

Local Wellness Policy

Effective: 10/01/11

Revised: 1/20/15; 1/15/16 ; 1/24/17 ; 5/23/17 ; 6/26/18; 8/27/19 ; 9/20/2020; 10/29/2021

Overview: Alexander Youth Network is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

To accomplish these goals:

- Child Nutrition Programs comply with Federal, State and local requirements, Child Nutrition Programs are accessible to all children.
- Sequential and interdisciplinary nutrition education is provided and promoted.
- Patterns of meaningful physical activity connect to student's lives outside of physical education.
- All school-based activities are consistent with local wellness policy goals.
- All Food and beverage made available on campus (including vending, concessions, student stores, parties, and fundraising) during the school day are consistent with the current.

Dietary Guidelines

All food made available on campus adhere to food safety and security guidelines.

The school environment is safe, comfortable, pleasing and allows ample time and space for eating meals. Food and/or physical activity is not used as a reward or punishment. One or more persons must be designated to oversee the implementation and evaluation of the policy recommendations.

Rational: The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity pattern are essential for children to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases. It is our responsibility to help children learn, establish and maintain lifelong, healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs enhances children overall health, as well as their behavior and academic achievement in school.

Procedure:

1. WELLNESS COMMITTEE

GOAL: The goal of the committee is to implement, monitor, and review the AYN wellness plan. The Wellness committee will consist of a representative from the following programs: Performance Improvement, Nursing Department, Food service, Psychiatric Residential Treatment Facility (PRTF), and Education. Participation by a parent or consumer is also welcomed and may be sought as needed. The wellness committee will meet quarterly and will present updates during the quarterly EOC meetings. The implementation of activities and any identified challenges will be discussed during the quarterly meetings throughout the year. The committee will meet annually to review the Local Wellness Policy and to develop an action plan for the upcoming year. The meeting schedules and all updates to the Wellness policy will be posted on the cafeteria bulletin. The Policy will also be posted on

the FAQ page of the agency website [FAQ - Alexander Youth Network](#) . In addition, a news bulletin will be published and will be dispersed.

2. **NUTRITION EDUCATION**

GOAL: The primary goal of nutrition education is to influence children eating behaviors. Building nutrition knowledge and skills helps children make healthy eating and physical activity choices. It is our aim to teach, encourage, and support healthy eating by children. Alexander Youth Network for children should provide nutrition education and engage in nutrition promotion that:

- Is offered to each child as part of a sequential, comprehensive, standards-based program designed to provide children with the knowledge and skills necessary to promote and protect their health
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as, taste testing, farm visits, cooking classes and school gardens
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise)
- Teaches media literacy with an emphasis on nutritious food marketing throughout classroom, cafeteria.
- Nutrition education is provided by staff who have appropriate training.
- Literature is provided to the child's family at intake.

3. **NUTRITION PROMOTION**

Goal: Promotes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products, healthy methods of food preparations as recommended by the Dietary Guidelines for American 2015, health-enhancing nutrition practices, and participation in the friendship garden.

- Wellness week will take place twice a year to promote nutritious eating, physical activity and healthy living for staff, consumers and their families.
- An insert to promote Nutrition will be included in the intake packets, will be posted in the cafeteria, and will be housed with the wellness plan.

4. **PHYSICAL ACTIVITY**

Goal: The primary goals for school's physical activity components are: to provide opportunities for every child to develop the knowledge and skills for specific physical activities, to maintain children physical fitness, to ensure children regular participation in physical activity, and to teach children the short-and long-term benefits of a physically active and healthful lifestyle.

- Children are given opportunities for physical activity during the school day through Recreation Therapy groups, daily recess periods and the integration of physical activity into the academic curriculum
- Children receive the recommended amount of daily physical activity (i.e., at least 30-60 minutes per day).
- Opportunities for physical activity will be incorporated into other subject lessons
- When possible, classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate
- Encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events

Provide training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among children.

5. NUTRITION GUIDELINES

Goal: All available foods and beverages on school campus during the school day will have maximized nutritional value by decreasing fat and added sugar, increasing nutrition density and moderating portion size of each individual food or beverage within the school environment.

A. Meals served through the National School Lunch and Breakfast Program will:

- Be appealing and attractive to children
- Be served in clean and pleasant setting
- Serve daily variety (at least 2 choices) of milk: fat-free (unflavored/flavored) or 1% low fat (unflavored)
- Meet the USDA meal pattern regulation established by local, state, and federal statutes and regulations.
- Offer a variety of fruits and vegetables
- Ensure that all grains meet the grain-rich criteria
- Include items from a variety of cultures and a combination of new and familiar foods
- Vegetables served are steamed, boiled, roasted, or lightly stir-fried with little added fat

B. Breakfast

To ensure that all children have breakfast, in order to meet their nutritional needs and enhance their ability to learn, we will operate the School Breakfast Program.

C. Free and reduced-priced meals

Alexander Youth Network will make every effort to eliminate any social stigma attached to, and prevent the overt identification of students who are eligible for free and reduced-price school meals. Roster (meal checklist) is used at the point of service identifying students' eligibility. Children are not charged for meals regardless of their meal benefit type at Alexander Youth.

D. Sharing of Food and Beverages

Given concerns about allergies and other restrictions on some children's diets. Alexander Youth Network discourages children from sharing foods or beverages with one another during meal or snack times.

6. OTHER SCHOOL BASED ACTIVITIES

Goal: To create a total school environment that is conducive to healthy eating and being physically active.

A. Dining Environment

- Provide a clean, safe, enjoyable meal environment for children and staff.
- Provide enough space and serving areas to ensure all children have access to school meals with minimum wait time.
- Drinking water will be available to students during meals and throughout the day.
- Encourage all children to participate in school meals program and protect the identity of children who eat free and reduced priced meals.
- Ensure that all children have access to healthy food choices during school and school functions.
- Allow a minimum of 20 minutes for children to eat lunch and socialize in the designated cafeteria area.

B. Meal Times and Scheduling

- Will ensure an adequate time for children to enjoy eating healthy foods with friends
- Will schedule lunch time as near the middle of the school day as possible
- Will provide children with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch
- Schedule meal period at appropriate times, lunch will be scheduled between 11 am and 1pm.
- Will not schedule tutoring, club, or organizational meeting or activities during mealtime, unless children may eat during such activities
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

C. Prohibited Acts

- Alexander Youth Network will not use foods or beverage, especially those that do not meet the nutrition standards as rewards for academic performance or good behavior.
- Alexander Youth Network will not withhold food or beverage as a punishment.
- Alexander Youth Network will not deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time

D. Consistent School Activities and Environment

- Programming-sponsored events will include, but not limited to, athletic events, dances, or performances.
- Foods and beverage offered or sold at programming-sponsored events outside the school day will meet the nutrition standards for meals.
- We will ensure that all fundraising efforts are supportive of healthy eating.
- We will provide opportunities for on-going professional training and development for food service staff and teachers in the areas of nutrition and physical education
- We will make efforts to keep school/gymnasium open for use by children outside school hours
- Encourage parents, teachers, school administrators, children, foodservice professional, and community members to serve as role models in practicing healthy eating and being physically active, both in classes and at home.
- Encourage and provide opportunities for children, teachers, and community volunteers to practice healthy eating and serve as role models in dining area.

7. MONITORING AND POLICY REVIEW

The Executive Director of campus based programs or designee will ensure compliance with the established nutrition and physical activity wellness policy. Food service manager will ensure compliance with USDA Meal Pattern and Nutrition Standards for this age/grade group of Children, and ensure food service areas are up to standard and will report on these matters to the Executive Director. The Executive Director or his designee will conduct an assessment of the school's existing nutrition and physical activity environments and policies annually. The assessment will include:

- Review of policy for compliance, progress, and determine areas in need of improvement.
- Review of nutrition and physical activity policies
- Review of provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program element
- Revision of wellness procedures to develop work plans to facilitate implementation as necessary.