

HEALTH & WELLNESS

Policy:

Best Point Education and Behavioral Health is committed to promoting a culture of health and well-being by supporting healthy eating, physical activity and chronic disease management.

Procedures:

The Health & Wellness Committee (a part of the Campus Operations Committee) will use a systematic approach to develop, implement and monitor healthy eating and physical activity for all on-campus programs.

A. A coordinated approach will be developed to implement and evaluate healthy eating and physical activity policies and practices.

1. The use of evidence-based strategies will be used in developing, implementing and evaluating healthy eating and physical activity for all children engaged in campus-based programming
2. Staff shall serve as role models by promoting healthy eating, physical activity and wellness
3. The Health & Wellness Policy will be reviewed with all campus-based staff at the start of each school year; and the policy shall be made available to new staff and to parent/guardian upon request
4. A triennial assessment will be conducted that determines compliance and progress made in attaining identified goals

B. Program and school environments will be established that encourage all participants to make healthy eating choices and be physically active throughout the day.

1. Students, clients and staff shall be provided with access to healthy foods and physical activity opportunities and to safe spaces, facilities, and equipment for healthy eating and physical activity
2. An environment will be created that encourages a healthy body image, shape, and size among all students, clients and staff members, is accepting of diverse abilities, and does not tolerate weight-based teasing
3. All students and clients will be encouraged to participate in nutrition education programming; e.g., Wellness Wednesdays, cooking classes
4. Any food or beverage used as an incentive or reward, will be in compliance with Children's Home protocol and Smart Snacks in School nutrition standards
5. Any food or beverage marketed or promoted to students and clients will meet the USDA Smart Snacks in School nutrition standards

C. A quality meal program will be provided and will ensure that students and clients have appealing, healthy food and beverage choices offered outside of the meal program.

1. All programs will adhere to the nutrition guidelines for all foods available on campus during the school/program day consistent with the USDA's meal pattern requirements, the standards for competitive foods, and Smart Snacks in School nutrition standards
2. The agency will promote access to and participation in meals in clean and pleasant surroundings
3. Program schedules will ensure there is sufficient time to wash hands prior to meals and snacks; and that students and clients are given at least 10 minutes for breakfast and 20 minutes for their lunch period
4. Upon request, nutrition information will be made available for breakfast and lunch items, carb menus will be accessible to all Food Service and direct staff to support students with diabetes
5. Students, clients and staff will have access to water fountains or water filling stations throughout the day and in the cafeteria
6. Exemptions to the Smart Snacks in School nutrition standards may take place (e.g., holiday parties, monthly birthday celebrations), but should occur infrequently and only with the knowledge and approval of the program manager

D. A comprehensive physical activity program will be implemented with quality physical education as the cornerstone.

1. Instructional strategies in physical education will be used that enhance student and client's behavioral skills, confidence in their abilities, and desire to adopt and maintain a physically active lifestyle
2. All students and clients will have the opportunity to engage in physical activity outside of physical education class
3. Physical education and other physical activity programs shall meet the needs and interests of all children and youth students regardless of physical limitations or service program engagement

E. A health education program will be implemented that provides students and clients with the knowledge, attitudes, skills, and experiences needed for lifelong healthy eating and physical activity.

1. Health education programs from pre-kindergarten through grade 12 will be promoted; and, use instructional methods and strategies that are interactive, engage all students, and are relevant to their daily lives and experiences
2. Health education programs such as hand washing, dental screening, blood pressure screening, and body awareness will be offered to appropriate grades
3. The health of all students will be supported by providing vision, hearing and asthma screening at appropriate grade levels, with referral as appropriate
4. Health care plans will be developed and student health education will be offered on a one-to-one basis when needed; physical growth and development

will be monitored through regular calculation of Body Mass Index (BMI). Children and youth who fall substantially outside of the normal range for height and weight will have their results shared with their parent/guardian and will be evaluated for participation in a medical nutrition therapy program

5. Physical surroundings will be monitored to ensure the no-smoking policy is adhered to by all program participants, employees and visitors

Health & Wellness Council Participants (Campus Operational Team)

Administration

Chief Program Officer
Chief Clinical Officer
VP of Program Operations
* Oversees wellness policy
Food Service Supervisor
School Nurse
Safety Supervisor

Education

Superintendent
Principal, Upper & Lower Schools, Specialized, DT ED, and Heidt
Student Council Representatives

Behavioral Health

Manager, DT
Manager, Early Childhood Day Treatment
Director and Supervisor of Campus Behavioral Health

Early Childhood/School-Age Services

VP, Early Childhood & School Age Services
Early Care and Education Manager
School-Age Services Manager

*Stakeholders who wish to join the committee should contact the VP of Program Operations or the program administrator

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a [Form AD-3027](https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf), USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-

9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail:

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

2. fax:

(833) 256-1665 or (202) 690-7442; or

3. email:

program.intake@usda.gov

This institution is an equal opportunity provider.

HEALTH & WELLNESS POLICY

Goals from Evaluation

- 1. Integrate all students back to the cafeteria. Development of a plan to teach students and support them in the transition between the cafeteria and the classroom.**
 - a.** It's important for school-age children to eat in the cafeteria at school for several key reasons:
 - i.** Nutrition
 - 1.** School cafeterias often provide balanced meals that meet national nutrition standards. For many kids, especially those from low-income families, school meals may be the most nutritious food they eat all day.
 - ii.** Routine and Structure
 - 1.** Eating at school helps establish a regular routine, which is important for children's development. It ensures they get a proper lunch at a consistent time every day.
 - iii.** Social Skills
 - 1.** The cafeteria is a social space where kids learn to interact with peers, practice manners, and develop communication skills—important parts of social development.
 - iv.** Learning Focus

1. Hungry kids have a harder time concentrating and learning. A good meal at lunchtime can improve attention, memory, and overall school performance.

v. Food Security

1. For families experiencing food insecurity, school meals help ensure their children are fed during the day, easing the burden on parents.
2. Exposure to Different Foods
 - a. School cafeterias often introduce kids to a wider variety of foods than they might get at home, encouraging them to try new things and develop healthier eating habits.

2. Implement a comprehensive health and physical education program for all students.

- a. As physical education classes are made available to all students, health education was not consistently offered through the programs. To support this the physical education staff will be trained and beginning providing PE and Health classes to all students across our campuses. Services incorporate ODE learning standards and instructional strategies that enhance children and youth's behavioral skills, confidence in their abilities, and desire to adopt and maintain a healthy and physically active lifestyle
- b. Implement health education that provides children, youth and families with the knowledge, attitudes, skills, and experiences needed for lifelong healthy eating and physical activity.

3. More opportunities for Staff, Parent/Family learning for health, nutrition, and physical activity through presentations during family night, program newsletters, and connections with community resources.

- a. We have a FT school nurse. The nurse is available to all campus-based programs and is integral to promoting asthma management; ensuring compliance with immunization requirements; and developing individual health care plans when indicated.
- b. Medication Follow up and training for staff that have students who have critical medical needs.
- c. The Levine Family Health Center opened in the fall of 2016; primary care services are available to any individual using our services and the knowledge of access is a focus to increase the number of individuals accessing the Health Center.