



Wellness Policy on Physical Activity and Nutrition

Table with 2 columns: Policy Number, Effective Date, Most Recent Revision Date, Most Recent Review Date, Owner. Values include RES-6075-14, 6/17/14, 8/5/24, 4/26/24, and VP of Residential Services.

PROGRAMS/SERVICES AFFECTED:

Josiah White's Residential

PURPOSE STATEMENT:

Josiah White's supports the health and well-being of its students by promoting good eating habits and physical activity. In accordance with federal law, it is the policy of Josiah White's to provide students with access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; and require that all meals served by the facility meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture. A Coordinated Wellness Committee has been formed to maintain and oversee these activities. The Wellness Policy shall be made available to students and families by means of program handbooks, parent intake packets, and the agency's website.

PROCEDURE:

I. WELLNESS COMMITTEE

The Wellness Committee will include at least one representative from the following groups: parents, students, food service personnel, school health professionals, school board members and school administrators.

The Wellness Committee will engage administrators, department supervisors, teachers, food service professionals, health professionals, the purchasing agent, and students in developing, implementing, monitoring and reviewing the Wellness Policy on Physical Activity and Nutrition. The Wellness Committee shall meet annually to review nutrition and physical activity policies and to develop an action plan for the coming year as necessary. The Committee shall meet as needed during the school year to discuss implementation activities and address barriers and challenges.

II. NUTRITIONAL GUIDELINES

All School meals meet the USDA NSLP and SBP standards described in full at Department of Agriculture

Josiah White's Cafeteria offers the following:

- A. A salad is served at least three times per week.
B. A variety of fresh fruits
C. Yogurt for breakfast or snack at least once a week

- D. Applesauce that is made sugar free
- E. Canned fruit that is packaged in its own juice
- F. No fried foods on the menu and baked products when possible
- G. Less fried frozen potatoes
- H. All brown rice and substitutes for menu items with an all brown rice dish
- I. Whole wheat bread at every meal
- J. Only whole grain cereal offered at the breakfast meal
- K. There are no food or snack vending machines
- L. Meals that are attractively presented, served in a pleasant environment, with sufficient time for eating; thus fostering good eating habits, enjoyment of meals, good manners and respect for others.

### III. NUTRITION EDUCATION

Upon admission, the First Aid Department will perform and document in the Student's EMR an initial nutritional assessment. Each student will receive a copy of the USDA tip sheet, "Choose My Plate, 10 tips to a Great Plate", and the nutritional educational video, "My Plate, My Health – the Newest Guidelines" will be viewed by the student.

"Choose Nutrition" education will be provided monthly and will include lessons from the Choose My Plate 10 Tips Nutrition Education Series provided by the USDA, along with other supportive materials. The USDA Smart Snack standard is available to staff, parents, and students at: [A Guide to Smart Snacks in School | USDA-FNS](#).

All Cafeteria and Rudy's Place personnel will be certified in the Food Handlers Servsafe program. All Cafeteria and Rudy's Place Supervisors will be certified in the full Servsafe program.

#### GOALS:

- A. Promote whole grains, low/no fat dairy, and increase quantity and variety of fruits and vegetables.
- B. Make nutrition education interactive and teach student skills to adopt healthy eating behaviors.
- C. Involve all staff as role models for students. Staff members will join the student at the table for meals and will consume the same healthy food and drink.
- D. Cafeteria and Rudy's Place staff will complete the required annual training in accordance with USDA Professional Standards.
- E. Direct Care Staff will complete annual training in regard to the USDA nutrition requirements

### IV. NUTRITION PROMOTION

Josiah White's aims to teach, encourage, and support healthy eating by students. The facility will engage in nutrition promotion that:

#### GOALS:

- A. Promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- B. Emphasize caloric balance between food intake and energy expenditure (physical activity/exercise).

- C. Include training for staff.

## **V. PHYSICAL ACTIVITY**

Josiah White's supports the health and well-being of students by promoting physical activity. All students engage in a scheduled recreation period daily. Each cottage is scheduled to participate in 1 hour of recreation on Monday through Thursday and 2 hours of recreation on Friday, Saturday and Sunday. Teacher/student ratio for physical activity is 1 family teacher to 6 students.

Sufficient space is provided for students to engage in various types of physical activities. Students are able to utilize the gymnasiums, swimming pool, fitness and weight rooms, outdoor recreation areas, residential home lounges, individual rooms, and various locations within the community. Students are able to engage in biking, outdoor walks, volleyball, basketball and baseball.

### **GOALS:**

- A. A combination of aerobic, stretching and muscle building activities will be rotated to ensure a varied and holistic workout.
- B. Students will be provided opportunities to develop knowledge and skills for specific physical activities through instruction provided by staff as well as a community partnership with the YMCA.
- C. Students will be educated on the short and long-term benefits of a physically active lifestyle.
- D. Encourage teamwork among staff to develop ways to integrate physical activity into daily routines of students.
- E. Limit TV and downtime.
- F. Josiah White's prohibits the use or withholding of physical activity as punishment or reward.
- G. Students will be provided a physical education curriculum, aligned with national and/or state standards, through White's Jr./Sr. High School
- H. When possible, staff will join students in physical activities to aid in promoting physical activity as part of a healthy lifestyle
- I. Physical activity waivers and/or substitutions will be documented and provided to direct care staff by First Aid. Alternative activities will be provided for those students with restrictions.

## **VI. OTHER SCHOOL-BASED ACTIVITIES**

### **GOALS:**

- A. Have students visit and work in the Greenhouse.
- B. Students will participate in individual and group counseling to ensure the emotional and social well-being of all students is being met.
- C. Josiah White's will not use unhealthy food as fundraising opportunities. Instead, Josiah White's will benefit from physical activity based fundraising such as a yearly 5K race, golf scramble, etc.

## **VII. MEAL CONTENT**

- A. Meals served through the National School Lunch and Breakfast Programs will:
  1. Be appealing and appetizing to children;
  2. Meet, at a minimum, the nutrition requirements established by the USDA for reimbursable meals by federally funded programs;
  3. Contain 0% trans fats;
  4. Less than 10% of total calories from saturated fats;
  5. Offer a variety of fruits and vegetables, with a minimum of ½ cup fruit for breakfast and 1 cup both fruit and vegetable for lunch;
  6. Include whole grains for at least 80% of all grains served;
  7. Offer low-fat and nonfat milk;
  8. Offer only 100% fruit juices.
  9. Make potable (drinking) water readily available at all mealtimes and during passing periods during school hours.
- B. Menus will be reviewed and approved by the food service director. Additionally, the menus will be approved by the Indiana State Health Department (ISDH), and Indiana Department of Education (IDOE) for participation in the National School Lunch, School Breakfast, and After School Snack programs.
- C. Special dietary needs of students will be considered when planning meals, according to the document *Accommodating Children with Special Dietary Needs in the School Nutrition Programs*.
- D. Menu items may be substituted as needed for the safety and security of individual residents while on suicide watch or other limited circumstances. All substitutions will be made while maintaining compliance with USDA standards.
- E. The food services department will share information about the nutritional content of meals with students, program participants, and parents/guardians. The information will be available in resident handbooks and parent intake packets.

### **GOALS:**

1. All cooked foods will be baked or steamed.
2. Proper procurement procedures and preparation methods will be used to decrease excess fat, calorie and sodium levels in food.
3. Introduce whole grain pastas to students and staff.
4. Provide opportunities for taste testing of new healthier foods being introduced on the menu.
5. Menus will include a larger variety of vegetables, particularly in the categories of beans/peas and red/orange.
6. Transition in, over a two year period, healthier food and beverage choices in Rudy's Place that parents can purchase snacks for their child on visitation days.
7. Food and beverages which do not meet the USDA meal requirements will not be marketed, sold or served during school hours – Rudy's will only sell/serve to students in the hours following school beginning at 4:00 p.m.

**VIII. MEALTIME SCHEDULE AND LOCATION**

- A. Adequate time will be provided for students to eat meals and snacks.  
Student meals will be served as follows:
  - 1. Breakfast 7:00 am - 10:00 am
  - 2. Lunch 11:35 am - 12:30 pm
  - 3. Afternoon Snack 3:35 pm - 4:00 pm—in the school on school days and in the cottage on non school days
  - 4. Dinner approximately 5:00
  - 5. Evening Snack 8:00 pm—in the cottage
- B. Meals will be served in a clean, safe and appropriate setting (i.e. dining room, or multipurpose room as needed).
- C. Appropriate supervision is provided in the dining area and rules for safe behavior shall be consistently enforced.
- D. Arrangements for alternative meal times will be made for students not present during scheduled serving times

**IX. EVALUATION**

Josiah White’s has designated the Principal of White’s Jr./Sr. High School and Josiah White’s Food Service Director as the persons responsible for monitoring the wellness policy.

Josiah White’s has established a plan for measuring and evaluating the wellness policy using the Wellness School Assessment Tool, or WellSAT 3.0. This evaluation will be completed annually by the Wellness Committee.

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**REFERENCED FORMS:**

Wellness School Assessment Tool (WellSat 3.0)