

Mission

The educational mission of the nonpublic schools at FFYC includes improving the health and wellness of our students by teaching them to establish and maintain life-long healthy eating and physical activity habits. The mission shall be accomplished through nutrition education, physical education, garden experiences, foods and beverages served in schools, environmental education, psychological and counseling services, health promotion for staff, a safe and healthy school environment, training in activities of daily living, and family/parent/community collaboration.

Statement of Principles

- FFYC recognizes that there is a link between nutrition education, the foods and beverages served in schools, physical activity, environmental education and academic achievement.
- FFYC also recognizes the important connection between a healthy diet, physical activity and a student's ability to learn effectively and achieve high standards in school.
- FFYC also recognizes that it is our role, as part of the larger community, to model and actively practice through policy and procedures the promotion of family health, physical activity, good nutrition, sustainable agriculture and environmental restoration.
- FFYC further recognizes that the sharing and enjoyment of food, and participation in physical activity, are fundamental experiences for all people and are a primary way to nurture and celebrate our cultural diversity. These fundamental human experiences are vital bridges for building friendships, forming inter-generational bonds, strengthening core values, and promoting the general wellness of our community.
- FFYC recognizes the positive benefits of physical activity for the health of all students, teachers, staff, and administrators. In addition, recognizing that physical education is crucial in support of academic achievement and an integral part of a child's education, we will provide opportunities to ensure students engage in healthful levels of physical activity in order to promote and develop the student's physical, mental, emotional, and social well-being. Besides promoting high levels of personal achievement and a positive self-image, physical education activities should teach students how to cooperate in the achievement of common goals.

In order to accomplish its mission and to comply with its principles, FFYC has adopted this School Wellness Policy.

Wellness Goals

To help ensure the wellness of each student and to provide guidance to school personnel in the areas of nutrition, health, physical activity and food service FFYC subscribes to the following.

1. No student will go hungry while in school.

A fresh, healthy, nutritious lunch is available to every student at every school, so that students are prepared to learn to their fullest potential. FFYC will also ensure every student will have access to a healthy and nutritious breakfast.

2. In order to maximize FFYC's ability to implement Wellness Goal 1 above and provide nutritious meals and snacks, all FFYC schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible.

- a. Meals shall be appealing and attractive to children;
- b. Meals shall be served in clean and pleasant settings;
- c. Meals shall offer a variety of fruits and vegetables;
- d. Meals shall serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (as defined by US Dept. of Agriculture); and
- e. Meals shall ensure that half of the served grains are whole grain.

3. The nutritional value of the foods and beverages served by FFYC will meet or exceed local, U.S. Dept. of Agriculture (USDA), and State requirements, as established by statute or regulation, by providing nutritious, fresh, tasty, and when possible, locally grown food that reflects FFYC's cultural diversity. FFYC encourages participants to utilize food from the school gardens, based upon availability and acceptability. Nutrition guidelines for all foods and beverages available at each site during the school day are posted. These guidelines apply to special school events, such as holiday parties.

4. Marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means are prohibited.

5. When possible, FFYC will support sustainable, organic agriculture. When possible, Food Services shall integrate local sustainable food into the meals served to our students. Likewise, when possible, purchases shall seek to minimize potential harmful food additives and processes, such as bovine growth hormones, hydrogenated oils, and high fructose corn syrup.

6. Meals served to students shall be attractively presented in a pleasant environment with sufficient time for eating. It shall be the responsibility of the school staff to foster good manners and respect for fellow students. School staff will be encouraged to support the concept that healthy eating in an attractive environment is an important element in student academic success. Educational posters promoting healthy eating practice are displayed in the dining area. Staff members encourage participants to try new foods as well as promote the consumption of fresh fruits and vegetables. Staff will provide taste-tests of new entrees and surveys, in selecting foods, in order to identify new, healthful, and appealing food choices. In addition, our Agency will share information about the nutritional content of meals with parents and students. Such information will be made available on menus or other point-of-purchase materials.

7. Bake Sales and/or Ice Cream Socials may be held with the permission of the school principal, in moderation and with consideration and consistency of the goals of this policy.

8. Parents and staff are encouraged to be consistent with the goals of the policy when providing foods and beverages as a snack, party or incentives offered during the school day. All efforts will be made to hold parties after the lunch hour whenever possible.

9. Teachers, principals and Food Services employees will recognize that the lunch period is an integral part of the educational program and work to implement the goals of this policy.
10. Eating experiences, gardens and nutrition education are integrated into the core academic curriculum at all grade levels.
11. FFYC shall post FFYC's School Wellness on the agency's Intranet, agency website, and in public view within all school eating areas. It will also be provided to families as part of the intake packet.
12. FFYC staff avoids utilizing food, particularly non-nutritious food, as a reward in any participant's behavioral intervention plan.
13. The Principal, following the guidance of the Wellness Committee, shall recommend for CQI approval specific quality indicators that will be used to measure the implementation of the policy. These measures shall include, but not be limited to the analysis of the nutritional content of meals served, student participation rates in school meal programs; participation in nutrition education and feedback from food service personnel, school staff, parents/guardians, students, and other appropriate persons. The Principal or designee shall report to the Clinical Services Committee at least annually on the implementation of this policy and any other policies related to nutrition and physical activity. The annual report shall include: a) Description of the level of service for each site and level of participation; b) Wellness Committee activities; c) Report on the progress in meeting the food policy goals; and d) summary of nutrition education received by students; e) nutritional analysis of sample of menus.
14. All students will be provided opportunities for physical activities and education during the school day. Choices of activities will be given based on individual students' particular needs or disabilities.
15. All students shall have at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch
16. Meal periods are scheduled and occur at appropriate times, *e.g.*, lunch occurs within an hour of noon.
17. FFYC avoids scheduling groups or activities during mealtimes, unless students may eat during such activities.
18. FFYC provides students access to hand washing or hand sanitizing before they eat meals or snacks.
19. FFYC takes reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay risk).
20. Snacks served during the school day or later in the day will make a positive contribution to youth's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. FFYC will assess if and when to offer snacks

based on timing of school meals, children's nutritional needs, children's ages, and other considerations. FFYC will disseminate annually a list of healthful snack items to staff and parents.

Strategies

A. Integration into the Curriculum

1. Integrate eating experiences, gardens and nutrition education into the curriculum where appropriate for math, science, social studies and language arts at all grade levels.
2. Maintain a school garden. Give students the opportunity to plant, harvest, prepare, cook and eat food they have grown.
3. Encourage an annual field trip to a farm or farmer's market.

B. Student Participation

1. Solicit student preferences in planning menus and snacks through regular discussion and solicitation of feedback on menus during community meetings or other groups.
2. Coach students to become advocates and peer teachers of healthy food habits and lifestyles.
3. Ensure that students are represented on the Wellness Committee.

C. Waste Reduction

1. Ensure that cafeterias are part of the environmental education of students and staff through reducing waste, composting, recycling and purchasing recycled material.

D. Nutrition Education and Professional Development

1. Support regular professional development for staff in order to promote excellent food for our students and basic education on nutrition.

E. Public Information

The Annual Report shall be available to the public upon request.

F. Public Policy

FFYC will work cooperatively with local school districts and the community to advance goals of wellness.



G. Wellness Committee and Designation of Oversight

1. The NPS Principals are the designated authorities with operational responsibility for oversight of school compliance for their site.
2. A Wellness Committee has been established to discuss food-related topics of concern to the school community and help make policy recommendations to the Clinical Services Committee.
3. The Wellness Committee shall be as follows:
Co-chaired jointly by representative(s) from each FFYC NPS site, the Wellness Committee will include parent/guardian representatives, a member of the Continuous Quality Improvement Committee, the Home Services Coordinator, the Medical Coordinator or other program staff, and current/former students.
4. The Wellness Committee drafts and reviews FFYC wellness and nutrition policies and practices, tracks implementation and recommends changes or improvements to FFYC. The Wellness Committee is responsible for addressing food-related topics of concern to the school community, and making wellness policy recommendations to the Clinical Services Committee. In conjunction with adoption of a FFYC Wellness Policy, FFYC shall formally establish a standing Wellness Committee to remain actively engaged with food service in monitoring the implementation of the Wellness Policy and in presenting recommendations to the Clinical Services Committee.
5. The Wellness Committee shall develop a summary report every three (3) years on compliance with the Wellness Policy.

Signature on File

Regional Vice President

January 30, 2015
Date