

# Legacy Treatment Services Wellness Policy

## Preamble

The Legacy Treatment Services is committed to the optimal development of every student. The Administration and Board of Trustees believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

This policy outlines the Legacy Treatment Services approach to ensuring environments and opportunities are provided for all students to practice healthy eating and physical activity behaviors throughout the school day. Specifically, this policy establishes goals and procedures to ensure that:

- Students have access to healthy foods throughout the school day—both through reimbursable school meals and other foods—in accordance with Federal and state nutrition standards;
- Students receive nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors;
- The Administration establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff, and schools within Legacy Treatment Services. If interested in participating in the development, update and implementation to the policy contact Brian Burns Vice President of operations, (609) 267-1550 ext. 3133.

## **I. School Wellness Committee**

### ***Committee Role and Membership***

The Administration will convene a representative wellness committee that meets at least two times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this wellness policy (heretofore referred as “wellness policy”).

The Wellness Committee membership will represent a versatile group that represents Legacy Treatment Services. *The group will be appointed by the Vice-President of Operations.*

### ***Leadership***

The Coordinator of the Committee will convene with the Wellness Committee and facilitate development of, and updates to the wellness policy, and will ensure compliance with the policy.

## LEGACY TREATMENT SERVICES WELLNESS POLICY

The names, titles, and contact information of individuals assigned to the wellness committee are attached.

### **II. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement**

#### ***Implementation Plan***

The Wellness Committee will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy.

#### ***Assessment***

The Committee will use Assessment Tool #357 to track progress and develop ideas to create a healthier school environment. The wellness policy will be reviewed annually.

#### ***Public Notification***

This wellness policy and the assessments will be presented to the public at the Board of Trustees' meetings.

#### ***Recordkeeping***

Legacy Treatment Services will retain records to document compliance with the requirements of the wellness policy at the Vice President of Operations' administrative office.

Documentation maintained in this location will include but will not be limited to:

- . Written wellness policy;
- . Assessment tool;
- . Documentation of the triennial assessment of the policy;
- . Documentation demonstrating compliance with public notification requirements.

#### ***Revisions and Updating the Policy***

The Legacy Treatment Services' Wellness Committee will update or modify the wellness policy based on the results of the assessments, and/or as the administration's priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years.**

#### ***Community Involvement, Outreach, and Communications***

Legacy Treatment Services is committed to being responsive to community input, which begins with awareness of the wellness policy. The administration will actively communicate ways in which representatives of Wellness Committee and others can participate in the development, implementation, and periodic review and update of the wellness. The Legacy Treatment Services will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply for the programs.

### III. Nutrition

#### ***School Meals***

The Legacy Treatment Services is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools will participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and the After School Snack Program. Meal programs are provided year round including the summer months. The Legacy Treatment Services is committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- . Are accessible to all students;
  - . Are appealing and attractive to children;
  - . Are served in clean and pleasant settings;
  - . Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.
- Promote healthy food and beverage choices using the following Smarter Lunchroom techniques:
- Whole fruit options are displayed attractively
  - Daily fruit options are displayed in a location in the line of sight and reach of students
  - Daily vegetable options will include a minimum of two choices
  - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal
  - Student surveys and taste testing opportunities are used to inform menu development,
- Will accommodate students with special dietary needs.

Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated. Students are served lunch at a reasonable and appropriate time of day.

. Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.

. The food service department will purchase local and/or regional products when available from vendors.

#### ***Staff Qualifications and Professional Development***

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs. The current staffs are grandfathered as outlined in USDA's professional standards.

**Water**

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day\* and throughout every school campus\* (“school campus” and “school day” are defined in the glossary). Legacy Treatment Services will make drinking water available where school meals are served during mealtimes.

**Competitive Foods and Beverages**

Legacy Treatment Services is committed to ensuring that all foods and beverages available to students on the school campus\* during the school day\* support healthy eating. The foods and beverages served outside of the school meal programs (i.e., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum.

**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. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias.

Legacy Treatment Services will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- . Healthy entrée choices at breakfast and lunch
- . A variety of fruits and vegetables daily at breakfast and lunch

**Nutrition Education**

Legacy Treatment Services aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:

- . Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- . Is part of health education classes;
- . Include taste-testing of school foods;
- . Include nutrition education training for teachers and other staff.

**Essential Healthy Eating Topics in Health Education**

Legacy Treatment Services will include in the health education curriculum the following essential topics on healthy eating:

- . The relationship between healthy eating and personal health and disease prevention
- . Food guidance from [My Plate](#)
- . Eating a variety of foods every day
  - . Balancing food intake and physical activity
  - . Eating more fruits, vegetables, and whole grain products
- . Choosing foods and beverages with little added sugars
  - . Risks of unhealthy weight control practices
- . Importance of water consumption
- . Importance of eating breakfast

## **IV. Physical Activity**

Children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program that includes these components: physical education, recess, classroom-based physical activity, walking, and out-of-school time activities. Legacy treatment Services is committed to providing these opportunities. Schools will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education.

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) **will not be withheld** as punishment for any reason.

To the extent practicable, Legacy Treatment Services will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The Administration will conduct necessary inspections and repairs.

### ***Physical Education***

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

All students will be provided equal opportunity to participate in physical education classes. Legacy Treatment Services will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All **elementary students** will receive physical education for at least 60-89 minutes per week throughout the school year. All **secondary students** (middle and high school) are required to take the equivalent of one academic year of physical education.

### ***Essential Physical Activity Topics in Health Education***

Legacy Treatment Services will include in the health education curriculum the following essential topics on physical activity:

- . The physical, psychological, or social benefits of physical activity
- . How physical activity can contribute to a healthy weight
- . How physical activity can contribute to the academic learning process
- . How an inactive lifestyle contributes to chronic disease
- . Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- . Overcoming barriers to physical activity

### ***Before and After School Activities***

Legacy Treatment Services offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. We will encourage students to be physically active before and after school

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### **Professional Learning**

When feasible, the Legacy Treatment Services will offer professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school. Professional learning will help staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

### **Glossary:**

**Extended School Day** - time during before and after school activities that include clubs, intramural sports, band and choir practice, drama rehearsals, etc.

**School Campus** - areas that are owned or leased by the school and used at any time for school-related activities such as the school building or on the school campus, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields, and stadiums (e.g. on scoreboards, coolers, cups, and water bottles), or parking lots.

**School Day** - midnight the night before to 30 minutes after the end of the instructional day.

**Triennial** – recurring every three years.

### **Appendix A: School Wellness Committee**

| <b>School</b> | <b>Name</b>             | <b>Title</b>                       | <b>Email Address</b>   | <b>Role</b>                    |
|---------------|-------------------------|------------------------------------|--|--------------------------------|
| Mary Dobbins  | Diane Gambrel           | Food Service Mgr.                  | <a href="mailto:dgambrel@legacytreatment.org">dgambrel@legacytreatment.org</a> | Committee Purchasing Resources |
| Mary Dobbins  | Patricia Moore          | Vice Principal                     | <a href="mailto:pmoore@legacytreatment.org">pmoore@legacytreatment.org</a>     | School Advisor                 |
| Mary Dobbins  | Diana Hicks             | Registered Nurse                   | <a href="mailto:dhicks@legacytreatment.org">dhicks@legacytreatment.org</a>     | Medical Advisor                |
| Mary Dobbins  | Tina Collins, MSW, LCSW | Clinical Supervisor Central Region | <a href="mailto:tcollins@legacytreatment.org">tcollins@legacytreatment.org</a> | Cultural Advisor               |
| Mary Dobbins  | Pamela Gerber           | Director of Operations             | <a href="mailto:pgerber@legacytreatment.org">pgerber@legacytreatment.org</a>   | Committee Leader               |