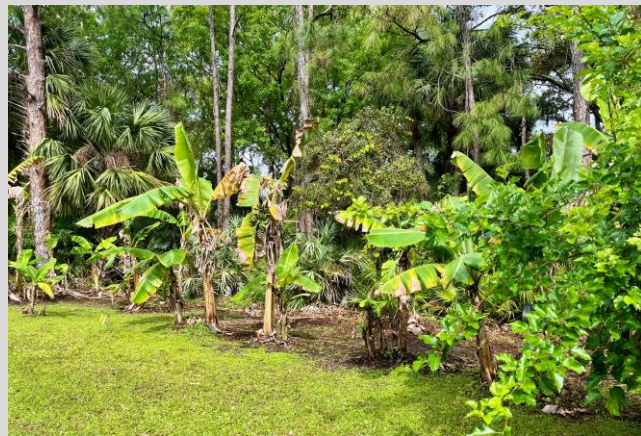
*Florida's First "Green" and
Healthy School Building*





Odyssey is a “Green” and Healthy School Building

- ***Healthy Café***
- ***Naturally, Day-Lit Classrooms***
- ***Highest Indoor Air Quality found in school buildings***
- ***Organic Gardens and Fruit Forest***
- ***Nutrition Education and Fitness Education Curricula***
- ***Green-Seal Certified Cleaners***
- ***Mozart and Baroque in the Hallways***



Natural Spaces:
Organic Gardens
Fruit Forest
Natural Trails



Odyssey Charter Jr/Sr High School
Odyssey Preparatory Academy
“Green” and Healthy Campus

Organic
Gardens



Odyssey Charter Jr/Sr High School
Odyssey Preparatory Academy
“Green” and Healthy Campus



Our Montessori Roots

Erd Kinder: Children of the Earth,
providing an opportunity for
adolescents to study civilization
through its origins in agriculture

In the words of Dr. Maria Montessori:

"My vision of the future is no longer of people taking exams and proceeding on that verification from that secondary school to the university, but of individuals passing from one stage of independence to a higher [one], by means of their own activity, through their own effort or will, which constitutes the inner evolution of the individual."



RETHINKING SCHOOL LUNCH

A planning framework from the Center for Ecoliteracy

SECOND EDITION



CENTER FOR ECOLITERACY

Rethinking School Lunch
Guide: A Planning Framework
and systems guide to provide
ideas and strategies to:

- Improve School Food
- Promote Health
- Wellness Policy
- Teaching and Learning about Nutrition Ed.
- Healthy Kitchen Design
- Procurement
- Waste Management
- Professional Development

No fast foods, candy sales or
junk foods allowed!



Wellness Policy: Wise Nutrition and Healthy Lifestyles Pledge

- Wellness is fundamental to education and learning. Furthermore, a student's ability to learn effectively and achieve high standards in school is directly related to dietary choices, physical activity, and the environmental climate.
- Our school's role, as part of the larger community, is to help your child(ren) reach their full potential. We will model, actively practice and teach, the promotion of your child's optimal health through the creation of a carefully designed educational environment which will include a nutrition education strand, organic gardening experiences, a healthy café, a physical fitness and healthy lifestyles program, environmental preservation and an increased student awareness of the built environment's impact upon health.

Please initial:

_____ I agree that I have read, understood and will respect the school's Wellness Policy.

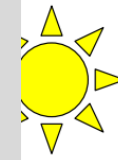
_____ I agree that I will actively support the Wellness Policy with the aim of helping my child(ren) reach their full potential.

_____ I agree that I will promote and encourage movement/activity within the classroom and at home.

_____ I agree that I will not offer food as rewards or incentives for students at school.

_____ I agree to abide by the Birthday Policy included in the OCS, Inc. Wellness Policy.





Odyssey Charter School's Birthday Policy



At Odyssey, we choose to celebrate the life and essence of each child during birthday celebrations, with attention on the birth and life of your very special child, rather than making the occasion a food centered event.

Sharing of the birthday child's life history / timeline, favorite books and / or hobbies are encouraged to help your child to develop a true appreciation for the gift of life, the joy of learning, and the rewards in sharing of one's inner self.

Decisions regarding your child's teacher regarding participation and timing of birthday celebrations are at the discretion of each Teacher. Please review Odyssey's Wellness & Nutrition Policy on the School's website for suggested birthday celebration activities.

To educate students in nutrition education for optimal health, to protect the health and safety of all students and to protect the educational learning time in classrooms, the consumption of food and beverage variety for birthday celebrations is prohibited at Odyssey.

Thank you for your partnership as we strive to fulfill our mission to help each child reach their full potential in all areas of life.

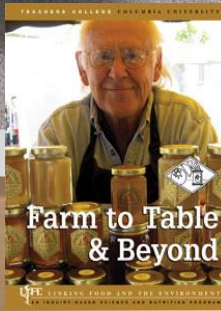
Birthday Policy: Celebrating the Child and Not the Cake

Odyssey schools operate their own healthy National School Breakfast, Lunch, and Snack programs

Our Healthy Café and Nutrition Education Curriculum

The Choice, Control & Change curriculum was effective in improving many of the specifically targeted behaviors related to reducing obesity risk, indicating that combining inquiry-based science education and behavioral theory is a promising approach.

--2010 American Dietetic Association



Healthy Café Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>No School Happy Holidays</i>	<i>No School Happy Holidays</i>	<i>1 No School Happy Holidays</i>	<i>2 No School Happy Holidays</i>	<i>3 No School Happy Holidays</i>
6 MEATLESS MONDAY Roasted Tomato and Basil Soup Toasted Cheese Sandwich	7 Turkey Tacos Veggie Tacos (V) Whole Grain Tortilla Lettuce and Cheese Steamed Corn	8 Hawaiian Pulled Pork Teriyaki Tofu (V) Organic Brown Rice Steamed Carrots Whole Grain Roll	9 BBQ Chicken or BBQ Tofu (V) Sandwich Whole Grain Bun Fresh Steamed Broccoli	10 Assorted Flavors of Whole Grain Pizza Steamed Green Beans
13 Jerk Chicken Cuban Black Beans Organic Brown Rice Steamed Carrots Whole Grain Roll	14 Chicken Burrito Bowl with Corn Salsa Whole Grain Quinoa And Warm Tortilla Veg. Option Available	15 Grass Fed Sliders Or Veggie Burger Whole Grain Bun Lettuce and Tomato Steamed Broccoli	16 Turkey Sub or Hummus Sub (V) Whole Grain Roll Organic Spinach and Assorted Fresh Veggies	17 Assorted Flavors of Whole Grain Pizza Steamed Green Beans
20 <i>No School Martin Luther King Jr. Day</i>	21 Healthy Asian Chicken or Tofu (V) Lettuce Wrap Organic Brown Rice Carrots and Roll	22 Baked Potato (V) Baked Sweet Potato (V) Turkey Chili Whole Grain Corn Bread	23 Chicken Tinga Black Bean Tinga (V) Whole Grain Corn Chips Lettuce/Cheese Steamed Corn	24 Assorted Flavors of Whole Grain Pizza Steamed Green Beans
27 MEATLESS MONDAY Roasted Tomato and Basil Soup Toasted Cheese Sandwich	28 Turkey Tacos Veggie Tacos (V) Whole Grain Tortilla Lettuce and Cheese Steamed Corn	29 Hawaiian Pulled Pork Teriyaki Tofu (V) Organic Brown Rice Steamed Carrots Whole Grain Roll	30 BBQ Chicken or BBQ Tofu (V) Sandwich Whole Grain Bun Fresh Steamed Broccoli	31 Assorted Flavors of Whole Grain Pizza Steamed Green Beans

Breakfast Menu

Whole Grain Cinnamon Oatmeal Or Whole Grain Bagel Turkey Sausage	Whole Grain Waffle 100% Pure Maple Syrup Turkey Sausage	Whole Grain Cinnamon Oatmeal OR Whole Grain Bagel Turkey Sausage	Farm Fresh Scrambled Eggs Whole Grain English Muffin or Grits	Assorted Whole Grain Cereal Fresh Baked Muffins String Cheese
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Prices

Student Meals: FREE - NO CHARGE

Adults: Daily: \$4.55

A la Carte (extras): \$1.50—\$2.00

Check Café Menu Board for full daily list of options

Included FREE in Every Meal:

- Fresh Fruit Choice
- Low-Fat Milk
- Garden Fresh Salad Bar:
 - Crisp Romaine Lettuce
 - Crunchy Organic Baby Carrots
 - Delightful Cherry Tomatoes

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the United States Department of Agriculture, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Healthy Café

- 80% naturally prepared, made-from-scratch wholesome foods
- Farm to School Program
- Organic veggies from The Farm at Odyssey
- Organic fruits, vegetables, and brown rice – full salad bar daily
- Vegan and/or vegetarian options daily
- Growth-hormone free chicken, grass-fed beef
- Fresh baked whole grain bread
- No high fructose corn syrup

Two Gold Awards of Distinction and two Silver Awards from the USDA Healthier U.S. School Challenge: Smarter Lunchrooms Program.



Annual Harvest Meal



"Committed to academic excellence and the education of the whole child"

The Problem with GMO's

Genetically Modified Organisms (GMOs) have long been stirring debates across scientific, agricultural, and consumer communities. One of the primary concerns surrounding GMOs is the cumulative impact over time on the health of humans. GMO products can pose potential health risks. Crops that are made to be bug resistant use weed killer (herbicides) to change their chemical makeup which ends up being on the crop and digested in the human that eats the food. The new plant may survive the infestation of bugs, but nobody knows the long-term impacts upon the health of humans.

In contrast to GMOs, organic agriculture offers an alternative approach that emphasizes natural methods of pest and weed control. Organic farming practices favor techniques like crop rotation, composting, and biological pest control. Organic agriculture promotes soil health, reduces chemical runoff into waterways, and supports wildlife habitats. Although yields are lower and prices are higher, when we are able, we will always choose organic for your family. It is just one way that we can help your child reach full potential.

Farm to Table: Cultivating Wellness at School

At the heart of fostering wellness within our school community lies the Farm to Table initiative, an Odyssey program that bridges the gap between cultivation and consumption right within our own backyard. Through our schools' organic farm and gardens, we are not only cultivating fresh organic produce but also nurturing a profound connection between students and the food they eat. Each harvest is a testament to the hard work and dedication of our students and staff who tend to our fields and gardens, sowing seeds of knowledge and reaping the rewards of wholesome nutrition.



Cultivating a Healthy Future

Through initiatives like Farm to Table and the School Harvest Lunch Program, we are not only nourishing our students but also sowing the seeds of a healthy future. By supporting our own organic agriculture endeavors, we are cultivating a community that values the interconnectedness of food, health, and wellness. As we continue to harvest the fruits of our labor, let us remember that every meal shared is an opportunity to cultivate wellness, both within ourselves and the world around us.

Nourishing Bodies and Minds: The School Harvest Lunch Program

As the sun rises over our schools' organic fields and gardens, so does the promise of nourishment for both body, mind, and spirit through our schools' Harvest of the Month Lunch Program Initiative. With meals often crafted from the bounty of our own harvests, students are treated to a feast of flavors that not only tantalize their taste buds but also provide essential nutrients for growth and development. January's harvest included a wide array of delicious vegetables including sun gold tomatoes, yellow chester tomatoes, eggplant, broccoli, green beans, peas, and bell peppers on basil. Our harvest is a wonderful opportunity to enjoy organic seasonal vegetables and crisp salads bursting with vibrant colors and garden-fresh flavors. Every bite tells a story of our students' stewardship.



"Committed to academic excellence and the education of the whole child"

Happy New Year

From all of us here at our schools and management company, we hope you have a wonderful New Year filled with good health and happiness. May 2025 be your best year yet!

We hope that you have had a wonderful holiday season. There are many exciting initiatives and activities happening in our schools, so please continue to follow us on Facebook and enjoy the pictures documenting the journey of our students and school community.

A New Year brings a new opportunity for a fresh start. Let's encourage our children to strive to reach their own unique and wonderful potential. This is their chance to write another chapter in their own beautiful story.

Very Best Wishes for a Happy New Year!

Farm News

Did you know the children at Odyssey Charter School grow organic produce for our lunch program right on site? In fact, last year our students grew close to two thousand pounds of vegetables for our café! Organic agriculture and gardening have become an integral part of our overall wellness focus at Odyssey. From raised gardens, to row cropping, to our 4000+ gallon aquaponics system, all of our vegetable production is purely organic. Organic vegetables are free of pesticides and may contain higher levels of essential nutrients to keep your child healthy and strong. In addition, organic vegetable production is much kinder to the environment. It limits fertilizer runoff to our lagoon, facilitates carbon sequestration, diverts landfill buildup, and builds healthier soil to leave to future generations. Here at Odyssey, your children actively engage in the process of planting, nurturing, and harvesting vegetables, gaining hands-on experience in agricultural practices. Every student has the opportunity to gain all of the skills they'll need to continue the tradition of growing organic vegetables as they move through life.



Odyssey Wellness Teams: Join the Excitement!

This year, our Odyssey Wellness team has split into two dynamic groups to better achieve our mission. Each team has unique goals and plans, and we invite parents and guardians to join in on this important work! As a wellness-focused school, we know the impact on our students will directly support their social, emotional, academic, and spiritual development. Here are the goals for the Physical Health and Wellness Team and the Healthy Nutrition and Organic Agriculture Team:

Physical Health, Wellness, and 5K Committee

- Fitness Goals: Setting new fitness milestones.
- SPARK Insights: Using the text 'Spark', exploring how exercise boosts body and brain.
- PE Curriculum Development: Crafting engaging and fitness-focused PE classes.
- Youth Fitness Program: Monitoring fitness progress through the Presidential Youth Fitness Program.
- 5K Planning: Preparing for our annual run.

Nutrition and Agriculture Committee

- Farm Produce: Supplying our cafes with fresh produce from our farm and raised garden beds.
- Removal of Glyphosates from our School Breakfast and Lunch Programs: Already removed from our oatmeal, we have begun sourcing other whole grains.
- Composting: Implementing eco-friendly practices by students.
- Greenhouse Projects: Building greenhouses on campuses.
- Accessible Gardening: Creating inclusive garden spaces.
- Pollination Gardens: Enhancing biodiversity on both school campuses.
- Plastic Reduction: Eliminating plastic bottles in healthy cafes.
- Wildlife Habitat: Achieving certification for local wildlife support.

Interested in joining?

Wellness teams meet monthly.





System Strategic Plan

Goal: HEALTHY SCHOOLS

- The **National Model for Healthy Schools with a focus on natural health** prioritizes the health, well-being, and success of students, staff, and the entire school community.
- This model focuses upon the ultimate health of children and aligns with the schools' holistic education mission.
- It includes a multi-prong approach to meet the intrinsic needs of children spiritually, intellectually, emotionally, physically, and socially.





Odyssey's World-Class Model for Healthy Schools with a Focus on Natural Health



Healthy School Campus



Mental Health and Emotional Well-being



Physical Fitness: Fitness for Life



Healthy School Lunch Program from Garden to Plate



2023-2024 Fresh-grown Organic Produce

(Served in our Healthy Cafés or sent home with teachers and families from our farm and gardens)

- Lettuce – 500lbs.
- Tomatoes – 500lbs.
- Carrots – 50lbs.
- Eggplant – 200lbs.
- Peppers – 10lbs.

- Producing 2000s of pounds of organic produce to serve in our Healthy Cafes each year

- Providing educational places to apply student understanding of the educational standards in Math and Science





**We are ready for the
next steps to MAHA!**