

Sierra Vista Child & Family Services RCCI Local School Wellness Policy

I. PREAMBLE

Sierra Vista Child & Family Services supports the health and well-being of its resident by promoting good eating habits, physical activity, and mental health support. In accordance with federal law, it is the policy of Sierra Vista Child & Family Services to provide resident with access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; and require that all meals served by the facility meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture.

II. NUTRITION EDUCATION

Nutrition education will be provided (include specific and measurable goals)-Examples

- Monthly nutrition education will be provided and will include lessons from the Choose My Plate 10 Tips Nutrition Education Series provided by the USDA.
- Educate Residents regarding food preparation, safety, proper sanitation, portion control, reading recipes, reading labels, plating, etc.

At least one kitchen personnel will be certified in the Servsafe program.

GOALS:

- Promote whole grains, low/no fat dairy, and increase quantity and variety of fruits and vegetables.
- Make nutrition education interactive and teach resident skills to adopt healthy eating behaviors.
- Involve all staff as role models for resident. Staff members will join the resident at the table for meals and will consume the same healthy food and drink.
- Kitchen personnel will participate in a minimum of 1 in-service training per quarter.

III. NUTRITION PROMOTION

Sierra Vista Child & Family Services aims to teach, encourage, and support healthy eating by residents. The facility will engage in nutrition promotion that promotes healthy foods:

GOALS:

- Promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- Emphasize caloric balance between food intake and energy expenditure (physical activity/exercise).

- Include training for staff.

IV. **PHYSICAL ACTIVITY**

Sierra Vista Child & Family Services supports the health and well-being of resident by promoting physical activity. Residents engage in physical activity daily at their local school. In addition, residents are provided opportunities to participate in recreational activities within the community (i.e., local parks, baseball fields, swimming pool, bowling alley, soccer, basketball, track, cheerleading, etc.)

Sufficient space is provided for resident to engage in various types of physical activities. Residents have access to the gymnasium, open living spaces within the unit, non-secure outdoor recreation areas, and various locations within the community.

GOALS:

- Resident will be provided opportunities to develop knowledge and skills for specific physical activities.
- Resident will be educated on the short and long-term benefits of a physically active lifestyle.
- Encourage teamwork among staff to develop ways to integrate physical activity into daily routines of resident.
- Limit TV and downtime.
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Sierra Vista Child & Family Services prohibits the use of physical activity as punishment.

V. **STAFF WELLNESS**

Sierra Vista Child & Family Services supports the health and well-being of staff by promoting physical activity. Staff members are encouraged to participate in daily recreational activities with resident. Staff members are also provided one well-balanced meal, at no cost, during each shift.

GOALS:

- Increase staff involvement during resident recreational periods.
- Make arrangements with local fitness centers to offer reduced membership fees to staff.
- Schedule more physical team building/stress relieving activities for staff.

VI. **OTHER SCHOOL BASED ACTIVITIES**

GOALS:

- Have a garden on site.
- Houses a therapist employed by the Sierra Vista Child & Family Services to provide counseling to ensure the emotion and social well-being of all residents.

- Will provide a safe and positive environment and prohibit bullying and harassment of all residents.

VII. MEALS

1. Meals served through the National School Lunch and Breakfast Programs will:
 - a. Be appealing and appetizing to children;
 - b. Meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs;
 - c. Make drinking water readily available at all mealtimes.
2. Menus will be reviewed and approved by a Nutritionist.
3. Special dietary needs of students will be considered when planning meals, according to the document *Accommodating Children with Special Dietary Needs in the School Nutrition Programs*.
4. Menu items may be substituted as needed for the safety and security of individual residents while on suicide watch or other limited circumstances. All substitutions will be made while maintaining compliance with USDA standards.
5. The food services department will share information about the nutritional content of meals with residents. The information will be available in the menu binder.

GOALS:

- Proper procurement procedures and preparation methods will be used to decrease excess fat, calorie and sodium levels in food.
- Introduce whole grain pastas to resident and staff.

MEALTIME SCHEDULE AND LOCATION

1. Adequate time will be provided for resident to eat meals and snacks.
 - a. Residents meals will be served as follows:
 - Breakfast 7:30 am
 - Lunch 12:00 pm
 - Afternoon Snack 3:00 pm
 - Dinner 6:30 pm
 - Evening Snack 7:30 pm
2. Meals will be served in a clean, safe, attractive, and appropriate setting (i.e. dining room)
3. Appropriate supervision is provided in the dining area and rules for safe behavior shall be consistently enforced.
4. Meals and snacks will not be used as reward for good behavior or withheld for any reason, including punishment for inappropriate behavior.
5. Convenient access to hand-washing and sanitizing stations are available.

VIII. COMPETITIVE FOODS AND BEVERAGES

Sierra Vista Child & Family Services is committed to ensuring that all foods and beverages available to residents support healthy eating. The foods and beverages served outside of the school meal programs (i.e., “competitive” foods and beverages) will meet the USDA requirements.

IX. FOODS AND BEVERAGES NOT SOLD

All foods and beverages offered but not sold at Sierra Vista Child & Family Services throughout the day.

X. MARKETING POLICIES FOR FOODS AND BEVERAGES

To reinforce Sierra Vista Child & Family Services nutrition education program, the Sierra Vista Child & Family Services prohibits the marketing and advertising of foods and beverages.

XI. LOCAL SCHOOL WELLNESS POLICY LEADERSHIP

The person responsible for providing leadership and ensuring that Sierra Vista Child & Family Services has complied with the Sierra Vista Child & Family Services local school wellness policy is Alvaro Juarez, Jennifer Duarte and Miriam Castellon.

XII. PUBLIC INVOLVEMENT-WELLNESS COMMITTEE

Sierra Vista Child & Family Services will engage administrators, department supervisors, teachers, food service professionals, health professionals, and resident in developing, implementing, monitoring and reviewing Sierra Vista Child & Family Services Local School Wellness Policy. The Wellness Committee shall meet yearly to review local school wellness policies and to develop an action plan for the coming year as necessary. The Committee shall meet additionally as needed during the school year to discuss implementation activities and address barriers and challenges.

XIII. PUBLIC NOTIFICATION

Sierra Vista Child & Family Services Local School Wellness Policy shall be made available to staff and resident by means, and Sierra Vista Child & Family Services website. On an annual basis, the Sierra Vista Child & Family Services will notify staff and resident about the content and updates to the policy. Sierra Vista Child & Family Services will provide reports of the triennial assessment.

XIV. EVALUATION

At least once every three years, the Sierra Vista Child & Family Services will conduct an assessment to measure compliance with the policy, the extent this policy compares with model policies, and a description of the progress attaining the goals of the policy.

The Wellness Committee will meet annually, at minimum, or more often as needed to monitor the implementation and impact of the Local School Wellness Policy. Goal attainment will be measured; using a tool designed by Sierra Vista Child & Family Services,

and goals will be revised and updated or newly created. Policy language will be assessed each year and revised as needed.

Each House Manager is responsible for monitoring daily implementation of the Wellness Policy within his/her department. The Accounting Supervisor is responsible for calling the committee to meet for any concerns or changes.

GOALS:

- Meet in the third quarter of each year.
- Review cyclic menus, production records, temperature charts, special diet documentation, and substitution documentation yearly.
- Observe meal preparation and serving at a minimum of once yearly.

Wellness Committee – policy updated, reviewed and approved: DATE 4/20/2017

House Manager: Alvaro Juarez Date: 4/20/17

Social Worker: Miriam Castellon Date: 4/20/17

Accounting Supervisor: Ka Yang Date: 4/20/17

Addendum/ Changes to Wellness Policy

Date: _____ Initials: _____

Date: _____ Initials: _____