

ALTERNATIVE REHABILITATION COMMUNITIES, INC.



STUDENT WELLNESS	
1. Purpose	<p>Alternative Rehabilitation Communities (A.R.C.) recognizes that student wellness and proper nutrition are related to students’ physical well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.</p>
2. Authority SC 1422.1 42 U.S.C. Sec. 1751 nt Pol. 100	<p>The Board adopts the Student Wellness Policy based on the recommendations of the appointed Wellness Committee and in accordance with federal and state laws. The policy shall be included in the district’s Strategic Plan.</p> <p>To ensure the health and well-being of all students, the Board establishes that the district shall provide to students:</p> <ul style="list-style-type: none">• A comprehensive nutrition program consistent with federal and state requirements.• Access at reasonable cost to foods and beverages that meet established nutritional guidelines.• Physical education courses and opportunities for developmentally appropriate physical activity during the school day.• Curriculum and programs for grades 9-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.

3. Delegation of
Responsibility
Pol. 808

The Chief Administrator, or designee, shall be responsible to monitor programs and curriculum to ensure compliance with this policy, related policies, and established guidelines or administrative regulations.

Each Program Director, or designee, shall report to the SFA regarding compliance in his/her building.

Staff members responsible for programs related to student wellness shall report to the SFA regarding the status of such programs.

The SFA (or designee) shall (annually) report to the Board on the district's compliance with law and policies related to student wellness. The report may include:

- Assessment of school environment regarding student wellness issues.
- Evaluation of food services program.
- Review of all foods and beverages served in schools for compliance with established nutrition guidelines.
- Listing of activities and programs conducted to promote nutrition and physical activity.
- Recommendations for policy and/or program revisions.
- Suggestions for improvement in specific areas.
- Feedback received from A.R.C. staff, students, parents/guardians, community members, and Wellness Committee.

SC 1422.1
42 U.S.C.
Sec. 1751 nt
42 U.S.C.
Sec. 1758b
7 CFR
Sec. 210.31

The Chief Administrator, or designee, and the established Wellness Committee shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment shall be made available to the public in an accessible and easily understood manner and include:

1. The extent to which A.R.C. is in compliance with law and policies related to school wellness.
2. The extent to which this policy compares to model wellness policies.

<p>7 CFR Sec. 210.31</p> <p>42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31</p> <p>4. Guidelines</p>	<p>3. A description of the progress made by A.R.C. in attaining the goals of this policy.</p> <p>At least once every three (3) years, A.R.C. shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as district and community needs and priorities change; wellness goals are met; new health science, information and technologies emerge; and new federal or state guidance or standards are issued.</p> <p>A.R.C. shall annually inform and update the public, including parents/guardians, students and others in the community, about the contents, updates and implementation of this policy via the A.R.C. website, student handbooks, newsletters, posted notices and/or other efficient communication methods. This annual notification shall include information on how to access the School Wellness policy; information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the School Wellness policy; and a means of contacting Wellness Committee leadership.</p> <p><u>Wellness Committee</u></p> <p>The Board shall appoint a Wellness Committee comprised of at least one (1) of each of the following: School Board member, district administrator, district food service representative, physical education teacher, school health professional, student, parent/guardian, member of the public.</p> <p>The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing, implementing and periodically reviewing and updating a Student Wellness Policy that complies with law to recommend to the Board for adoption.</p> <ul style="list-style-type: none"> • The Wellness Committee may be established by the CEO to study student health issues and to assist in organizing follow-up programs. • The Wellness Committee may examine related research, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues. • The Wellness Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness. • The Wellness Committee may survey parents/guardians and/or students;
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<p>SC 1513 Pol. 105</p>	<p>conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes.</p> <ul style="list-style-type: none">• The Wellness Committee shall provide periodic reports to the CEO or designee regarding the status of its work, as required. <p><u>Nutrition Education and Nutrition Promotion</u></p> <ul style="list-style-type: none">• The goal of nutrition education is to teach, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.• Nutrition education will be provided within the sequential, comprehensive health education program in accordance with State Board of Education curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.• Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.• Nutrition education lessons and activities shall be age-appropriate.• Nutrition curriculum shall be behavior focused.• School food service and nutrition education classes shall cooperate to create a learning laboratory.• Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education.• Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.• The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development. Criteria shall be developed to measure “properly” and “appropriate.”• A.R.C. staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.• Consistent nutrition messages shall be disseminated throughout the agency, programs, classrooms, group homes, community, and media.
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- Nutrition education shall extend beyond the school environment by engaging and involving families and communities.

Physical Activity

- A.R.C. shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.
- A.R.C. shall determine how they will contribute to the effort to provide students opportunities to accumulate at least thirty (30) minutes of age-appropriate physical activity on at least 2 times a week. That time will include physical activity outside the school environment, such as outdoor play at the programs, YMCA, Crispus Attucks Community Center, etc.
- Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.
- Age-appropriate physical activity opportunities, before and after school; at agency events; and during evenings and weekends, shall be provided to meet the needs and interests of all students, in addition to planned physical education.
- A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.
- Extended periods of student inactivity, two (2) hours or more, shall be discouraged.
- After-school programs shall provide developmentally appropriate physical activity for participating children.
- A.R.C. shall partner with parents/guardians and community members to institute programs that support physical activity.
- Physical activity shall not be used as a form of punishment.
- Students and the community shall have access to physical activity facilities outside school hours.

Physical Education

- Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for

SC 1512.1
Pol. 105

lifelong participation shall be provided.

- Physical education classes shall be the means through which all students learn, practice, and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.
- A comprehensive physical education course of study that focuses on providing students the skills, knowledge, and confidence to participate in lifelong, health-enhancing physical activity shall be implemented.
- A varied and comprehensive curriculum that leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.
- A sequential physical education program consistent with State Board of Education curriculum regulations and Health, Safety, and Physical Education academic standards shall be developed and implemented. All A.R.C. students must participate in physical education.
- Adequate amounts of planned instruction shall be provided in order for students to achieve the proficient level for the Health, Safety, and Physical Education academic standards.
- A local assessment system shall be implemented to track student progress on the Health, Safety, and Physical Education academic standards.
- Students shall be moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.
- Safe and adequate equipment, facilities, and resources shall be provided for physical education courses.
- Appropriate professional development shall be provided for physical education staff.
- Physical education classes shall have a teacher-student ratio comparable to those of other courses.
- Physical activity shall not be used as a form of punishment.

Other School Based Activities

- A.R.C. shall provide adequate space, as defined by the agency, for eating and serving school meals.

- Students shall be provided a clean and safe meal environment.
- Students shall be provided adequate time to eat: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.
- Meal periods shall be scheduled at appropriate hours, as defined by the Board.
- Drinking water shall be available at all meal periods and throughout the school day.
- Students shall have access to hand washing or sanitizing before meals and snacks.
- Nutrition professionals who meet criteria established by the Board shall administer the school meals program.
- Professional development shall be provided for A.R.C. nutrition staff.
- Access to the food service operation shall be limited to authorized staff.
- Nutrition content of school meals shall be available to students and parents/ guardians.
- Students may be involved in menu selections through various means.
- To the extent possible, the Board shall utilize available funding and outside programs to enhance student wellness.

<p>SC 504.1</p> <p>7 CFR Sec. 210.11, 210.31</p>	<ul style="list-style-type: none">• The Board shall provide appropriate training to all staff on the components of the Student Wellness Policy.• Goals of the Student Wellness Policy shall be considered in planning all school-based activities.• Administrators, teachers, food service personnel, students, parents/guardians, and community members shall be encouraged to serve as positive role models through district programs, communications, and outreach efforts.• A.R.C. shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children on home passes by communicating relevant information through various methods. <p><u>Nutrition Guidelines</u></p> <p>All foods available in the group homes during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.</p> <p>Foods provided through the National School Lunch and School Breakfast Programs shall comply with federal nutrition standards under the Healthy Hunger Free Kids Act.</p> <p><u>Competitive Foods/Beverages</u></p> <p>No competitive foods and beverages are offered for sale in the programs.</p> <p>Classroom celebrations/snacks should encourage healthy choices and portion control. Staff/parents/families should receive guidance from the school on foods that are appropriate.</p> <p>Food shall not be used in the schools as a reward or punishment.</p> <p>A.R.C. does not permit the marketing or promoting of foods and beverages on school campus during the school day.</p> <p><u>Safe Routes To School</u></p> <p>This does not apply to A.R.C. students because A.R.C. group homes are</p>
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residential.

References:

School Code – 24 P.S. Sec. 504.1, 1422.1, 1512.1, 1513

National School Lunch Program – 42 U.S.C. Sec. 1751 et seq.

School Breakfast Program – 42 U.S.C. Sec. 1773

Healthy, Hunger-Free Kids Act of 2010 – P.L. 111-296

National Food Service Programs, Title 7, Code of Federal Regulations –
7 CFR Part 210, Part 220

Board Policy – 100, 105, 808