

CHILDREN'S HOME SOCIETY

School Wellness Policy and Procedure

Policy: It is the policy of Children's Home Society to maintain and monitor wellness policies that address nutrition and physical activity.

In the Child Nutrition and WIC Reauthorization Act of 2004, PL 108-265, the U.S. Congress established a new requirement for all local public and non-public agencies including residential childcare institutions with a federally funded National School Lunch program. The local agencies are required to develop and implement wellness policies that address nutrition and physical activity.

At CHS, the Recreation Coordinator, has the authority and responsibility to ensure the school complies with this policy. The following staff members are involved in the development, implementation, review, and modification of the Wellness Policy: Food Service Coordinator, Registered Dietitian, Recreation Coordinator, Assistant Education Director, and Registered Nurse.

Nutrition Education Component

Procedure: Nutrition education will be offered at each grade level as a part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote their health. Nutrition education will be incorporated into the school day as often as possible. The primary goal of nutrition education is to influence students' eating behaviors.

I. Nutrition Education:

1. Teaches consistent scientifically-based nutrition messages throughout schools, lunch rooms, and residential units;
2. Is part of health education classes and/or stand alone courses;
3. Is included in the curriculum in core subjects such as math, science, language arts, social sciences, and elective subjects;
4. Uses the SD Health Education Standards and addresses nutrition concepts;
5. Provides enjoyable, developmentally appropriate, culturally relevant, and participatory activities (e.g. contests, promotions, taste testing, farm visits, and school);
6. Offers information to residential staff that encourages them to teach children about health and nutrition, and assists them in planning nutritious meals for their families;
7. Will be taught by staff who are adequately prepared and who participate in professional development activities in order to deliver an effective program;
8. Will include agency nutrition/health teams, such as Team Nutrition or Coordinated School Health, to conduct nutrition education activities and promotions that involve residential staff and students.

Physical Activity Component

Procedure: The primary goal for the physical activity 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.

II. Daily Physical Education Classes K-12

1. All SFCH children will receive physical education during school throughout the school year.
2. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
3. The physical education curriculum should demonstrate progression and sequence and be consistent with South Dakota and/or National Physical Education standards.
4. All physical education will be taught by qualified physical education teachers.
5. Class teacher-to-student ratios should be equivalent to those of other subject area classes in the school.
6. Student participation in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.

III. Physical Activity across the Curriculum

1. Opportunities for physical activity are regularly incorporated into other subject areas (e.g. math, language arts, science, and social studies.).

IV. Daily Recess

1. All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which students are encouraged (verbally and through the provision space and equipment) to engage in moderate to vigorous physical activity.
2. When feasible, recess will occur prior to lunch to ensure appropriate healthful food intake.
3. Extended periods of inactivity, two hours or more, are discouraged. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, students will be given periodic breaks during which they are encouraged to stand and be moderately active

V. Physical Activity Opportunities Before and After School

1. Students are encouraged to be physically active.

VI. Rewards/Incentives/Consequences

1. CHS will not use physical activity (e.g., running laps, push-ups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.
2. Students will not be denied physical activity for purposes of make-up work, testing, etc

VII. Safe Routes to School

1. CHS will assess and, and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts.

VIII. Use of School Facilities Outside of School Hours

1. School spaces and facilities will be available to students, and staff, before, during, and after the school day; on weekends; and during school vacations.
2. School will educate residential staff and teaching staff, about utilizing the facility. These spaces and facilities also will be available to community agencies and organizations offering physical activity and nutrition programs.
3. School policies concerning safety will apply at all times.

IX. Wellness Council/Committee

1. CHS will develop a Wellness Council/Committee comprised of school personnel, residential staff, and students to plan, implement, and assess ongoing activities that promote healthy lifestyles and physical activity for all age groups within the school community.

X. Professional Development

1. CHS will provide ongoing professional development and education for foodservice professionals, educators, administrators and other staff.
2. CHS will provide nutrition and physical education for students.

XI. Eating Environment

1. Students and staff will have adequate space to eat meals in clean, safe, pleasant surroundings and will have adequate time scheduled as near the middle of the school day as possible to eat, relax, and socialize.
2. Safe drinking water and convenient access to facilities for hand washing and oral hygiene will be available during all meal periods.
3. Ten minutes for breakfast and twenty minutes for lunch will be allowed once the student is seated.

XII. Recess Before Lunch

Procedure: Schools will schedule recess for elementary grades before lunch when possible so that children will come to lunch less distracted and ready to eat. Activity before lunch also encourages nutrient intake.

XIII. Rewards, Incentives, and Consequences

1. Food will not be used as a reward or incentive in the classroom, but other, more appropriate rewards may be used (e.g. extra free time, pencils, bookmarks).
2. Food will not be withheld from students as a consequence for inappropriate behavior or poor academic performance.
3. Teachers and other school personnel may offer an alternative to recess as a consequence for inappropriate behavior or poor academic performance; nor will they cancel recess or other physical activity for instructional make-up time.

XIV. Community Access to Facilities for Physical Activity

1. CHS will provide students and residential staff access to the school physical activity facilities outside of the normal school day and/or form city-school partnerships to institute recreation programs utilizing school facilities when possible.

XV. Vending Machines

1. Vending machines with food and beverages will not be available to children without adult supervision. CHS will provide healthy snacks as a part of the after-school activities. In the event that these snacks are not available as a part of the after-school activities, CHS may provide vending services with healthy choices.
2. No vending services will be available one hour before and one hour after the breakfast and lunch service.
3. All foods and beverages sold in CHS vending machines must meet the Standards for Foods and Beverages and guidelines for vending machines set forth in this document.

XVI. Wellness Councils

1. CHS will organize local wellness councils comprised of residential staff, teachers, administrators, foodservice personnel, and students to plan, implement, and improve nutrition and physical activity within the school environment.

XII. CHS Meal Program

1. CHS food service program will operate in accordance with the National School Lunch Act and the Child Nutrition Act of 1996 as amended and with applicable laws and regulations of the state of South Dakota. CHS will comply with USDA regulations and state policies.
2. CHS offers varied and nutritious food choices that are consistent with the federal government's Dietary Guidelines for Americans. For the purpose of this policy, "Dietary Guidelines for Americans" refers to the current set of recommendations of the federal government that are designed to help people choose diets that will meet nutrient requirements, promote health, support active lives, and reduce chronic disease risks.
3. Menus are planned with input from students, residential staff, and other CHS personnel and will take into account students' cultural norms and preferences.
4. Students with special dietary needs (e.g. diabetes, celiac sprue, allergies,) are accommodated as required by USDA regulation.

5. CHS ensures that reimbursable school meals meet the program requirements and nutrition standards set forth under CFR Part 210 and Part 220.
6. Procedures will be in place for providing information to residential staff, upon request, about the ingredients and nutritional values of the foods served.
7. Fruit and Veggie Bar available every lunch.

XVIII. Snacks

1. Healthy snacks will include fresh, dried or canned fruits (in 100% juice only); vegetables; 1% or skim milk; and grains meeting the Standards for Food and Beverages set forth in this document.

XIX. Fundraising

1. At least 50% of the fund raising activities will not involve the sale of food and/or beverages. If food and/or beverages are offered, they will meet the Standards for Food and Beverages.

XX. Parties and Celebrations

1. Schools will limit celebrations during the school day that involve food.
2. Each party should include no more than one food or beverage that does not meet the Standards for Food and Beverages.
3. CHS will disseminate a list of healthy party ideas to teachers.

XXI. School Sponsored Events (such as but not limited to athletic events, dances, or performances)

1. Healthy choices of food and beverage that meet the Standards for Food and Beverages will be offered at school-sponsored events outside the school day.

XXII. Parents, students, representatives of the school food authority, teachers, school health professionals, school administrators and the general public have the opportunity to contribute to the school wellness committee by contacting CHS. The school wellness policy is available on the CHS website.

Non-Required Components

CHS has implemented the following programs, practices and policies that are not required by the South Dakota school wellness standards.

1. CHS school and residential staff share responsibility for care of students – including nutrition and physical activities -- 24 hours per day, seven days per week.
2. The schools operate 12 months a year. Purposeful physical activities after school hours are provided by residential staff following DSS standards.
3. Student to staff ratios (1 to 6 ratio) provide higher supervised care than normal school settings.
4. Upon admission, a nutrition assessment is conducted on each child determined to have an inadequate nutritional status or nutritional concerns by the medical director. Children's BMI

will be monitored at least quarterly. When appropriate, a dietician and food service staff will develop a dietary plan.

5. CHS has other existing policies that address wellness.

- Activities Assessment
- Activity Schedules – Calendars
- Diet Orders
- Dietitian Services
- Mealtime Schedule and Rules (24/7)
- Menu Substitutions
- Menus (approved by a Dietitian)
- Nursing Assessment
- Nutrition Assessment (if qualifies)
- Physical Examination
- Recording Dietary Information
- Recreational Safety
- Weekday and Saturday Activity Sheets

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