

Father Maloney's Boys & Girls Haven

Policy: Wellness Policy

Domain: Program Policies & Procedures

Policy Location: S:/Policy & Procedure

Manual/Program Policies & Procedures

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I. POLICY

Boys and Girls Haven is committed to providing an environment that enhances learning and the development of lifelong wellness practices. To accomplish this, programs that address nutrition, physical activity and healthy lifestyle choices are provided to all clients. In addition, Boys and Girls Haven complies with all federal, state and local requirements and guidelines.

II. PROCEDURE

Nutrition Education

- The staff responsible for nutrition education will participate regularly in professional development activities and will be adequately prepared to deliver an accurate and effective nutrition education program. Preparation and professional development activities will provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques designed to promote healthy eating habits. (1)
- Nutrition education information will be reviewed by a qualified, credentialed nutrition professional.
- The school cafeteria serves as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom.
- Nutrition education will, when possible and applicable, involve sharing information with families and the broader community to positively impact students and the health of the community. (4)
- Students will be encouraged to start each day with a healthy breakfast and will be provided with healthy meal options throughout each day.

Physical Activity

- Physical activity will be integrated across curricula and throughout the day.
- Physical education will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge. (1)
- The agency will provide a daily recreational period, when it is safe to do so for the individual client, which will not be used as a punishment or a reward.

- Physical education will include the instruction of individual activities as well as competitive and non-competitive team sports. (6)
- Adequate equipment is available for all students to participate in physical education. Facilities used for physical education will be safe and free from hazards.
- Boys and Girls Haven provides a physical and social environment that encourages safe and enjoyable activity for all clients, regardless of physical ability. (1)

Other Activities

- Programs will encourage physical activity and healthy habit formation. (6)
- Support for the health of all students is demonstrated by hosting health clinics, health screenings, and ensuring that eligible children are covered by health insurance.

Eating Environment

- The National Association of State Boards of Education recommends that students should be provided adequate time to eat lunch, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated. Boys and Girls Haven fully complies with these recommendations. (2)
- Lunch periods are scheduled as near the middle of the school day as possible. (5)
- Cafeterias include enough serving areas so that students do not have to spend excessive time waiting in line.
- Dining areas are attractive and have enough space for seating all students. (6)
- Drinking water is available for students at meals.
- Food is not used as a reward or punishment for clients' behaviors.

Child Nutrition Operations

- The child nutrition program will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. If subsidy of the child nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals. (1) (5)
- The child nutrition program will ensure that all students have access to the varied and nutritious foods they need to learn and stay healthy. (1)
- When applicable, Boys and Girls Haven will strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch, school breakfast, after-school snack and summer food service programs).
- Boys and Girls Haven employs a food service supervisor, who is properly qualified, certified and/or credentialed according to current professional standards, to administer the food service program and satisfy reporting requirements. (1)
- All food service personnel shall have adequate pre-service training in food service operations. (1)
- Clients of the residential program are provided with breakfast, lunch, dinner and snacks seven days a week, 365 days per year.
- Students are encouraged to start each day with a healthy breakfast.

Food Safety/Food Security

- All foods made available on campus comply with the state and local food safety and sanitation regulations. (1)
- For the safety and security of the food and facility access to the food service operations are limited to Child Nutrition staff and authorized personnel. (3)

1. Action for Healthy Kids, Arizona State Team. Arizona healthy school environment model policy. Available at: www.asu.edu/educ/eps1CERU/Guidelines/CERU-0401-210-RCC.pdf Accessed March 7, 2005.
2. National Association of State Boards of Education. Fit, healthy and ready to learn. Available at: <http://www.nasbe.org/HealthySchools/fithealthy.html> Accessed March 7, 2005
3. United States Department of Agriculture, Food Safety and Inspection Service. Food safety and emergency preparedness. Available at: http://www.fsis.usda.gov/Food_Security_&_Emergency_Preparedness/index.asp Accessed March 7, 2005
4. Texas Agriculture Commission. Creating a course for change. Available at: http://www.squaremeals.org/fn/home/page/0_1248_2348_0_0_0_00.html Accessed March 7, 2005
5. Seattle Public Schools. Breakfast and lunch program. Available at: <http://www.seattleschools.org/area/news/x40903nr.xml?wrapper=0> Accessed March 7, 2005
6. Wisconsin Association of School Boards. Promoting healthy eating and physical activity. Available at: <http://wasb.org/policy/focusoct03.html> Accessed March 7, 2005

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Title: _____ Title: _____
Date: _____ Date: _____