Wellness Policy

(Insert facility name here)

(Insert date here)

The Executive Team is committed to the optimal development of every client and will provide an environment that promotes and stimulates the learning and development of wellness behaviors. This agency believes that in order for our clients to achieve personal, academic, developmental and social success, there must be a positive, safe, and health promoting environment at every level and in every setting.

**Nutrition Standards, Guidelines, and Marketing**

The following nutritional guidelines for food available on school campuses will be adhered to:

* Meals served through the National School Lunch and School Breakfast Program will be appealing and meet, at a minimum, nutrition requirements established by state and federal law
* Foods provided outside the reimbursable meal programs will follow nutrition guidelines set by the Wellness Committee. List can be found: (insert location).
* (If foods/beverages are sold to students – if not remove) Foods and beverages sold to students before school, during school and thirty minutes after will meet the United States Department of Agriculture (USDA) Smart Snacks in Schools nutrition standards.
* Only marketing and advertising of foods and beverages that meet the Smart Snacks in school nutritional standards on campus will be allowed.

**Nutrition Education and Promotion**

* Clients will be provided with nutrition education that is designed to provide clients with knowledge and skills necessary to promote and protect their health.
* Clients will have the opportunity to enjoy developmentally-appropriate, culturally relevant, and participatory activities, such as cooking demonstrations or lessons, promotions and taste testing.
* Nutrition education will extend across all aspects of living and across all education settings where it is appropriate.
* Staff will emphasize a healthy balance between food intake and caloric intake.
* Staff are discouraged from using food or withholding food from a client as a form of punishment or as a way to modify or manipulate behavior.
* Staff will engage in promoting nutrition that:
	+ includes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices; and
	+ links with other meal programs and nutrition related community services

**Physical Activity**

* Engage clients in moderate to vigorous physical activity for at least fifty-percent of Physical Education classes and exercise groups unless medically authorized special needs are verified
* Provide opportunities outside of the school day and other structured exercise groups for clients to get exercise and physical activity.
* Include clients with disabilities, special health care needs, and provide other alternatives if deemed medically necessary
* Encourage classroom teachers, as well as direct care staff, to provide opportunities for physical activity throughout the day, as appropriate

Staff are not to use physical activity (e.g. running laps, push-ups) or withhold opportunities for physical activity (e.g. recess, physical education) as punishment.

**Wellness Team**

(Insert facility name) will develop a wellness team that will be comprised of members from direct care staff, program supervisors, client families, donors, nursing staff, teachers, food service workers, community members and clients who are passionate about the health and wellbeing of the clients.

* The purpose of the wellness team is to form a group supporting, encouraging, and promoting good nutrition, physical activity and overall wellbeing for clients.
* The Wellness team will establish goals for enhancing and promoting nutrition education, encouraging physical activity, and other school and milieu activities to continuously promote client wellness.
* The goals established by the wellness team will be integral to our client’s health and lifelong wellbeing.

(Insert facility name) Board of Directors designee shall implement and ensure compliance with the policy by:

* Reviewing the policy at least every three years and recommending updates as appropriate for board approval.
* Implementing a process for permitting direct care staff, program supervisors, client families, donors, nursing staff, teachers, food service workers, community members and clients to participate in the development, implementation, and periodic review and update of the policy.
* Make the policy and updated assessment of the implementation available to the public. This information shall include the extent to which (Insert facility name) is in compliance with policy and a description of the progress being made in attaining the goals for the policy.
* The wellness policy is reviewed every 3 years and is updated as needed by the members of the School Wellness Committee.

Reviewed by Committee on:

Approved by Executive Team on: