

Program: Administrative		The Bradley Center
Section: Food Service	Subject: Wellness Policy	
Policy Number: FO-270	Approved By: Executive Leadership Team	
State/JCAHO: SC 1422.1 – 42 U.S.C. Sec. 1758b, 1751, 1773 et seq, 1773 - 7 CFR – Sec 210.31, Authority SC 504.1, 1422.1, 42 U.S.C. Sec. 1758b 7CFR Sec 210.31, 210.10, 210.11, 220.12a, 220.8, 210.30 – SC 1512.1/1513 Pol. 102,105, 209.1, 808	Written/Revised By: Charissa Rychcik	
Effective Date: 07-01-06	Revised Date(s): 10-05-07 01-28-08 , 3-15-09, 3-10-10, 9-13-11, 3-11-14, 9-9-14, 10-8-14, 6-30-17	Page Number: 1 of 10

POLICY:

The Bradley Center recognizes that student wellness and proper nutrition are related to students’ physical well-being, growth, development and readiness to learn. The Bradley Center is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education and promotion, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

The Bradley Center adopts this policy based on the recommendations of the Wellness Committee and in accordance with federal and state laws and regulations.

To ensure the health and well-being of all students, The Bradley Center establishes that the school and residential program shall provide to students:

1. A comprehensive nutrition program consistent with federal and state requirements.
2. Access at reasonable cost to foods and beverages that meet established nutrition guidelines.
3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
4. Curriculum and programs for grades K-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State

Board of Education curriculum regulations and academic standards.

The Nurse Manager or designee shall be responsible for the implementation and oversight of this policy to ensure each of the agency's units, programs and curricula is compliant with this policy, related policies and established guidelines or administrative regulations.

Staff members responsible for programs related to school wellness shall report to the principal or designee regarding the status of such programs.

The nurse manager or designee shall annually report to the Executive Leadership Team on the agency's compliance with law and policies related to school wellness. The report may include:

- Assessment of school/agency environment regarding school wellness issues.
- Evaluation of food services program.
- Listing of activities and programs conducted to promote nutrition and physical activity.
- Recommendations for policy and/or program revisions.
- Suggestions for improvement in specific areas.
- Feedback received from agency staff, students, parents/guardians, community members and the Wellness Committee.

The Nursing Manager or designee and the established Wellness Committee shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment shall be made available to the public in an accessible and easily understood manner and include:

1. The extent to which department is in compliance with law and policies related to school/agency wellness.
2. The extent to which this policy compares to model wellness policies.
3. A description of the progress made by the agency in attaining the goals of this policy.

At least once every three (3) years, the agency shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as agency and community needs and priorities change; wellness goals are met; new health science, information and technologies emerge; and new federal or state guidance or standards are issued.

The agency shall annually inform and update the public, including parents/guardians, students and others in the community, about the contents, updates and implementation of this policy via the agency website, student handbooks, newsletters, posted notices and/or other efficient communication methods. This annual notification shall include information on how to access the School Wellness policy; information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the School Wellness policy; and a means of contacting Wellness Committee leadership.

Recordkeeping

The agency shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:

1. The written School Wellness policy.
2. Documentation demonstrating that the agency has informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the policy.
3. Documentation of efforts to review and update the School Wellness policy, including who is involved in the review and methods used by the agency to inform the public of their ability to participate in the review.
4. Documentation demonstrating the most recent assessment on the implementation of the School Wellness policy and notification of the assessment results to the public.

Wellness Committee

The agency shall establish a Wellness Committee comprised of, but not necessarily limited to, at least one (1) of each of the following: nursing manager, executive leadership team member, school leadership member, residential leadership member, agency food service representative, and teacher. Parents will be invited to participate. Students will give feedback through the Youth Core Team, and their feedback will be reported to the Wellness Committee.

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing, implementing and periodically reviewing and updating a School Wellness policy that complies with law to recommend to the Executive Leadership Team for adoption.

The Wellness Committee shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity and other school based activities that promote student wellness as part of the policy development and revision process.

Medical Staff Committee

- The Medical Staff Committee works under the direction of the chief medical officer to study student health issues and to assist in organizing follow-up programs.
- The Medical Staff Committee may examine related research, assess student needs and the current school environment, review existing agency policies and administrative regulations, and raise awareness about student health issues.
- The Medical Staff Committee may make policy recommendations to the agency related to other health issues necessary to promote student wellness.
- The Medical Staff Committee shall provide periodic reports to the Wellness Committee regarding the status of its work.

Individuals who conduct student medical and dental examinations shall submit to the Medical Staff Committee annual reports and later reports on the remedial work accomplished during the year, as required by law.

Nutrition Education

Nutrition education will be provided within the sequential, comprehensive health education program in accordance with curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.

- Nutrition education in the agency shall teach, model, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.
- Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.

- Nutrition education lessons and activities shall be age-appropriate.

Nutrition education shall be integrated into other subjects such as math, science, language arts and social sciences to complement but not replace academic standards based on nutrition education.

- Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.
- The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development. The agency shall develop standards for such training and professional development.
- Nutrition education shall extend beyond the school environment by engaging and involving families and the community.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

- Agency staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.
- Agency food service personnel shall review and implement research-based, behavioral economics techniques in the cafeteria to encourage consumption of more whole grains, fruits, vegetables and legumes, and to decrease plate waste.
- Consistent nutrition messages shall be disseminated and displayed throughout the agency, schools, classrooms, cafeterias, homes, community and media.
- Consistent nutrition messages shall be demonstrated by avoiding use of unhealthy food items in classroom lesson plans and school staff avoiding eating less healthy food items in front of students.
- The Bradley Center shall offer resources about health and nutrition to encourage parents/guardians to provide healthy meals for their children.

Physical Activity

- Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness and performance benefits.
- A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.
- Extended periods of student inactivity, two (2) hours or more, shall be discouraged.
- Physical activity breaks shall be provided for students during classroom hours.
- Before and/or after-school programs shall provide developmentally appropriate physical activity for participating children.

Physical Education

- A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All students must participate in physical education.
- Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.
- Physical education classes shall be the means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.
- A comprehensive physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity shall be implemented.
- A varied and comprehensive curriculum that promotes both team and individual activities and leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.
- Adequate amounts of planned instruction shall be provided in order for students to achieve the proficient level for the Health, Safety and Physical Education academic standards.

- A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards.
- Students shall be moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.
- Safe and adequate equipment, facilities and resources shall be provided for physical education courses.
- Physical education shall be taught by certified health and physical education teachers.

Other School Based Activities

Drinking water shall be available and accessible to students, without restriction and at no cost to the student, at all meal periods and throughout the school day.

Nutrition professionals who meet hiring criteria established by the agency and in compliance with federal regulations shall administer the school meals program. Professional development and continuing education shall be provided for agency contracted nutrition staff, as required by federal regulations.

The Bradley Center shall provide adequate space, as defined by the agency, for eating and serving meals.

- Students shall be provided a clean and safe meal environment.
- Meal periods shall be scheduled at appropriate hours, as required by federal regulations and as defined by the agency.
- Students shall have access to hand washing or sanitizing before meals and snacks.
- Access to the food service operation shall be limited to authorized staff.
- Nutrition content of school meals shall be available to students and parents/guardians.
- Students and parents/guardians may be involved in menu selections through various means, such as taste testing and surveys.
- To the extent possible, the agency shall utilize available funding and outside programs to enhance student wellness.
- The agency shall provide appropriate training to all staff on the components of the School Wellness policy.

- Goals of the School Wellness policy shall be considered in planning all school based activities.

Nutrition Guidelines for All Foods/Beverages at School

All foods and beverages available in the agency during the school day shall be offered to students with consideration for promoting student health and reducing obesity.

Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.

Competitive Foods –

Competitive foods available for sale shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School). These standards shall apply in all locations and through all services where foods and beverages are sold to students, which may include, but are not limited to: a la carte options in cafeterias, vending machines, school stores, snack carts and fundraisers.

Competitive foods are defined as foods and beverages offered or sold to students on school campus during the school day, which are not part of the reimbursable school breakfast or lunch.

For purposes of this policy, **school campus** means any area of property under the jurisdiction of the school that students may access during the school day.

For purposes of this policy, **school day** means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.

The agency may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.

Non-Sold Competitive Foods –

Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by the agency.

If the offered competitive foods do not meet or exceed the Smart Snacks in School nutrition standards, the following standards shall apply:

1. Rewards and Incentives:

- Foods and beverages shall not be used as a reward for classroom or

school activities unless the reward is an activity that promotes a positive nutrition message (e.g., guest chef, field trip to a farm or farmers market, etc.).

2. Classroom Parties and Celebrations:

- Classroom parties/celebrations with food/beverages shall be limited to no more than one (1) per month in each classroom.

Marketing/Contracting –

Any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School) and comply with established Executive Leadership Team policy and administrative regulations.

Exclusive competitive food and/or beverage contracts shall be approved by the Executive Leadership Team, in accordance with provisions of law. Existing contracts shall be reviewed and modified to the extent feasible to ensure compliance with established federal nutrition standards, including applicable marketing restrictions.

Management of Food Allergies

The agency shall establish policy and administrative regulations to address food allergy management in the agency in order to:

1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.
2. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.
3. Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities.

References:

School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1422.3, 1512.1, 1513

National School Lunch Program – 42 U.S.C. Sec. 1751 et seq.

School Breakfast Program – 42 U.S.C. Sec. 1773

Healthy, Hunger-Free Kids Act of 2010 – P.L. 111-296

National Food Service Programs, Title 7, Code of Federal Regulations –
7 CFR Part 210, Part 220

Board Policy – 102, 103, 103.1, 105, 209.1, 229, 808