New Foundations Home for Children
Wellness Policy and Procedure

Purpose

New Foundations Home for Children recognizes that good nutrition and regular physical activity affect the health and well-being of all youth. Furthermore, research suggests that there is a positive correlation between a youth's health and well-being and his/her/their ability to learn. Moreover, RCCIs can play an important role in the developmental process by which youth establish their health and nutrition habits by providing nutritious meals and snacks through the school meal programs, supporting the development of good eating habits and promoting increased physical activity.

New Foundations Home for Children is committed to creating an environment that promotes and protects the overall well-being of all youth and staff. The guidelines listed below encourage a comprehensive wellness approach that is sensitive to both individual and community needs.

1. Local School Wellness Policy Leadership

The Food Service Manager of New Foundations shall ensure overall compliance with the local school wellness policy. The New Foundations Wellness Committee Leader will meet with the Wellness Committee Team, review the policy, and ensure compliance with the goals of the Wellness Policy.

The Wellness Committee Team will consist of the New Foundations Wellness Committee Team Leader – (currently Finance Director), Food Service Manager, Food Service Tech, Clinical Director, Residential Program Director, Nurse, Minimum of three Direct Care Staff, Student Peer Council Leaders, Quality Assurance Director, Residential Program Manager, and Youth Case Workers (when possible).

New Foundations Home for Children will review and consider evidence-based strategies and techniques in establishing goals for nutrition promotion and education, physical activity and other RCCI-based activities that promote youth wellness.

2. Nutrition Promotion

Nutrition promotion positively influences lifelong eating behaviors. Nutrition promotion activities will support healthy eating and active living throughout the campus using multiple channels:

- Students and staff will receive consistent nutrition messages throughout New Foundations Home for Childrens classrooms, cafeteria, and living units.
- When applicable New Foundations announcements, newsletters, and website postings will promote healthy food and beverage choices.
- Evidence-based techniques and nutrition messages will be created to support food environments that encourage healthy nutrition choices and promote participation in school meal programs.

Goals

- By June 2024, post nutrition information in the common areas that promote the benefits healthy eating.
- By June 2024, the Wellness Committee will complete a section on the cafeteria wall that provides a variety of nutrition promotion resources and promotes overall healthy living. These resources will be available to all students and staff.
- By August 2024, increase youth awareness of useful nutrition information from brochures, worksheets, handouts, and digital content by 5-10%.

3. Nutrition Education

Nutrition education positively influences lifelong eating behaviors. Nutrition promotion activities will support healthy eating and active living throughout the campus using multiple channels:

- Youth will receive nutrition education that is interactive and teaches skills they need to adopt age-appropriate healthy eating behaviors. Classroom lectures, activities and youth participation are provided in nutrition and health classes. Classroom written tests (such as multiple choice, essay and fill in the blank) are given in the areas of nutrition. (Example topics may include mindful eating, balanced meals, how to read nutrition facts labels).
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.
- All Students in grades 6-12, including those with disabilities, special health care needs and in alternative education settings, can participate in a variety of learning experiences that support the development of healthful eating habits.

Goals

- By June 2024, all food service staff will complete a minimum of 2 hours of nutrition education training related to preparing and serving healthy meals during school breakfast and lunch. A portion of the training standard will include training about enhancing the presentation of food served to students and clients.
- At least once a quarter the Wellness Committee will schedule a nutrition education class in the dining area for clients and staff on a variety of nutrition education related topics.
- By June 2024, the food service team will provide a minimum of four new taste testing samples using a variety of fresh fruits and vegetables to promote consumption of fresh fruits and vegetables.

4. Physical Activity

New Foundations Home for Children will offer a planned sequential program of physical education instruction incorporating individual and group activities, which are client centered and taught in a positive environment. All clients/students will have the opportunity and encouragement to be physically active daily.

Children and adolescents should participate in at least 60 minutes of physical activity every day. New Foundations Home for Children will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education.

New Foundations prohibits the use or withholding of physical activity (including but not limited to recess, classroom physical activity breaks, or physical education) as a punishment during the school day.

New Foundations requires that:

- All students receive education on the benefits of physical activity in conjunction with health (including nutrition) education.
- In addition to physical activity offered during the day that includes recess and physical education class students will receive an additional 20 minute minimum of physical activity opportunities each day.
- Staff will increase physical activity by encouraging the use of physical activity as a reward when feasible.
- Youth will have an increase in both the number and variety of physical activity opportunities offered to them.
- Staff are encouraged to provide short physical activity breaks as appropriate at a minimum of three breaks per week.

  Goals

  - By June 2024, students will have the opportunity to complete surveys designed to seek feedback for student-selected physical activities that they would like to incorporate in their daily and weekly activities.
  - By June 2024, the wellness committee will review the physical activity portion of the weekly activity schedules for a 3-month period and provide the program with suggestions and benchmarks for improvement if needed.

5. Other RCCI-Based Activities

New Foundations Home for Children will integrate wellness activities across the entire RCCI setting. These initiatives will include nutrition, physical activity, and other wellness components so that all efforts work towards the same set of goals and objectives used to promote well-being, optimal development, and strong educational outcomes.

<u>General</u>

- The Title 1 Director and Program Manager will seek activities that are in accordance with meeting the goals set by the Wellness Committee Team.

- New Foundations Home for Children shall consider the components of the Centers for Disease Control's Whole School, Whole Community, Whole Child (WSCC) model in establishing other RCCI-based activities that promote wellness.
- New Foundations Home for Children shall be following drug, alcohol, and tobacco-free policies.

Eating Environment

- Youth will be provided with an adequate amount of time to consume their meal with a minimum of 20 minutes after receiving their food from the line.
- Youth will have a clean eating environment that includes access to facilities for hand washing available during meals.

Recycling

- New Foundations Home for Children will maximize the reduction of waste by recycling, reusing, and purchasing recycled products.

Employee Wellness

- The Wellness Committee Team will also focus on staff wellness issues by identifying and providing wellness resources that are supportive of staff wellness and healthy eating habits.
- Staff are provided with healthy meals while working at no cost to staff.

Health Services

- A coordinated program of accessible health services shall be provided to youth and staff and shall include, but not be limited to, violence prevention, safety, communicable disease prevention, health screening, including body mass index, community health referrals, immunizations, and other services related to wellness.

Behavior Management

- New Foundations Home for Children is committed to prohibiting the use of food as a reward, unless incorporated into an activity that promotes positive nutrition messages.
- Staff will not deny or require physical activity as a form of punishment.

New Foundations will integrate wellness activities across the entire school setting and integrate activities in the community to include:

- Developing and enhancing relationships with community partners (e.g., hospitals, universities/colleges, local businesses, district schools, and colleges) in support of this wellness policy's implementation.
- Developing a staff wellness committee that focuses on staff wellness issues, identifies, and disseminates wellness resources, and performs other functions that support staff wellness.
- Following the USDA Professional Standards for State and Local Nutrition Programs to ensure professional development in food and nutrition is provided for all food service employees, including directors, managers, and staff.
- Providing appropriate professional development for staff and volunteers on the importance of physical activity for children and the relationship of activity and good nutrition to academic performance and healthy lifestyles.

Goals

- By June 2024, New Foundations will offer at least one staff wellness program such as weight management, health assessments, healthy eating, or physical activity opportunities.

6. Guidelines for All Foods and Beverages Available During the School Day

New Foundations Home for Children shall operate and provide food service in accordance with USDA's National School Lunch Program (NSLP) standards and applicable laws and regulations of the state of South

Carolina. The guidelines for reimbursable meals shall not be less restrictive than regulations and guidance issued by USDA.

General Guidelines

- All reimbursable meals will meet nutrition standards mandated by USDA, as well as any additional state nutrition standards that go beyond USDA requirements.
- Reimbursable meals will include a variety of nutrient-dense foods, including whole grains and fiber-rich fruits and vegetables, while accommodating special dietary needs and ethnic and cultural food preferences.
- To the maximum extent possible, New Foundations will participate in available federal school meal programs, including the SBP, NSLP, and ASSP.
- Free, potable water will be made available to all youth during each meal service.
- New Foundations will source 5-10% of all fresh fruits and vegetables from local farmers when practicable.

Competitive Foods

- No foods or beverages are currently sold to the youth outside of the reimbursable meals. If competitive food/beverages are ever sold in the future, they will meet the competitive food (Smart Snacks in School) standards found at 7 CFR 210.11.

Standards for food and beverages available during the school day that are not sold to youth

- Food or beverages will be available during the school day at mealtimes. All food and beverages are provided to youth and staff at no cost. All meals served will meet all dietary requirements provided by the USDA. When available fresh fruits and vegetables are purchased verses frozen and canned to promote healthy eating. Water is always available for youth and staff during meals and outside of mealtimes.

Fundraising

- New Foundations Home for Children does not hold fundraising events that involve food or beverage items.

7. Policy for Food and Beverage Marketing

No food or beverage marketing occurs in the program(s). If food/beverage marketing ever does occur, it will meet the competitive food (Smart Snack Standards).

8. Evaluation and Measurement of the Implementation of the Wellness Policy

New Foundations Home for Children wellness committee will update and make modifications to the wellness policy based on the results of the annual review and triennial assessments and/or as local priorities change, community needs change, wellness goals are met, new health information and technology emerges and new federal or state guidance or standards are issued. The wellness policy will be assessed as indicated at least every three years following the triennial assessment.

Triennial Progress Assessments

New Foundations Home for Children will assess the local school wellness policy to measure wellness policy compliance at least once every three years. This assessment will measure the implementation of the local school wellness policy, and include:

- The extent to which New Foundations Home for Children is following the local school wellness policy.

- The extent to which the local school wellness policy compares to model local school wellness policies; and
- A description of the progress made in attaining the goals of the local school wellness policy.

9. Informing the Public

New Foundations Home for Children will ensure that the wellness policy and most recent triennial assessment are always available to the public. New Foundations will also actively notify households (as applicable/possible) on an annual basis about any updates made to the wellness policy and the availability of the triennial assessment results, as well as provide information to the community about the RCCI nutrition environment.

- New Foundations will ensure the most updated version of the wellness policy and triennial assessments are always available on the school website for the public to view. www.NewFoundationsHomeforChildren.com
- All reporting requirements will be provided as requested and required for the New Foundations Local Wellness Policy

10. Community Involvement

New Foundations Home for Children is committed to being responsive to community input, which begins with awareness of the wellness policy. New Foundations will actively communicate ways in which parents, youth, representatives of the school food authority, RCCI health professionals, staff, representatives from the local agriculture community, food and nutrition professionals and the public can participate in the development, implementation, and annual review of the local school wellness policy through a variety of means, including:

- New Foundations Home for Children will use electronic mechanisms, such as email or displaying notices on agency website, to ensure that all families are actively notified of any updates to the wellness policy, as well as how to get involved and support the policy.

- New Foundations Home for Children will consider youth needs in planning for a healthy nutrition environment. Youth will be asked for input and feedback using surveys and attention will be given to their comments.

11. Record Keeping

Records to document compliance with the requirements of the local school wellness policy will include, but is not limited to the following:

- The written local agency wellness policy
- Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public as consistent with the section on informing and updating the public; and
- Documentation of the triennial assessment of the local school wellness policy.

This institution is an equal opportunity provider.

Revision/Review Dates: 8/2015, 6/2016, 6/2017, 7/2019, 11/2020, 11/2022, 11/2023, 3/2024

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