

Auberle Children and Youth Wellness Policy

Purpose

Auberle recognizes that wellness and proper nutrition are related to children's physical well-being, growth, development, and readiness to learn. Auberle is committed to providing an environment that promotes wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience to its residents, students and staff.

Residents and staff learn about and participate in positive dietary and lifestyle practices that can improve their lives and lay a foundation for a healthier life.

Authority P.L. 111-296

To ensure the health and well-being of all residents and youth, Auberle provides the following:

- A comprehensive nutrition program consistent with federal and state requirements.
- Access to foods and beverages that meet established nutritional guidelines.
- Physical education courses and opportunities for appropriate physical activity.
- Curriculum and programs for all residents and students that are designed to educate children about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.

Delegation of Responsibility Pol.808

The Chief Operating Officer is responsible to monitor the different sites, programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations. Staff members responsible for the programs related to wellness report to the Chief Program Officer or designee regarding the status of such programs.

Reports are generated as needed and are presented to the Auberle Executive Team and the appropriate Auberle Board Committees regards to compliance with law and policies regarding wellness.

The reports may include:

- Evaluation of food service program per site.
- Review of all foods and beverages offered at all sites for compliance with established nutrition guidelines.
- Listing of activities and programs conducted to promote nutrition and physical activity.

- Recommendations for policy and/or program revisions.
- Suggestions for improvements in specific areas.
- Feedback from residents and students, staff, parents/guardians, and Wellness Committee members.

The Food Service Manager or designee and the established Sanctuary 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 will include:

1. The extent to which the facility complies with the law and policies related to school wellness.
2. The extent to which this policy compares to model wellness policies.
3. A description of the progress made by Auberle in attaining the goals of this policy.

At least once every three (3) years, Auberle shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as 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 wellness policy and most recent triennial assessment will be made available to the public in an accessible and easily understood manner.

P.L. 108-265 Sec.204

An assurance that the guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued in accordance with federal law is provided annually by the Auberle Administrator of Dietary & Housekeeping Services

Guidelines: Sanctuary Committee

Auberle's Sanctuary Committee is comprised of staff from various positions within the agency and meets on a regular basis. Committee membership is open to a variety of staff including food service, administration, and health professionals.

The Sanctuary Committee serves as an advisory committee regarding client health issues and is responsible for developing, implementing, and periodically reviewing and updating a Wellness Policy that complies with law.

- The Sanctuary Committee examines related research and laws, assess student needs and current program environment, reviews agency policies, and raises awareness about student health issues.
- The Sanctuary Committee may make policy recommendations to the agency CEO and COO related to other health issues necessary to promote student wellness.
- The Sanctuary Committee provides reports to the CEO or designee regarding the status of its work, as required.

Nutrition Education and Nutrition Promotion

The goal of nutrition education is to teach, encourage and support healthy eating by residents, students, and Auberle consumers. Promoting health and nutrition enhances readiness for learning and increases achievement.

- Nutrition education is provided within the sequential, comprehensive health education program in accordance with State Board of Education curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.
- Nutrition education provides all residents with the knowledge and skills needed to lead healthy lives.
- Nutrition education lessons and activities are age appropriate.
- Nutrition curriculum is behavior focused.
- Lifelong lifestyle balance is reinforced by linking nutrition education and physical activity.
- Consistent nutrition messages are provided throughout the agency.
- The staff responsible for providing nutrition education is properly trained and prepared and participates in appropriate professional development.

Physical Activity

- Physical activity opportunities and the development of appropriate activities are provided for all Auberle residents and students.
- Age-appropriate physical activity opportunities are provided to meet the needs and interests of all students, in addition to planned physical education.
- Extended periods of inactivity are discouraged.
- Auberle offers organized after-school intramural programs that meet the needs and interests of all residents and students that promote physical activity.
- Each residential program has scheduled recreation time after school and or after dinner in the gymnasium or outside on our athletic field.
- A physical and social environment that encourages safe and enjoyable activity for all students is maintained.

Other Activities

- Auberle follows the Department of Public Welfare title 55 Chapter 3800 regulation 104, 161 through 164 for Children in residential treatment facilities regards to Food Service and Nutrition.
- Auberle provides adequate space for dining.
- Residents and students are provided a clean and safe meal environment for dining, relaxing and socializing.
- Residents and students are provided adequate time to eat: 20 minutes sit down time for breakfast, lunch, and dinner.
- Meal periods are scheduled at appropriate hours.
- Drinking water is available at all meal periods and throughout the day.
- Residents have access to facilities for hand washing during all meal periods.
- Auberle provides ongoing professional development and education for foodservice professionals, treatment staff, administrators and other staff within

the agency. Professional development is provided appropriately according to job responsibilities.

- Auberle provides appropriate in-service training to all staff on components of Local Wellness Policy
- Residents, students and treatment staff are involved in the menu selections through various means.
- Administrators, treatment staff, teachers, foodservice personal, residents, parent/guardians, volunteers, and community members serve as positive role models through agency program's; communications and community outreach programs.
- Auberle residents and students participate in several treatment, support and educational programs that are geared toward better mental health and total wellness. Examples of treatment programs available are but not limited to: Drug and Alcohol, Narcotics Anonymous, Tobacco Cessation, Grief and Loss, Offenders, Social Skills for adolescents, Life skills for 16 and over, Children of addicted parents, and Spirituality.
- Auberle offers Health and Wellness programs and education to all staff.
- Auberle staff are encouraged to participate in health education and wellness programs throughout the agency.

Nutritional Guidelines

- All foods available at Auberle are offered to residents, students and staff with consideration for promoting children's health and reducing childhood obesity. Children's life-long eating habits are greatly influenced by the types of foods and beverages available to them. Auberle offers foods of good nutritional content including fruits, vegetables, low-fat dairy foods, and low-fat grain products will be available wherever and whenever food is offered during the whole day.
- Foods provided through the National School Lunch and School Breakfast Programs comply with federal nutritional standards. Auberle will comply with the USDA regulations, Department of Public Welfare regulations, and state policies.
- Menus are planned with input from residents, students, family members, and other agency personal and take in account the children's cultural norms and preferences.
- Residents and students with special dietary needs such as. diabetes, celiac spruce, lactose intolerance, allergies etc. are accommodated.
- Foods and beverages outside of reimbursable meals provided through the National School Lunch and School Breakfast Programs are not sold, offered, or marketed to students during the school day.

Reference:

The Healthy, Hunger-Free Kids Act of 2010 (P.L. 111-296)