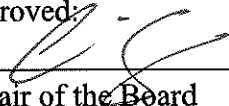
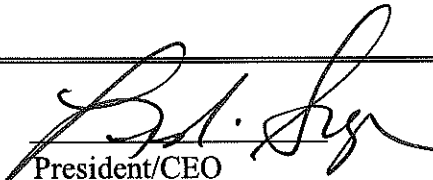


<b>Policy Name:</b> <i>Wellness</i>	
<b>Scope:</b> Milieu-Based Programs and Residential Schools (SEC, The Home at Walpole – Hailer and Merrill and Clifford Academy, HH, RH, WH, CCSC)	
Revised: October 22, 2019	
Approved:  _____ Chair of the Board	<u>2/4/2020</u> Date
 _____ President/CEO	<u>2/4/20</u> Date

**Purpose:**

In compliance with the Child Nutrition and WIC Reauthorization Act of 2004, the Healthy Hunger-Free Act of 2010 (HHFKA), the USDA National School Lunch, Breakfast and After School Snack programs (NSLP, NSBP, ASSP) operated by the MA Department of Elementary and Secondary Education, and the DPH standards for School Wellness Advisory Committees. The Home for Little Wanderers (“The Home”) established this local wellness policy that promotes the nutritional health and physical activity and well being of youth and children we serve.

**Statement of Policy:**

The Home is committed to providing environments that promote and protect children’s health, well-being, and ability to learn by supporting healthy eating and physical activity. It is The Home’s policy that the environment of each of The Home’s Programs promote healthy eating and wellness behaviors. The Home will have written practice guidelines that support this policy ie: Food Safety, Meals Services, Menu Planning, Dietary Reminders and Accommodating Food Allergies. Such guidelines will be reviewed regularly (at least annually) to ensure compliance with best practice guidelines established by applicable federal and state guidelines.

**Nutrition:**

All meals served to clients shall meet the nutrition requirements as set forth by the U.S. Dietary Guidelines for Americans as well as the USDA National School Lunch, Breakfast and After School Snack Programs. These standards include:

- Healthy foods including fruits, vegetables, whole grains and low-fat dairy and lower sodium products will be offered.
- Water will be readily available throughout the day and offered at all meals
- All events where food is being served to clients and families/caretakers shall be supportive of healthy eating by offering water and healthy food options.
- Special attention is given to youth with food allergies and special dietary needs to minimize exposure and ensure alternative food options.
- The use of food as an incentive or reward is discouraged.

**Clients/youths shall not be denied food as a form of punishment. For example:**

- A client cannot be denied dinner because they refused to clean his room.
- A client cannot be denied lunch because they threw his breakfast at the wall earlier that day.

### **Physical Activity:**

Physical activity opportunities are required, provided, and must meet a minimum of 60 minutes per day for children and adolescents.

- Youths will have opportunities to be physically active before, during and after school as well as having physical activity breaks in class.

**Clients/youths shall not be denied participation in physical activities as a form of punishment. For example:**

A staff member cannot forbid a client from attending gym class if they did not first attend science class.

A client cannot be prohibited from participating in a basketball game after school if they swore at staff earlier that morning.

### **Staff Qualifications and Professional Development:**

All food service managers and staff will meet or exceed hiring and annual continuing education/training requirements outlined in the USDA professional standards for child nutrition professionals.

Food Service Staff will be offered training opportunities through webinars, in-person workshops, and group classes. Some available resources include DESE Making it Count and the John Stalker Institute.

<http://makingitcount.info/> and Nuts & Bolts of School Nutrition OnDemand John C. Stalker Institute

All staff are encouraged and supported to model healthy eating and physical activity for clients.

Wellness Workshops shall be offered to staff, families, and youth in the programs addressing such topics as: Healthy Snacks, Eating Whole Grains, Herbs and Spices Instead of Sodium, Eating Better and Moving More.

Any staff person involved with food preparation, serving or counting meals will receive training appropriate to their role.

### **Physical Health Education:**

Students will be provided physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education.

The physical education curriculum will promote the benefits of a physically active lifestyle and will help youths develop skills to engage in lifelong healthy habits.

Curriculum will satisfy the required number of hours/week of physical education.

Clear guidelines are set for youth exemptions.

**Wellness Promotion:**

Posters and handouts encouraging physical activity, healthy food and beverage choices are visible and /or distributed to clients, staff , and parent/caregivers.

Wellness Events and activities will be offered.

Wellness Workshops will be offered to clients, families/caretakers, and staff.

**General:**

The Home does not discriminate against its clients, employees, interns, volunteers, vendors, and applicants for employment on the basis of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income derived from any public assistance program.

The Home will investigate abuse of this Policy. Employees' compliance with this Policy is a term and condition of employment. Suspected criminal activity shall be referred to the appropriate law enforcement authorities.

The Home reserves the right to amend or terminate this Policy as The Home deems necessary or warranted.

This Policy replaces and supersedes any and all previous policies relating to the subject matter of this Policy.

Attachment:

Wellness Policy Implementation Assessment Tool

Wellness Initiatives Report format