

# CHILDREN'S AID SOCIETY OF FRANKLIN COUNTY—WELLNESS POLICY

## I. Introduction

The Children's Aid Society of Franklin County (CAS), a Residential Child Care Institution, participates in the National School Lunch Program. The agency is required, therefore, to meet all the components of the Local Wellness Policy established by Section 204 of Public Law 108-265, the Child Nutrition, WIC Reauthorization Act of 2004, and Health, Hunger—Free Kids Act of 2010. The law requires that each local education agency participating in the National School Lunch Program and/or School Breakfast Program establish a local wellness policy that promotes the health of students and addresses the growing problem of childhood obesity. This must be done in the context of what is appropriate for the CAS program. CAS will inform families and the public each year about this Wellness Policy via our agency's website and/or written communication.

## II. Rationale

Obesity rates have doubled in children and tripled in adolescents over the past two decades. Heart disease, cancer, stroke and diabetes are responsible for two-thirds of deaths in the United States. Motivated by a need to address these concerns, there is a need to promote good health in children through healthy eating and physical activity.

The agency can play an important role in contributing to the residents' health and wellbeing. The development of a wellness policy provides an opportunity to set standards for the nutritional value of all food served and set nutrition and education and fitness goals that promote the development of good health habits. All food made available to the residents should offer nutritious choices, and physical activity should be incorporated into the day as often as possible. A child who is healthy and physically active is more likely to be successful in all areas of his life.

## III. Basic Requirements

- a. Set goals for nutrition education, physical activity and other activities that promote student wellness;
- b. Establish nutrition guidelines for all foods available on school campus;
- c. Provide assurance that guidelines for reimbursable school meals are not less restrictive than federal guidelines;
- d. Develop a plan for measuring implementation and designation of at least one person to ensure the agency meets policy requirements;
- e. Enlist the aid of various members of the staff, teachers, residents and parents in formulating the goals and policies.

## IV. Nutrition Education and Promotion

Nutrition education will be provided, based on state guidelines and designed to provide residents with the knowledge and skills necessary to promote and protect their health.

Curriculum will emphasize the following:

- A caloric balance between food intake and energy expenditure ( physical activity and exercise)
- The consumption of unprocessed food such as: fruits, vegetables, whole grain products, low-fat and fat free dairy products
- Food preparation that includes methods which are safe and healthy
- The use of local foods when available
- Students will be encouraged to eat a healthy breakfast, lunch, dinner and nutritional snacks

Nutrition education will be integrated into other areas of the curriculum such as social studies, language arts, math and science. Students and staff will receive positive nutrition messages via posters throughout the residential facility.

The food offered at mealtime and for snacks should allow students to apply the skills and knowledge taught in the classroom.

Teachers and staff members should be provided with the opportunity to receive training in student nutrition education.

Nutritious foods and beverages promoted to students during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.

Updated nutrition information will be provided to teachers and staff as it becomes available.

## V. Physical Activity

Seven days per week residents will receive the nationally recommended amount of daily physical activity. This will be a minimum of 60 minutes per day.

In the classroom, health education will complement physical education; physical activity will be integrated across curricula and throughout the day and activity breaks will be provided throughout the day, as appropriate.

Residents will be encouraged to reduce the amount of time spent in sedentary activities such as playing video games and watching TV during unstructured time.

Physical education/physical activity shall occur at least 150 minutes per week within the time allotted for school. 50% of this time should be devoted to vigorous physical activity.

After school activities should provide the residents with the opportunity to develop skill in physical activities and participate in competitive as well as non-competitive team sports to encourage life-long physical activity.

Safe and adequate equipment will be provided so that all residents can participate in physical education and group activities of a physical nature.

Physical activity should be a positive aspect of a resident's life and staff members will not use physical activity as a punishment nor will they withhold opportunities to engage in physical activity as punishment.

Residents shall have a physical and social environment that encourages safe and enjoyable activity, including those who are not athletically gifted and those who have special needs.

School Wellness Policy goals shall be considered in planning all activities such as field trips or other agency sponsored events to incorporate physical activity and health nutrition.

#### VI. Nutritional Guidelines for All Foods Served on Campus

All food made available to the residents through the day will comply with the current USDA Dietary Guidelines for Americans.

Meals served through the National School Lunch and Breakfast Programs will be provided in clean pleasant surroundings; be appealing and attractive to residents. They will meet nutrition requirements established by local, state and federal statutes and regulations. Residents will be offered a variety of fruits and vegetables; reduced fat plain milk and fat-free plain or flavored milk and nutritionally-equivalent non-dairy alternative; and half of the served grains will be whole grain.

The Food Service Director will provide residents with options that are less processed, more nutrient dense and have lower sugar, saturated and/or trans-fat content whenever possible.

Classroom snacks will be healthy choices.

Foods or beverages will not be used as rewards for academic performance or good behavior.

#### VII. Dining Environment

Residents should be provided adequate time to eat meals. At least ten minutes should be allotted for breakfast, twenty minutes for lunch and twenty minutes for dinner from the time the resident is seated.

Lunch should be scheduled between 11:00 a.m. and 1:00 p.m.

Dining areas shall be attractive and have sufficient space to seat all residents.

Residents will have access to hand washing or hand sanitizing before they consume meals or snacks.

Water will be available for residents at meal time.

Food will not be used as a reward or punishment for behavior.

#### VIII. Monitoring and Policy Review

The CEO or designee will ensure compliance with established nutrition and physical activity wellness policies.

Food service staff will ensure compliance with nutrition policies within food service areas and will report on this matter to the CEO or designee.

An assessment of the School Wellness Policy shall be conducted every three years to review compliance, assess progress, and determine areas in need of improvement. If necessary policy will be revised in order to increase its effectiveness.