

# Grandfather Academy Policies and Procedures

<b>Policy Number:</b>	<b>Subject:</b> Wellness Policy	<b>Effective Date of Policy:</b> 04/13/2019
-----------------------	---------------------------------	---

**Covered Entities:** Grandfather Academy

## Policy Statement

Grandfather Academy acknowledges the importance of students maintaining physical health and proper nutrition in order to take advantage of educational opportunities. We are committed to providing an environment in which student wellness and proper nutrition is promoted to assure all opportunities to learn are available.

## Procedures

The Food Service Manager is responsible for ensuring that the school is meeting the Local Wellness Policy. Along with the Food Service Manager, this policy is monitored by the Academy Advisory Council to ensure compliance. The principal is made aware of these nutrition and physical activity goals. The Academy Advisory Council reviews the policy every year from the date of issue to determine the scope of policy compliance and the extent of progress being made toward the student wellness goals. As part of this assessment, the council reviews current trends in nutrition and physical activity policies and practices and the provisions that support an environment of healthy eating and physical activity. The targeted goals outlined in the following sections of this policy are designed to reflect best practices in the area of child nutrition and physical activity at the time this policy was written. It must be understood that these practices represent the ideal and may, in some instances, not be immediately obtainable or even practical, given unique circumstances of the child.

The Local Wellness Policy will be posted on our school website page and will be included in student handbooks. Individuals interested in providing input into the planning, development and implementation of the Local Wellness Policy will be able to do so through the attendance at regularly scheduled meetings of the Academy Advisory Council. Details on this process will also be on our school website page.

The Local Wellness Policy will be assessed at a minimum of every 3 years. Results of this review will be placed on the school website page.

### A. Nutrition Promotion/Education Targeted Goals

1. Education on healthy nutrition will be a component of each child's treatment and education. Nursing staff will conduct a nutritional screening as part of the enrollment process and update this screening as needed/when indicated.
2. Nutritional education will be integrated into the daily activities of the youth and provided by nursing and staff.
3. For children involved in life skills programming, nutrition and healthy eating will be part of the curriculum.
4. Nutrition education will promote foods of high nutritional value (fruits, vegetables and foods low in saturated fat, trans fat and added sugar).
5. Education will also focus on portion control and caloric balance between food intake and physical activity.

### B. Physical Activity

1. To assure that such issues as obesity, cardiovascular disease and diabetes are addressed, physical activity will be a part of the daily routine for all students at the Academy.
2. Staff will incorporate physical activity into daily activities outside of the school setting while the children are receiving residential services. A focus on staying active and healthy will be maintained.
3. All activities will be planned with consideration to age appropriateness and with the assurance that developmental abilities are also considered.
4. Each child will be presented with the opportunity for at least 30 minutes of physical activity each day. This can be

## **Grandfather Academy Policies and Procedures**

through the provision of physical education within the school setting or through activities conducted in the residential treatment setting.

5. At no time will severe or extreme exercises be allowed within the program, especially as a form of punishment or coercion.

### **C. Nutritional Guidelines**

1. Food service staff will follow all guidelines and requirements related to nutritional guidelines in the preparation of menus and meals for children. All meals will meet minimum nutrition requirements established by federal, state and local law.
2. Items such as carbonated beverages and energy drinks are not allowed within the programs.
3. All food offerings will be in accordance with National School Lunch or School Breakfast programs.
4. Food service staff will assure that meals are appetizing and attractive to youth.
5. All efforts to offer fresh fruit and vegetables will be made on a daily basis. Whole fruits will be offered in baskets/bowls for youth to access.
6. Due to the nature of the school and residential campus, food will not be made available for youth to purchase.
7. All nutritional guidelines will be followed for all foods made available to youth (including birthday parties, special activities, and celebrations).
8. Only food and beverages that meet minimum Smart Snacks Nutrition Standards will be offered to youth.

### **Other Activities to Promote Wellness**

- Breakfast will be a minimum of 20 seated minutes and lunch will be a minimum of 30 seated minutes.
- A safe and clean environment will be provided for all meals.
- Drinking water will be available at meal times and throughout the school day.
- Food will not be used as a reward or punishment
- All staff will be encouraged to serve as role models in the promotion of good nutrition and wellness.
- Snacks will be healthy and follow the same nutritional guidelines as meals.
- Encourage more physical activity by minimizing sedentary activities
- Provide opportunities for physical activity to be incorporated in other subject lessons when possible
- Breakfast will be between the hours of 7:30am and 8:30am and lunch will between the 11:30am and 1:00pm. Activities will not be scheduled during mealtimes, unless there is the opportunity for the youth to eat at the activity.
- Provide access to handwashing or sanitizing before meals and snacks.

### **D. Baseline Assessments**

The Academy Advisory Council has the responsibility to conduct a baseline assessment of the agency's existing nutrition and physical activity environment and practices. The results of this assessment will be compiled at the board level to identify and prioritize needs annually.

**Approved by Senior Management Team:**