# Hoyleton Youth and Family Services
# Wellness Policy

# 2025-2026

Hoyleton Youth and Family Services
115 E. Elm St.
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, Assistant Director of Residential Services, Director of Residential Services, and Managing Director of Residential Services 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.

As a Residential Child Care Institution, we 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 Recreational Therapy Department these lessons are being taught as well as our clients participating in daily physical activity.

## Goals for Nutrition Education

- Our clients receive nutrition education as part of our Life Skills activities within the Recreation Therapy Department. The program is designed to provide clients with the knowledge and skills necessary to adopt healthy eating behaviors and aimed at influencing clients' knowledge, attitudes and eating habits. Special emphasis is placed on nutrition education.

## Goals for Physical Activity

- Clients are able to 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 while attending school 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/Campus-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*

- 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 in the cottages 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 clients 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 our 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.

*Food or Physical Activity as a Reward or Punishment*

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

Nutrition Guidelines for All Foods and Beverages Available on Campus During Breakfast and Lunch Meals

- 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.
- Unused Food Sharing is not an option that we offer our clients.

Measuring Implementation & Community Involvement

- The Assistant Director of Residential Programs will be responsible for ensuring that the school meets the local wellness policy requirements.
- The Assistant Director of Residential Programs will appoint a wellness team that includes campus administrators, agency cooks, agency nurse and Program Mangers 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 Available for Special Functions***

At campus functions (parties, celebrations, meetings, etc.) healthful food options should be made available to promote client, 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 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**

**Cottage 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.htrn*
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 Requirments - Section 27-6 of the School Code [105 ILCS 5/27-6])
   b. Rules for Comprehensive Health Education (23 III. 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.or/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.gove/dietaryguidetines
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. wwwins.usda.gov/tn/HealthierUS/criteria instructions.pdf
- Mercedes Independent School District Student Nutrition/Wellness Plan. 2004. www. m ercedes.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.orgNVellnessPolicies.html
- School Nutrition Association Local Wellness Policy Guidelines, School Nutrition Association. 2005. www.schoolnutrition.org/Index.aspx?id=1075

Reviewed and Revised on August 6, 2025 by:

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