

WELLNESS POLICY

(7/11/2016)

Introduction

As per the Child Nutrition and WIC Reauthorization Act of 2004, PL 108-265, school districts as well as residential child care institutions with a federally funded National School Lunch Program are required to develop and implement a wellness policy that addresses nutrition and physical activity. Such wellness policies were to be enacted by the start of the 2006-07 school year. In addition, the Healthy, Hunger-Free Kids Act of 2010 strengthens the nutrition and physical activity requirements for such wellness policies and includes goals for nutrition promotion.

Rationale

Supporting the 2011 United States Department of Agriculture (USDA) Nutrition Standards is important for student health and academic success. Studies show that students who eat breakfast have better nutrition, fewer sick days, fewer disruptive behaviors, and better school performance. Also students with increased consumption of fruits and vegetables and lower caloric intake levels of fats were significantly less likely to fail the literacy assessment test.

A healthy school environment, though, goes beyond the food served for breakfasts, lunches and snacks. Living a healthy lifestyle and maintaining a healthy weight requires a combination of healthy food choices, knowledge of nutrition, and appropriate amounts of physical activity. All foods made available during the school day should offer children nutritious choices. Nutrition education and physical activity should be incorporated into the school day as often as possible. In summary, the healthy, nutritionally astute, and physically active child is more likely to be academically successful.

The federal government recognizes that a coordinated effort by the entire community including child nutrition professionals, school board members, school administrators, teachers, students, parents, and residential care providers is warranted. It is through these combined efforts that the health and well-being of children can be improved.

Policy

To meet the needs of Our Home, Inc., this policy was adapted from wellness policies endorsed by the South Dakota Board of Education as well as developed and implemented in the local school districts from Huron and Parkston. The procedures in this policy shall address the following components: nutrition education and promotion, physical activity and promotion, other school-based activities, nutrition standards, and operational oversight.

Procedures

Nutrition Education and Promotion

The primary goal of nutrition education and promotion is to influence students' eating behaviors.

- Scientifically-based nutrition messages will be emphasized in schools attended by Our Home, Inc. students – in classrooms, buildings, and dining areas.
- Sequential and interdisciplinary nutrition education will be provided and promoted including the use of the South Dakota health education standards.
- Courses will be taught by district staff who are adequately prepared and who partake in relevant and ongoing professional development activities.
- Local school districts will ensure that ongoing professional development is provided to educators. Our Home, Inc. will ensure that food service personnel participate in annual training activities.

Physical Activity and Promotion

The primary goal for the physical activity and promotion component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long-term benefits of a physically active and healthful lifestyle.

- Program Coordinators shall develop a program services schedule that includes planned recreation time every day for the students. The recreation time shall include periodic group activities that are held outside the facility.
- Adequate and appropriate areas for recreation will be provided and maintained for student use.
- All staff members and educators will promote the benefits of physical activity and encourage students to be physically active, dependent upon their capabilities.

Other School-based Activities

The goal of other school-based activities is to create an environment that provides consistent wellness messages and is conducive to healthy eating and physical activity.

- Students and staff will have adequate time and space to eat meals in clean, safe, and pleasant surroundings.
- A single menu will be used for students and staff.
- Safe drinking water and convenient access to facilities for hand washing will be available during all meal periods.
- Food will not be withheld from students as a consequence for inappropriate behavior or poor academic performance.

Nutrition Standards

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available to them. Foods of good nutritional content including fruits, vegetables, low-fat dairy foods, and low-fat grain products will be available whenever food is offered during the normal school day.

- The food service program will operate in accordance with Federal, State, and local requirements as well as any other laws and regulations of the state of South Dakota. The food service program will comply with USDA regulations.
- Menus will be planned with input from food service personnel, agency staff, and students and will take into account students' cultural norms and preferences.
- Students with special dietary needs will be accommodated as required by USDA regulation.
- Healthy snacks will include full servings of any two of the following four food components: fluid milk; meat or meat alternate; fruit, vegetable, or 100% juice; and grain or bread product.
- Food and beverage items will meet nutritional standards as indicated below:

Beverages

- ✓ Provide water – non-carbonated and unflavored without added sugar, artificial sweeteners, or caffeine.
- ✓ Provide milk – fat-free or 1%.
- ✓ Eliminate the sale of soft drinks to students until after the end of the school day.

Grains

- ✓ Offer items that are whole-grain rich.
- ✓ For permitted sweet foods, no more than one grains/breads serving per day may be a dessert and sweet snack foods may not be served as part of a snack more than twice a week.

Fruits and Vegetables

- ✓ Offer fruits and vegetables prepared/packaged without added fat, sugar, or sodium. Low-fat dips and sauces on the side may be served in small portions to make foods more appealing.

Side dishes

- ✓ Offer low-fat yogurt in portion sizes of 8 ounces or less. Sugar should not be the first ingredient on the label.
- ✓ Limit ice cream and frozen desserts to portion sizes of 4 ounces or less with 6 grams or less of fat. Sugar should not be the first ingredient.

Condiments and miscellaneous

- ✓ Offer low fat salad dressing.
- ✓ Remove salt packets during breakfast, lunch, and snack service.

Operational Oversight

The Program Coordinator at each facility shall provide oversight and monitor implementation and results regarding the wellness policy as enacted for their respective residential treatment program. All inquiries concerning the wellness policy shall be directed to the facilities Program Coordinator.

On an annual basis during the month of May, the Program Coordinators, in consultation with the Licensing & Accreditation Manager, Business Manager, Registered Nurses, Head Cooks, teachers, and students, shall assess and review the Wellness Policy to determine level of goal attainment and need for update. Prior to the meeting, notices detailing the purpose, time, and location of the event shall be posted on agency bulletin boards as an outreach effort to elicit stakeholder participation. Results of the assessment shall be presented for discussion at the next monthly Program Administration Meeting and then reported to staff, residents, and parents via posting on agency bulletin boards.