

Wellness Policy

Nutrition Promotion and Education

Goals:

- Provide age-appropriate nutrition education as part of the health curriculum to foster lifelong healthy eating behaviors.
- Integrate nutrition topics into other subjects such as science, physical education and math, when appropriate.
- Promote the benefits of healthy eating through school-wide events, newsletters and social media campaigns.
- Encourage participation in farm-to-school programs and local food initiatives.

Implementation:

- Include evidence-based strategies for nutrition education in the curriculum.
- Display nutrition information prominently in cafeterias and other common areas.
- Conduct taste tests and cooking demonstrations to engage students in healthy eating practices.
- Provide free drinking water during all meals and snacks to ensure hydration and promote health.



Physical Activity

Goals:

- Provide students with opportunities for physical activity throughout the school day, including structured physical education and unstructured recess.
- Encourage active transportation to and from school, such as walking or biking, through safe routes initiatives.
- Organize wellness events like fun runs, fitness challenges and sports tournaments.

Implementation:

- Ensure daily physical education activities meet or exceed state standards.
- Incorporate movement breaks into the school day to enhance focus and reduce sedentary behavior.
- Offer after-school physical activities for clients placed in our residential programs.

Nutrition Guidelines

Standards for Foods and Beverages Sold:

- All foods and beverages sold to students during the school day must meet or exceed the USDA's Smart Snacks in School nutrition standards.
- School meals must comply with federal nutrition standards for the National School Lunch Program and School Breakfast Program.

Standards for Foods and Beverages Provided (Not Sold):

- Classroom parties, snacks and incentives must align with healthy food guidelines.
- Limit the frequency of celebrations that include food and ensure they offer healthy options.

Food and Beverage Marketing:

- Only foods and beverages that meet the Smart Snacks in School nutrition standards may be marketed or advertised on school property.

Mental and Emotional Wellness

Goals:

- Provide access to mental health resources for students and staff.
- Promote a culture of inclusivity, respect and support through social-emotional learning programs.
- Conduct regular wellness fairs and activities that emphasize emotional health and stress management.

Implementation:

- Employ qualified mental health professionals to support student needs.
- Provide training for staff on recognizing and addressing signs of mental health challenges.
- Incorporate mindfulness or relaxation techniques into the school routine.

Confidentiality and Client Eligibility

- Ensure confidentiality by not disclosing any information about the eligibility of students or clients for free or reduced-price meals or other programs.
- Train staff to protect client privacy and maintain compliance with applicable federal and state laws.

Professional Standards Requirements

- Ensure all nutrition program staff meet or exceed the USDA Professional Standards for School Nutrition Employees.
- Provide ongoing training opportunities and professional development to maintain compliance and support staff competency in nutrition program operations.

Policy Leadership

A designated Coordinator will:

- Lead the development, implementation and evaluation of the wellness policy.
- Ensure compliance with federal and state regulations.
- Act as a liaison between the school, parents and the community.

Public Involvement and Updates

Public Involvement:

- Encourage participation from students, parents, teachers, health professionals and community members in the wellness committee.
- Hold regular wellness committee meetings to discuss progress and gather feedback.

Public Updates:

- Publish the wellness policy and updates on the school's website and newsletters.
- Share progress reports and assessment results with stakeholders.

Triennial Assessment

Assessment Requirements:

- Evaluate compliance with the wellness policy every three years.
- Compare the policy to model wellness policies.
- Measure progress towards achieving the policy goals.

Public Availability:

- Make assessment results available to the public through newsletters, the school website and other communication channels.

Monitoring and Compliance

- Ensure ongoing monitoring of the wellness policy through regular reviews and feedback.
- Develop an action plan to address any areas of non-compliance or opportunities for improvement.

