

Hoyleton Youth and Family Services Wellness Policy

2019-2020

**Hoyleton Youth and Family Services
350 North Main Street
Hoyleton, IL 62803**

Belief Statement

Hoyleton Youth and Family Services is committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle and recognizes the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn. The agency's environment shall be aligned with healthy goals to positively influence students' beliefs and habits and promote health and wellness, good nutrition and regular physical activity. In addition, agency staff shall be encouraged to model healthy eating and physical activity as a valuable part of daily life.

Intent

The purpose of this policy is to ensure an environment that promotes and supports clients health and wellness, helps to reduce childhood obesity and meets the requirements of the Child Nutrition and IC Reauthorization Act of 2004 and the Illinois School Code, including, without limitation, goals for nutrition education, physical activity and other activities designed to promote client wellness; nutrition guidelines for all foods available during the day; a plan for measuring implementation including designating a Wellness Committee involving our agency cooks, Program managers, Agency RN, and Residential Services Supervisor in reviewing this policy and keeping it updated.

Rationale

Our clients come from a background where they have been inactive and do not eat well; due to financial issues and poor parenting. Recognizing the role our agency can play in health promotion, this law requires local agencies participating in a program authorized by the National School Lunch Act of the Child Nutrition Act of 1966 to develop a local wellness policy. The objectives of the wellness policy are to improve the school nutrition environment, promote client health and reduce childhood obesity.

The link between nutrition and learning is well documented. Healthy eating patterns are essential for our clients to achieve their full academic potential, full physical and mental growth and lifelong health and well-being. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases. Our agency believes we have a responsibility to help our clients acquire the knowledge and skills necessary to establish and maintain lifelong healthy eating patterns. Well-planned and well-implemented wellness programs have been shown to positively influence children's health.

Schools also have a responsibility to help students establish and maintain lifelong habits of being physically active. According to the U.S. Surgeon General, regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall well-being. Regular physical activity reduces the risk of premature death in general and of heart disease, high blood pressure, colon cancer, and diabetes. Through our on-grounds school these lessons are being taught as well as our clients participating daily in gym classes throughout the school year.

Goals for Nutrition Education

- Our clients receive nutrition education as part of our summer program that is for six weeks .The program is designed to provide clients with the knowledge and skills necessary to adopt healthy eating behaviors *and* aimed at influencing client's knowledge, attitudes and eating habits. Special emphasis is placed on nutrition education

Goals for Physical Activity

- Clients participate in daily physical activities that enable them to achieve and maintain a high level of personal fitness; emphasizes self- management skills including energy balance (calories in minus calories out); is consistent with state/district's standards/guidelines/framework; and is coordinated within our Recreation Department
- All clients participate in physical education for a minimum of 200 minutes per week. Special emphasis is placed on promoting an active lifestyle. Accommodations shall be made for students with physical disabilities, 504 plans, and other limitations.
- Our local school district also provides a daily supervised recess period to our clients.

Goals for Other School-based Activities Designed to Promote Student Wellness

Parent Partnerships

- Hoyleton Youth and Family Services supports providing a healthy diet and daily physical activity for the clients we serve.
- Clients are provided information to help them incorporate healthy eating and physical activity into their daily lives. This information may be provided by our agency nurse in the form of handouts, brochures etc. A Health and Wellness Brochure is given to new clients upon admission.

Consistent and Environment -Healthy Eating

- School meals shall be served in the cottages with a 60-minute lunch period.
- All food service personnel shall have adequate pre-service training and regularly participate in professional development activities that provide strategies for providing tasty, appealing and healthy nutritious meals.
- Food providers shall take every measure to ensure that clients' access to foods and beverages on school campuses meets federal, state and local laws and guidelines.
- Hoyleton Youth and Family Services will take efforts to promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System such as fruits, vegetables, low-fat dairy foods and whole grain products."
- Nutrition education shall be provided by trained and well-supported staff with adequate pre-service and in-service training. Preparation and professional development shall provide basic knowledge of nutrition along with activities, instructional techniques and strategies designed to change client's attitudes and behavior.
- All foods and beverages made available to students on campus shall comply with the federal, state and local food safety and sanitation regulations.
- For the safety and security of food, access to any area involved in storage or service of food on the school campus shall be limited to authorized personnel.
- Food and beverage marketing is not applicable to our residential program as our youth do not participate in fundraising.

Consistent School Activities and Environment - Physical Activity

- Physical education is provided by certified staff. All teachers shall regularly participate in continuing education activities that impart the knowledge and skills needed to effectively promote enjoyable lifelong healthy eating and physical activity among students.
- The physical education program shall be closely coordinated with the other components of the overall school health program. Physical education topics shall be integrated within other curricular areas. In particular, the benefits of being physically active shall be linked with instruction about human growth, development, and physiology in science classes and with instruction about personal health behaviors in health education class.
- Hoyleton Youth and Family Services will limit extended periods of inactivity. In cooperation with our on-ground school it is agreed that when activities such as mandatory testing or classroom work make it necessary for students to be inactive for long periods of time, teachers will give students periodic breaks during which they are encouraged to stand and be moderately active. Teachers are encouraged to provide a variety of hands-on learning activities which will get the students up out of their seats.

Food or Physical Activity as a Reward or Punishment

- Agency and School staff is strongly encouraged to use nonfood incentives or rewards with students and shall not withhold food from students as punishment.
- School staff shall not use physical activity as a punishment or withhold participation in recess or physical education class as a punishment.

Nutrition Guidelines for All Foods and Beverages Available on School Campuses During the School Day

- School meals served shall be consistent with the recommendations of the Dietary Guidelines for Americans and/or shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program and all applicable state and local laws and regulations.

Measuring Implementation & Community Involvement

- The Residential Program Supervisor will be responsible for ensuring that the school meets the local wellness policy requirements.
- The Residential Program Supervisor will appoint a wellness team that includes school administrators, agency cooks, agency nurse and Program Managers to oversee development, implementation and evaluation of the wellness policy.
- The terms of the wellness team members shall be staggered for continuity.
- The appointed wellness team shall be responsible for:
 - measuring the implementation of the wellness policy; and
 - recommending revision of the policy, as necessary
- The wellness team shall evaluate policy implementation and identify areas for improvement.
- The general public is not involved in the wellness policy due to our facility being a residential program and the need to protect the privacy and confidentiality of the youth we serve.

Healthful Food and Beverage Options for School Functions*

At any school function (parties, celebrations, meetings, etc.) healthful food options should be made available to promote student, staff and community wellness. Examples of nutritious food and beverages that are consistent with the Dietary Guidelines for Americans are listed below.

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit wedges - cantaloupe, honeydew, watermelon, pineapple, oranges, tangelos, etc.
- Sliced fruit - nectarines, peaches, kiwi, star fruit, plums, pears, mangos, apples, etc.
- Fruit salad
- Cereal and low-fat milk
- 100% fruit or vegetable juice
- Frozen fruit pops with fruit juice or fruit as the first ingredient
- Dried fruits - raisins, cranberries, apples, apricots
- Single serving applesauce or canned fruit in juice
- Peanut butter with apple wedges or celery sticks
- Fruit smoothies made with fat-free or low-fat milk
- Trail mix (dried fruits and nuts)
- Dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts)
- Lean meats and reduced fat cheese sandwiches (use light or reduced fat mayonnaise in chicken/tuna salads)
- Party mix (variety of cereals, nuts, pretzels, etc.)
- Pretzels or reduced fat crackers
- Baked chips with salsa or low-fat dip (Ranch, onion, bean, etc.)
- Low-fat muffins (small or mini), granola bars and cookies (Graham crackers, fig bars)
- Mini bagels with whipped light or fat-free cream cheese
- Pasta salad
- Bread sticks with marinara
- Fat-free or low-fat flavored yogurt and fruit parfaits
- Fat-free or low-fat pudding cups
- Fat-free or low-fat milk and milk products (string cheese, single-serving cottage cheese, cheese cubes)
- Flavored soy milk fortified with calcium
- Pure ice cold water

**This list is not all inclusive and is meant only to provide parents and school staff with guidance or healthier food and beverage choices.* Not all food and beverage items on this list will necessarily meet district nutrient standards (Attachment A) as items vary in sugar, fat and calorie content from brand to brand. However, all of the items in the list are believed to be consistent with the intent of the wellness policy to promote student health and reduce childhood obesity.

Attachment C

Classroom Rewards

- A smile
- Going first
- Verbal praise
- Sit by friends
- Teaching the class
- Helping the teacher
- Enjoy class outdoors
- A field trip for the class
- Choosing a class activity
- Walk with a teacher during lunch
- Eat lunch outdoors with the class
- Eat lunch with a teacher or principal
- Extra credit or class participation points
- Have lunch or breakfast in the classroom
- A photo recognition board in a prominent location in the school
- A note from the teacher to the student commending his or her achievement
- A phone call, email, or letter sent home to parents or guardians commending a child's accomplishment
- Recognition of a child's achievement on the school-wide morning announcements of school website
- Ribbon, certificate in recognition of achievement or a sticker with an affirming message (e.g. "Great job")
- Take a trip to the R.O.A. R. Store (filled with: stickers, temporary tattoos, pencils, pens, highlighters, sidewalk chalk, notepads, erasers, bookmarks, etc.)

References

1. Prevalence of Overweight among Children and Adolescents: United States, National Center for Health Statistics. www.cdc.gov/nchs/products/pubs/pubd/hestats/overwght99.htm
2. Child Nutrition and WIC Reauthorization Act of 2004 [Public Law 108 -265, Sec. 204]. <http://thomas.loc.gov/bss>
3. Public Act 094-0199. www.ilga.gov/legislation/publicacts/fulltext.asp?Name=094-0199
4. Illinois School Code. www.ilga.gov/legislation
 - a. Daily Physical Ed Requirements - Section 27-6 of the School Code [105 ILCS 5/27-6])
 - b. Rules for Comprehensive Health Education (23 Ill. Adm. Code 253) issued pursuant to the Critical Health Problems and Comprehensive Health Education Act [105 ILCS 110].
5. Illinois Learning Standards, Illinois State Board of Education, 1997. www.isbe.state.il.us/ils
6. Nutrition services: An essential component of comprehensive school health programs - Joint Position of the American Dietetic Association, Society for Nutrition Education, and the American School Food Service Association, Journal of Nutrition Education 35:2,2003.
7. Executive Summary, Shape of the Nation 2001. National Association of Sports and Physical Education (NASPE), 2001. www.aahperd.org/naspe/pdf_files/shape_nation.pdf
8. Dietary Guidelines for Americans 2005, Department of Health and Human Services and Department of Agriculture, 2005. www.health.gov/dietaryguidelines
9. Fit, Healthy and Ready to Learn, National Association of State Boards of Education, 2000.
10. MyPyramid.gov, United States Department of Agriculture. www.mypyramid.gov
11. Minimum School Meals Requirements - section 9(f)(I), 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(I), 1766(a)0
12. Minimum School Meals Requirements - subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779)
13. Illinois School Food Service - Ill. Adm. Code Section 305.

Resources for Policy Development

- ISBE Illinois School Policy Wellness Task Force.
www.isbe.net/nutrition/htmls/wellness_policy
 - Fit, Healthy and Ready to Learn, National Association of State Boards of Education, 2000. www.nasbe.org/HealthSchools/index.html
 - Healthier US School Challenge, United States Department of Agriculture.
www.ins.usda.gov/tn/HealthierUS/criteria_instructions.pdf
 - Mercedes Independent School District Student Nutrition/Wellness Plan. 2004.
www.mercedes.k12.tx.us/menus/Nutrition%20PolicyR_10-8-04.pdf
 - Model Local School Wellness Policies on Physical Activity and Nutrition, National Alliance for Nutrition and Activity, 2005.
www.schoolwellnesspolicies.org/WellnessPolicies.html
 - School Nutrition Association Local Wellness Policy Guidelines, School Nutrition Association. 2005. www.schoolnutrition.org/Index.aspx?id=1075
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