

# KIDSPEACE POLICY

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<b>Title: Child Nutrition and Local Wellness</b>	Chapter: Program Support Services
<b>Policy Number: ORG.5206</b>	Subsection: Education Services
Initiating Authority: Tom Laubscher, Administration Dietitian	Supersedes: ORG.5206
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Approving Authority: Susan Mullen, Executive Vice President of Programs	

### I. POLICY STATEMENT

KidsPeace recognizes that our clients' wellness and proper nutrition are related to the clients physical well-being, growth, development, and readiness to learn. Therefore it is KidsPeace's policy to provide programming that promotes the wellness, proper nutrition, nutrition education and promotion, and regular physical activity as part of the total learning experience for the clients' we serve.

### II. PURPOSE

The purpose of this policy to provide a framework and offer guidelines for establishing a nutritional and wellness program that incorporates nutrition education, physical activity and other activities conducted throughout the day to meet the objective of promoting student health.

### III. SCOPE

KidsPeace Corporation and all of its subsidiaries excluding KidsPeace Foster Care and Community Programs locations and Georgia Programs

### IV. GENERAL

This policy is based on the standards set by several federal and state laws including the Child Nutrition and WIC Reauthorization Act of 2004 and Health Hunger-Free Kids Act 2010 which require schools and/or organizations to establish a local school wellness policy and program.

### V. POLICY

- A. KidsPeace will provide a healthy school environment where clients will learn about and participate in positive dietary and lifestyle practices that can improve their achievement.
  1. KidsPeace Executive Director, Director, or designee will provide oversight of compliance with this policy, established guidelines, and/or administrative regulations.
  2. Educational leadership is to report to the program Executive Director, Director, or designee regarding compliance of this policy. The report should include at least the following:
    - a) Annually
      - (1) assessment of environment regarding school wellness issues,
      - (2) evaluation of food services program,
      - (3) listing of activities and programs conducted to promote nutrition and physical activity,
      - (4) recommendations for policy and/or program revisions,
      - (5) suggestions for improvement sin specific areas, and
      - (6) feedback received from staff, students, parents/guardians, community members and the Wellness Committee.

- b) Triennial assessment will be made available to the public and include the following:
          - (1) compliance with federal, state, and school district regulations and policies related to school wellness,
          - (2) comparison of KidsPeace policy to the state model policies, and
          - (3) progress toward meeting goals outlined in this policy.
  - 3. KidsPeace will provide notification to the public, including clients, parents/guardians, and others in the community about contents, updates, and implementation of this policy. The notification
    - a) Upon admission a client and parent/guardian will be provided notification.
    - b) Other notifications will be done at least annually.
    - c) KidsPeace will utilize methods such as KidsPeace.org, student handbooks, and public notices posted within the program to provide notifications.
    - d) The notification will include at least the following information:
      - (1) how to access the Wellness policy,
      - (2) information about the most recent triennial assessment,
      - (3) information how to participate in the development, implementation, and periodic review of the Wellness policy, and
      - (4) how to contact the Wellness Committee.
  - 4. Goals outlined in this policy will be utilized when school based activities are planned.
- B. KidsPeace will provide to students the following:
- 1. Comprehensive nutritional program consistent with federal and state requirements.
  - 2. Access to foods and beverages that meet established nutritional guidelines.
  - 3. Physical education courses and opportunities for developmentally appropriate physical activity during activity during the school day.
  - 4. A curriculum and program designed to education about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.
  - 5. A healthy school environment to including by not limited to indoor air quality which meets applicable state and federal regulations.
- C. Nutrition Goals and Guidelines for All Foods on Campus
- 1. All foods and beverages made available on campus will comply with the current USDA Dietary Guidelines for Americans.
  - 2. Food providers will take every measure to ensure that student access to foods and beverages meets federal, state and local laws and guidelines.
    - a) Variety of age appropriate healthy food and beverage selections are available
    - b) Nutrition information for products offered is available.
    - c) Families, teachers, students and school officials are engaged in choosing the competitive food selections for their local school.
    - d) Promotional activities will be limited to programs that are requested by school officials.

- e) Food providers will be sensitive to the school environment in displaying their logos and trademarks.
  - f) Advertising messages are consistent with and reinforce the objectives of the education and nutrition environment goals of the school.
  - g) Advertising of foods or beverages in the areas accessible to students during meal times must be consistent with established nutrition environment standards.
3. Nutritional professionals who meet KidsPeace's hiring criteria and is in compliance with federal regulations will administer the meals program.
  4. Promotion of client health and reducing obesity will be considered with providing foods and beverages to clients.

D. Nutrition Education and Goals

1. Nutrition education lessons and activities will be age appropriate.
2. In addition to health and physical education, nutrition education will be integrated into other areas of the curriculum such as math, science, language arts and social studies.
3. Staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program.
  - a) Provide basic knowledge of nutrition
  - b) Instructional techniques and strategies designed to promote healthy eating habits
  - c) Skill practice – in program specific activities
  - d) teach, model, encourage and support healthy eating by students.
  - e) Promoting student health and nutrition enhances readiness for learning and increases student achievement.
4. Nutrition education information will be reviewed by a qualified, credentialed nutrition professional, who is specialized in school-based nutrition (e.g. Registered Dietitian or School Food Nutrition Specialist)
5. School cafeteria serves as a learning laboratory to allow students to apply critical thinking skills taught in the classroom.
6. Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.
7. Linking nutrition education and physical activity will reinforce lifelong lifestyle balance.
8. Nutrition curriculum will teach behavior-focused skills, which may include menu planning, reading nutritional labels and media awareness.
9. Nutritional content of meals will be available to clients and parents/guardians.

E. Nutritional Promotion

1. Nutrition promotion and education will:
  - a) Use evidence-based techniques and nutritional messages, and will create a food environment that encourages healthy nutrition choices and participation in the meal programs.
  - b) Review and implement research-based, behavioral economics techniques in the meal program to encourage consumption of more whole grains, fruits, vegetables and legumes, and to decrease plate waste.

2. When possible farm to school activities will be implemented. Activities may include but not limited to:
  - a) initiation/maintenance of guardians,
  - b) taste-testing of local products in the cafeteria and classroom,
  - c) classroom education about local agriculture and nutrition,
  - d) field trips to local farms,
  - e) incorporation of local foods into meal programs.
3. Staff responsible for nutrition education will cooperate with agencies and community organizations to provide opportunities for appropriate client projects related to nutrition.
4. Consistent nutrition messages shall be:
  - a) disseminated and displayed throughout the program, classrooms, cafeterias, homes, community, and media
  - b) demonstrated by avoiding use of unhealthy food items in classroom lesson plans and staff avoiding eating less health food items in front of clients.
5. Resources about health and nutrition to encourage parents/guardians to provide healthy meals for their children will be available.
6. Clients and parents/guardians may be involved in menu selections through the use of test tasting or surveys.
7. Program leadership, education leadership, teachers, food service personnel, clients, parents/guardians and community members will be encouraged to serve as positive role models through direct programs, communications, and outreach efforts.
8. KidsPeace will support efforts of parents/guardians to provide a health diet and daily physical activity for clients by communicating relevant information through various methods.

F. Food Safety / Food Security Goals

1. All foods made available on campus comply with the state and local food safety and sanitation regulations.
2. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
3. Safety and Security of the food and facility access to the food service operations is limited to the Child Nutrition Staff and authorized personnel.

G. Eating Environment

1. Students should be provided adequate time to eat a meal which starts when the student is seated with a meal in front of them (e.g. 10 minutes for breakfast; 20 minutes for lunch).
  - a) Alternative service models may be utilized to increase meal participation. Examples include but not limited to "grab & go breakfast" and breakfast after first period.
  - b) Meal time will be scheduled at appropriate hours.
2. Drinking water is available for students at meals and throughout the day.
3. Adequate space for eating and service school meals will be provided.
4. Clients will be provided a clean and safe meal environment.
  - a) Access to hand washing or sanitizing will be provided to clients.

- b) KidsPeace will make every effort to reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions through;
  - (1) documenting known allergies in the client medical record;
  - (2) associate awareness training;
  - (3) reasonable accommodations which protects the client's rights and the opportunity to participate fully in programs and activities; and
  - (4) rapid and effective response in case of an allergic reaction.

#### H. Physical Activity

1. Age-appropriate physical activity will be provided and integrated across curricula and throughout the school day.
  - a) Time allotted for physical activity will be consistent with research, national and state standards.
  - b) Clients will participate in a variety of physical activities to achieve optimal health, wellness, fitness, and performance benefits.
  - c) Physical activity opportunities, such as outdoor and indoor recess, before and after school programs, during lunch, clubs, intramurals and interscholastic athletics, will be provided to meet the needs and interests of all clients, in addition to planned physical education.
  - d) A physical and social environment that encourages safe and enjoyable activity for all students will be maintained.
  - e) Clients will have no more than two (2) hours of inactivity.
  - f) Clients will have physical activity breaks during classroom hours.
2. Age appropriate physical education and health courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
3. Physical activity will not be used or withheld as a form of punishment.
4. Clients and their families will be encouraged to utilize KidsPeace physical activity facilities, such as playgrounds and fields, outside school hours when appropriate and approved by program leadership.

#### I. Physical Education

1. A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented.
  - a) Physical education includes instruction of individual activities as well as competitive and non-competitive team sports.
  - b) Safe and adequate equipment, facilities and resources will be provided.
  - c) Certified health and physical education teachers will provide the physical education.
2. All clients will participate in physical education.
3. All clients will have an assessment to track progress on health, safety, and physical education academic standards.
4. KidsPeace's physical education curriculum will include at least the following:
  - a) promotion of lifelong physical activity in both team and individual activities;

- b) focus on providing clients with skills, knowledge, and confidents to have continued participation;
- c) varied and comprehensive curriculum;
- d) instructional time;
- e) moderately to vigorously activity time;
- f) conducted in a method which all clients will learn, practice, and in the developmentally appropriate level;

5. Withholding or using physical activity as a form of punishment is prohibited.

J. Competitive foods

- 1. Competitive foods are defined as foods offered at school other than through the National School Lunch or School Breakfast Programs. The only competitive foods KidsPeace schools provide are classroom parties and holiday celebrations.
- 2. KidsPeace does not provide or allow access to a la carte foods, vending machines, a school food store, fundraisers, or food brought from outside the school.
- 3. All competitive foods available to students in KidsPeace schools shall comply with the Nutritional Standards for Competitive Foods in Pennsylvania Schools. The nutritional standards shall be implemented as a three (3) year plan. All competitive foods available to students in KidsPeace schools shall comply with the established nutrition guidelines.

K. Other School Based Activities and Goals

- 1. After-School programs will encourage physical activity and healthy habit formation.
  - a) Foods and beverages offered will include healthy alternatives in addition to more traditional fare.
- 2. Local wellness policy goals are considered in planning all school-based activities.
- 3. Support for health of all students is demonstrated by hosting health clinics, health screenings and helping to enroll eligible children in Medicaid and other state children's health insurance programs.
- 4. School committees that represent families, teachers, administrators, and students will coordinate plans, to implement and improve nutrition and physical activity in the school environment.

L. Goal Measurement

- 1. Each supervisor and Physical Education teacher will coordinate wellness activities at their school site.
- 2. An annual survey directly related to the goals of the wellness program will be distributed to relevant school community members.
- 3. Results of the survey will be shared with the appropriate corporate and program structures.

M. Education leadership will maintain the wellness policy records which includes but not limited to the following:

- 1. wellness policy;
- 2. documentation demonstrating that KidsPeace provided the required notifications to clients, parents/guardians, and the public;
- 3. documentation regarding review and revisions to the wellness policy, including who was involved and methods used to inform the public of their ability to participate in the review; and

4. documentation related to the most recent assessment on the implementation of the wellness policy.
- N. Wellness Committee
1. The committee will serve as an advisory committee regarding student health.
  2. The committee will consist of at least one of each of the following:
    - a) program leadership
    - b) education leadership
    - c) food service associate
    - d) client
    - e) parent/guardian
    - f) health professional
    - g) physical education teacher
    - h) member of the public
  3. The committee responsibilities include but not limited to the following:
    - a) provide feedback and recommendations to the Executive Director or Director of the program;
    - b) developing, implementing, and periodically reviewing and updating the wellness policy;
    - c) reviewing and considering evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity, and other school based activities that promote student wellness;
    - d) conduct an assessment at least every three (3) years of the wellness policy.