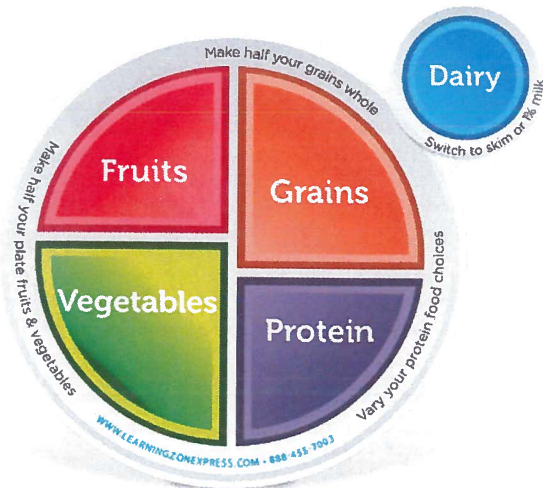


CHILED A WELLNESS POLICY

Approved: September 19, 2018



Better Health = Better Learners
#schoolwellness



CHILEDATA WELLNESS POLICY

School Name: Chileda

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Chileda is committed to the optimal development of every student. Good nutrition and regular physical activity before, during, and after the school day are strongly correlated with positive student outcomes. Chileda believes that we need to create and support health-promoting learning environments throughout our school, giving students the opportunity to achieve success. This policy outlines Chileda's approach to encourage students to practice healthy eating and physical activity throughout the school day.

Wellness Policy Leadership

Each school shall designate a site coordinator who shall ensure compliance with the policy. Chileda has designated the Administrative Assistant. This person will convene the Wellness Committee and lead the review, updating and evaluation of the policy.

School Wellness Committee

To assist in the creation of a healthy school environment, Chileda has established a Wellness Committee that will provide an ongoing review and evaluation of the Wellness Policy. Once the Wellness policy is completed, the Committee will meet no less than two times a year to implement, assess and review, and make recommendations for changes to the Wellness Policy.

Committee Representatives

Chileda's Wellness Committee includes administrators, classroom teachers, physical education teacher, recreational staff, school food representative, health and wellness representative, leisure education teacher, life skills teacher, and occupational therapy representative.

Nutrition Standard for All Foods

Chileda is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of all students, and support healthy choices while accommodating cultural food preferences and special dietary needs. This is done by:

- All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010. Chileda participates in Child Nutrition Programs, including National School Lunch Program (NSLP) and Severe Need Breakfast Program (SBP).
- All meals are accessible to all students.
- Withholding food as a punishment is strictly prohibited.
- Meals are appealing and attractive and served in clean and pleasant settings.
- Drinking water is available for students during mealtimes.
- Students are provided at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch after being seated.
- Lunch will be served between 11am - 1pm.
- Menus are created and reviewed by a Registered Dietitian.

School Meal Program Participation

Chileda allows students the opportunity to provide input on menu items. Chileda has an Advisory Committee that consists of vendor (Mayo), staff, parents and student participation. This group meets once a year unless more frequency is determined at the meeting.

Foods and Beverages Sold to Students Outside of School Meals

No foods or beverages are sold to students at Chileda.

Foods and Beverages Provided to Students Outside of School Meals

Chileda is currently evaluating the snacks that students have during the school day. In addition to the snacks provided during the school day, students may receive an edible reinforcement which is written into the Behavior Support Plan.

Measurable Goals in Foods and Beverages outside of School Meals:

1. All snacks provided to students will be evaluated according to the Smart Snacks USDA's standards.
2. A QI (Quality Improvement Plan) will be completed by October 15, 2018 to consider changing snacks
3. A QI (Quality Improvement Plan) will be completed by November 30, 2018 to consider eliminating serving fruit juice other than at breakfast
4. A QI (Quality Improvement Plan) will be completed by January 4, 2019 to consider eliminating chocolate milk as a snack.

Marketing

Chileda does not advertise in school publications/mailings, do fundraising, or sports teams.

Nutrition Education and Promotion

Chileda will provide nutrition education that helps students develop lifelong healthy eating behaviors. The Healthy Habits Program was implemented at Chileda during the summer of 2018 to promote good health and wellness for both staff and students. Some of the themes covered during this program are hygiene, healthy eating, personal care, and overall well-being. The skills that are promoted for students are skills that will be imperative for the students to be successful long after leaving the Chileda campus.

- Nutrition curriculum will be offered to provide students with the knowledge and skills necessary to promote good health. Curriculum will place an emphasis on: what makes a food "healthy", good food preparation techniques, food safety, and healthy eating practices. These will be taught based on the Dietary Guidelines for Americans and My Plate.
- Staff will provide experiential nutrition education. Activities will include gardening, cooking demonstrations, visiting a farm and gardens and farmers' market or Peoples' Food Co-op tours.
- Students will participate in school garden activities, such as planning, planting, harvesting, preparing, serving, and tasting garden produced foods.
- Chileda is committed to providing a school environment that promotes staff and students to practice healthy eating and physical activity. Staff and students will receive nutrition messages throughout the school week that promote health. Nutrition education will be provided to staff and parents thru newsletters and announcements.
- While students participate in the school garden activities, there will be discussions on the health benefits of garden-produced foods.
- Chileda provides cooking activities for the students in life skills class as well as, rec activities in houses. Students learn about cooking safety, following recipes and simple nutrition guidelines.

- Chileda's Student Council meets twice a month. During the meeting there is discussion promoting healthy habits. There is also discussion on gaining student input for meals that can be shared with the Advisory Committee.

Measurable Goals in Nutrition Education/Promotion:

1. The Healthy Habits Program (see above) will be implemented once a week during the summer and monthly during the school year (September thru May), with a cross curriculum between art, physical education and life skills classes.
2. Once a month, during the school year (September thru May), students will participate in food/nutrition activities such as: Food Pyramid, Health Jeopardy, Germ Tag and Bucket Fillers (good vs bad food).
3. Hydration posters will be displayed in the school building and the houses.
4. Chileda installed a water cooler with a counter for filling water bottles. Staff and students will use personal water bottles for hydration. A baseline count will be done for one week (M-Friday) and this will increase monthly.
5. Posters of good eating and other healthy habits will be displayed in the Cafeteria and throughout the Chileda Campus. Once a year there will be a Poster Contest for Students and Staff. Posters will be displayed.
6. The life skills teacher will arrange quarterly food/cooking visits for staff and students. These will include visits to the Mayo kitchen to observe food being prepared, inviting the Chef from Mayo to visit the Chileda campus and make a healthy food item.
7. A flyer will be sent to all classroom teachers once a month starting in September, 2018. The flyer will contain nutrition information that is appropriate for students, simple healthy recipes or tips on movement and healthy life styles.

Physical Activity

Chileda will provide age appropriate goals for both physical education as well as other physical activities before, during and after school. All physical education classes are taught by a licensed teacher who is certified to teach physical education. Weather permitting all students have a daily scheduled outdoor recess that is 20-30 minutes long. The Recreation Department schedules multiple activities daily for the residents to attend after school and in the evening. These activities include sensory activities, fine and gross motor and other life skill activities. The Rec department also has many physical activities and planned outings all day long on the weekends and non-school days.

Measurable Goals in Physical Activities:

1. Staff and students will be offered short activity breaks (approximately 30 seconds) throughout the school day. This will be done starting no later than the week of September 24th, 2018 and will initially start with one activity at the beginning of the day which will be led by the classroom teachers during their morning meetings.
2. PE classes will include 3 activities a week that will promote a lifelong skill such as bike riding, swimming, community walks or playing a team game
3. PE classes will include one day a month where there is discussion on eating healthy, workout information or other health subject.
4. Recreational activities will occur after school and on weekends that include opportunities for sensory input and movement.

5. Outings (Clearwater farm, swimming, hiking, walks) will be planned by teachers, House Managers and Rec Manager weekly. These provide transitions off campus, lessons on using transportation and sitting safely with others.
6. There will be two student and staff competitions annually that will promote physical activity. These will be activities that can take place both during the school day and after school.

Other Activities that Promote School Wellness

Chileda supports students in an effort to maintain a healthy lifestyle. Teachers and residential house managers promote healthy lifestyles. Students learn hygiene skills, teeth brushing and flossing, clothes washing, and sex education.

Measurable Goals in Other School Wellness:

1. All students (unless parents request differently) attend a sex education class appropriate for their level of understanding. Teachers provide this class annually (September, October and November) for all students.
2. Chileda's OTA provides hygiene lessons to students. These lessons are taught to alternating classrooms and include activities such as soap making, hand washing activities and teeth cleaning. The goal is to provide these hygiene classes and changing the program every 6-8 weeks.

Staff Wellness

Chileda will implement the following activities below to promote healthy eating and physical activity among school staff. Chileda believes that encouraging and supporting staff to be physically and mentally healthy will assist staff in being happier more productive staff members.

Measurable Goals Staff Wellness:

1. Chileda's Human Resource Specialist will provide flyers that are available from the Insurance Center about Healthy Lifestyles, information on the Employee Assistance Program (free short term counseling) as well as information on quitting tobacco use. This information is available near the staff mailboxes and on the staff bulletin board.
2. Chileda's Human Resource Specialist will investigate possible reimbursements for gym memberships and other health initiatives that may be offered through our agency health insurance
3. Chileda's Human Resource Specialist will research with the agency's insurance and within our agency, the possibility of staff using gym equipment when it is not in use by students. If this is a possibility, a calendar will be made and placed on the door of when the room is available for staff.
4. Administration of flu shots is available to all staff annually.
5. Staff will receive information regarding an individual health-risk appraisal. This is a tool to help individuals assess their personal health and wellness and to establish personal health improvement goals. This will be provided annually in December.
6. There will be two student and staff competitions annually that will promote physical activity. These will be activities that can take place both during the school day and after school.
7. Chileda is excited to have two softball teams playing in leagues in the summer, 2018. Team sports will continue to be a part of Chileda, encouraging both staff physically playing sports, as well as the positive impact of the camaraderie of staff cheering each other on and spending time outside of the work day together.
8. Beginning in September, 2018, monthly activity calendars will be posted on the staff bulletin board and the tip of the day will be announced each morning. Some days it might be a physical activity ie: do 5 jumping jacks during the day, another day it might be personal happiness ie: tell another staff member something positive, and other days healthy eating/drinking ie drink 5 glasses of water today.

Measurable Goals in Community Engagement

1. Chileda will inform parents of Wellness activities thru email flyers and newsletters. Parents will be encouraged to discuss the activities with their children
2. Chileda will inform families and the public about the content of this Wellness plan and any updates to the policy through posting it on the Chileda website and referring to it in newsletters.
3. Parent representation will continue to be part of the DPI Advisory committee to discuss menus and other food related topics. This committee will continue to meet annually.

Monitoring and Evaluation

At a minimum, it is required that an assessment of the wellness policy be conducted every three years and the finding of the evaluation, and any update the policy will be available on the Chileda website.

Goal:

1. The Wellness Committee will meet no less than two times a year to assess and review the Wellness Policy. At this time they will make recommendations for any changes to the Wellness Policy. The entire policy will be evaluated and re-written every three years.

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