

PINNACLE PROGRAMS, INC.
dba: Southwestern Youth Services
Magnolia, MN

Wellness Policy

[Sec. 204 Local Wellness Policy: Not later than the first day of the school year beginning after June 30, 2006 all school districts that receive funding from the federal school lunch program are required by the Child Nutrition guidelines, goals for nutrition education, physical activity to promote student wellness, and other school-based activities that are designed to promote wellness. The Act requires the involvement of parents, students, representatives of the school food authority, the school board, school administrators, and the public in the development of the wellness policy. The Act also requires a plan for measuring implementation of the policy and the designation of at least one person charged with operational responsibility for ensuring the school district is in compliance with the policy. The Act provides for technical assistance and information for the Sec. of Agriculture to aid stat and local educational agencies and school food authorities in establishing healthy school nutrition environments, reducing childhood obesity, and preventing diet-related chronic diseases.]

I. PURPOSE

The purpose of this policy is to assure a school/facility environment that promotes and protects student's health, well-being and ability to learn by supporting healthy eating and physical activity.

II. GENERAL STATEMENT POLICY

Southwestern Youth Services (SYS) is committed to providing a healthy school environment because:

- A. The Board of Directors recognizes that nutrition education and physical education are essential Components of the educational process and that good health fosters student attendance/awareness and education.
- B. The school environment should promote and protect students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. Southwestern Youth Services encourages the involvement of students, parents, teachers, food service staff, youth supervisors and other interested persons in implementing, monitoring, and reviewing nutrition and physical activity policies.
- D. Children need access to healthy foods and opportunities to be physically active to grow, learn and thrive.
- E. All students at SYS will have opportunities, support and encouragement to physically active on a regular basis.
- F. Qualified food personnel will provide students with access to a variety of nutritious and appealing foods that meet the health and nutrition needs of students; try to accommodate

the religious, ethnic, and cultural diversity of the students in menu planning, and well provide clean, safe, and pleasant settings and adequate time for students to eat.

III. GUIDELINES

A. Foods and Beverages

[Note: The Act requires that school districts have nutrition guidelines, selected by the school district, for all available on the school campus during the school day with the objective of promoting student health and reducing student obesity.]

1. The foods and beverages made available on campus will be consistent with the current USDA dietary Guidelines for Americans.
 - a. Food and Beverages offered over the course of the week will be nutrient-dense including whole grain products and fiber-rich fruits and vegetables to provide students a variety of choices to maintain a balanced diet.
 - b. Food and beverages available during the school day will include a variety of healthy choices that are excellent quality, appealing to students and served at the proper temperatures.
 - c. Food and beverages available during the school day minimize the use of trans and saturated fats, sodium and sugars as defined by the Dietary Guidelines for Americans.
2. Food service personnel will take every measure to ensure that student access to foods and beverages meet or exceed all federal, state, and local laws and guidelines.
3. Food service personnel shall adhere to all federal, state, and local food safety and security guidelines.
4. Southwestern Youth Services will make every effort to eliminate any social stigma attached to, and prevent the overt identification of students who are eligible for free and reduced-priced school meals. **Note: All students at Southwestern Youth Services are eligible for free meals because they are court ordered to this placement.**

[Note: The Act requires that the school district's wellness policy provide an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the Child Nutrition Act (42 U.S.C. 1771 et seq.) and section 9 (f)(1) and 17 (a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758 (f)(1), 1766 (a), as those regulations apply to schools.]

5. Southwestern Youth Services will provide students access to hand washing and hand sanitizing before they eat meals or snacks
6. Southwestern Youth Services will make every effort to provide students with sufficient time to eat after sitting down for meals and will schedule meal periods at appropriate times during the day.
7. Southwestern Youth Services will discourage students meetings, appointments or activities during mealtimes, unless students may eat during these scheduled events.

B. Southwestern Youth Services Food Service Program/Personnel

1. Southwestern Youth Services will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.
2. Southwestern Youth Services shall designate an appropriate person to be responsible for the facilities food service program, whose duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available on campus to ensure food and beverage choices are consistent with current USDA Dietary Guidelines for Americans.
3. As part of Southwestern Youth Services responsibility to operate a food service program, the facility will provide continuing professional development for all food service personnel. Staff development programs will include appropriate certification and/or training programs for the food service staff.
4. Food and Nutrition Service programs will aim to be financially self-supporting. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. Food and Nutrition Services will ensure that all students have access to the varied and nutritious foods they need.

C. Nutrition Education and Promotion

[Note: The Act requires that wellness policies include goals for the nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the school district determines appropriate.]

1. Southwestern Youth Services will encourage and support healthy eating by students and engage in nutrition promotion that is:
 - a. offered as a part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;
 - b. part of health education classes as well as classroom instruction in subjects such as math, science, language arts, social sciences, where appropriate, and
 - c. enjoyable, developmentally appropriate, culturally relevant, and may include participatory activities, such as contests, promotions, taste testing and field trips
2. Southwestern Youth Services will encourage all students to make age appropriate, healthy selections of foods and beverages.
3. Southwestern Youth Services will not withhold food or beverages as punishment

D. Physical Activity

1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television, playing video games.
 - a. Physical Education ~ all students at SYS will receive regular physical education. All physical education will be taught by a certified education

teacher. The physical education curriculum should be coordinated with the health education curriculum. Physical education courses will be an environment where students learn, practice and are assessed on a developmentally appropriate motor skills, social skills and knowledge.

2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate; and
3. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate

E. Communication with Parents/Guardians/Case Workers

1. Southwestern Youth Services recognizes that parents, guardians and case workers have a primary and fundamental role in promoting and protecting their children's/student's health and well-being.
 - a. Southwestern Youth Services will support parent's efforts to provide a healthy diet and daily physical activity for their children.
 - b. Southwestern Youth Services will provide information about physical education and other physical activity opportunities outside of the school day.

IV. IMPLEMENTING AND MONITORING

[Note: The Act requires that the wellness policy establish a plan for measuring implementation of the policy, including designation of the at least one or more persons within the school district; as appropriate, charged with operational responsibility for ensuring that the school meets the requirements of the wellness policy.]

A. After approval of the Board of Directors, the wellness policy will be implemented throughout the facility.

B. School food service staff will ensure compliance within the school's food service areas and will report to the facility Director or designee, as appropriate.

C. The Director or designee will ensure compliance with the wellness policy and will provide an annual report of the facilities compliance with policy to the Board of Directors.

Legal References: 42 U.S.C. & 1751 et seq. (Richard B. Russell National School Lunch Act)
42 U.S.C. & 1771 et seq. (Child Nutrition Act of 1966)
P.L. 108.265 (2004) & 204 (Local Wellness Policy)
7 U.S.C. & 5341 (Establishment of Dietary Guidelines)
7 C.F.R. & 210.10 (School Lunch Program Regulations)

Local Resources: Minnesota Department of Education: www.education.state.mn.us
Minnesota Department of Health: www.health.state.mn.us
County Health Departments
Action for Healthy Kids Minnesota: www.actionforhealthykids.org