

VERSION 7.0

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RESIDENTIAL/SCHOOL WELLNESS PLAN

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Preamble:

Drug Abuse Treatment Association, Inc. (DATA) recognizes that good nutrition and regular physical activity affect the health and well-being of all students. Furthermore, research suggests that there is a positive correlation between a student's health and wellbeing and their ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, supporting the development of good eating habits, and promoting increased physical activity both in and out of school.

DATA is committed to creating school environments that promote and protect the overall well-being of all students and staff. The guidelines listed below encourage a comprehensive wellness approach that is sensitive to both individual and community needs.

Authority:

The sections included within comply with provisions set forth in Section 204 of the Healthy, Hunger-Free Kids Act as well as the United States Department of Agriculture's final rule, "Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010." This policy also incorporates Chapter 5P-1.003 (2) (d) of Florida Administrative Code (FAC).

Applicability:

The policies and procedures here within apply to applicable staff and all clients of the Walter D. Kelly Residential Treatment Center in West Palm Beach, FL and the Norman C. Hayslip Residential Treatment Center located in Ft. Pierce, FL.

Agency Level:

The Consumer Care subcommittee of the Performance Improvement Committee shall act as the wellness committee for the purpose of this policy. This committee will meet at least quarterly to monitor and set goals for the development and implementation of its local school wellness policy. As required by K-20 Education Code 1003.453, the policy shall be reviewed annually and an updated copy shall be sent to the Florida Department of Agriculture and Consumer Services when a change or revision is made.

- The Director of Residential Services shall ensure overall compliance with the local school wellness policy.
- Kitchen Managers, the Agency Nurse, Resident Managers, Residential Therapists, clients, teachers, agency administration, school administrators and the general public shall be permitted to participate in the development, implementation, and periodic review and update of the local school wellness policy.
- The Director of Residential Services will be responsible for the following:
 - Ensuring full and complete implementation of the School Wellness Policies and Procedures;
 - Appointing appropriate staff to assist in planning, executing, and evaluating the activities associated with plan implementation; and
 - Reporting, at least quarterly, to the Consumer Care Committee the status of implementation of the plan.

Facility Level:

Each facility (Kelly Center and Hayslip Center) will establish an ongoing Healthy School Team that will meet bi-annually to ensure compliance and to facilitate the implementation of DATA's wellness policy.

- The Director of Residential Services and facility staff shall have the responsibility to comply with federal and state regulations as they relate to DATA's wellness policy.
- In each facility, the Director of Residential Services will be responsible for establishing the Healthy School Team that will ensure compliance with the policy.
- The Healthy School Team should include, but not be limited to, the following stakeholders: Kitchen Managers, the Agency Nurse, Senior Resident Managers, Resident Managers, Residential Therapists, clients, teachers, agency administration, school administrators and the general public.
- The Healthy School Team is responsible for:
 - Ensuring compliance with federal and state regulations for competitive food and beverage items sold on the school campus (7 CFR 210.11 and FAC 5P-1.003);
 - Maintaining a school calendar identifying the dates when exempted competitive food fundraisers will occur in accordance with the frequency specified in paragraph (c) of FAC 5P-1.003;
 - And reporting its school's compliance of the aforementioned regulations to the Director of Residential Treatment, the person responsible for ensuring overall compliance with DATA's wellness policy.

DATA will review and consider evidence-based strategies and techniques in establishing goals for nutrition promotion and education, physical activity and other school based activities that promote student wellness to include, at a minimum, a review of Smarter Lunchroom tools and techniques.

Nutrition Promotion:

Nutrition promotion can positively influence lifelong eating behaviors by creating food environments that encourage healthy choices and encourage participation in the school meal programs.

- The school environment, including the cafeteria, classroom, and common areas shall provide clear and consistent messages that promote and reinforce healthy eating.
- Students will have access to useful nutrition information. Posters and brochures will be available in the cafeteria and throughout each facilities campus.
- Each facility will provide parents/guardians with healthy snack ideas, lists of foods for healthy celebrations and opportunities for physical activity.

Nutrition Education:

Academic performance and quality of life issues are affected by the choice and availability of nutritious foods in our facilities. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

- Students receive nutrition education that is interactive and teaches skills they need to adopt healthy eating behaviors. Activities and student participation are provided in nutrition and health-focused groups. Assessments of learning are given in the areas of nutrition.
- Students will understand how food reaches the table and the implications that has for their health and future. Staff shall integrate hands-on experiences such as working in a garden, cooking activities and enrichment activities such as farmer's market tours and visits to community gardens with the core curriculum.
- Nutrition education will be incorporated within the facility community. The nutrition education program shall work with the school meal program to develop facility gardens and use the cafeteria as a learning lab. Students will harvest vegetables from the facility garden and work with the kitchen and residential management staff to create wholesome snacks.
- Nutrition education will teach skills that are behavior-focused. Students will be taught about calorie balance, energy expenditure and how to read and interpret nutrition facts labels.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.

Physical Activity:

Drug Abuse Treatment Association, Inc. shall ensure that physical activity is an essential element of each facility. Each facility shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of physical activity.

- All clients enrolled in the facilities shall be given a minimum of one hour of outdoor recreation time daily (weather permitting).
- Clients will receive a minimum of 120 minutes of wellness education per week while enrolled in the facility.
- DATA shall utilize the Presidential Youth Fitness Program, or another program approved by the President/CEO and/or the Healthy School Team.
- Staff will be encouraged to participate in 150 minutes of moderate-intensity aerobic activity (e.g., brisk walking, jogging, basketball, soccer, etc.) every week.
- Regular classroom teachers will be encouraged to provide short physical activity breaks between lessons or classes, as appropriate.



The Presidential Youth Fitness Program helps schools achieve excellence in physical education through quality fitness education and assessment practices by providing tools to:

- Teach fitness concepts
- Assess fitness and understand results
- Plan for improvement or maintenance of fitness levels
- Empower students to be fit and active for life.

DATA will integrate wellness activities across the entire facility setting. These initiatives will include nutrition, physical activity and other wellness components so that all efforts work towards the same set of goals and objectives used to promote student well-being, optimal development and strong educational outcomes.

General Guidelines:

- DATA will utilize Character Counts (www.charactercounts.org) activities to promote wellness.
- The goals outlined by the wellness policy will be considered in planning all school-based activities (i.e., field trips, DATA Olympics, etc.).
- Afterschool programs will encourage healthy snacking and physical activity.
- DATA shall actively develop and support the engagement of students, families and staff in community health-enhancing activities and events at the facility.
- Each facility shall be in compliance with drug, alcohol and tobacco-free policies.

Eating Environment:

- Students will be provided an adequate amount of time to consume their meal with a minimum of 20 minutes after receiving their food from the line.
- Each facility will provide, as frequently as possible, nutritious, fresh, locally grown food that reflects Florida's bountiful harvest.
- Convenient access to facilities for hand washing and oral hygiene will be available during meal periods.

Recycling:

- Facilities shall reduce waste by recycling, reusing, and purchasing recycled products.

Employee Wellness:

- The Ethics, Training, and Credentialing Committee will address staff wellness issues, identify and distribute wellness resources and performs other functions that support staff wellness in coordination with human resources staff.

Health Services:

- DATA shall make training available to clients, parents/guardians, and staff on topics such as violence prevention, safety, communicable disease prevention, health screening, including body mass index, community health referrals, immunizations, parenting skills and first aid/CPR training.

Use of School Facilities Outside of School Hours:

- DATA's residential facilities are considered closed units, and not accessible to the general public for afterschool activities.

Behavior Management:

- DATA is committed to prohibiting the use of food as a reward, unless incorporated into an activity that promotes positive nutrition messages (such as a guest chef or field trip to a farm).
- DATA and school personnel will not deny or require physical activity as a means of punishment.

**SECTION VI:
GUIDELINES FOR FOOD & BEVERAGES AVAILABLE DURING THE SCHOOL DAY**

DATA shall operate and provide food service in accordance with USDA’s National School Lunch Program (NSLP) standards and applicable laws and regulations of the state of Florida. The guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.

General Guidelines:

- All reimbursable meals will meet nutrition standards mandated by USDA, as well as any additional state nutrition standards that go beyond USDA requirements.
- School meals will include a variety of nutrient-dense foods, including whole grains and fiber-rich fruits and vegetables, while accommodating special dietary needs and ethnic and cultural food preferences.
- To the maximum extent possible, DATA will participate in available federal school meal programs, including the SBP, NSLP, ASSP, AMP, and SFSP.
- Free, potable water will be made available to all children during each meal service.

Competitive Foods:

- DATA prohibits the selling of competitive food in its residential facilities.

Nutrition Standards for Beverages:

Portion sizes listed are the maximum that can be offered.

Beverages	Elementary	Middle	High
Plain water	unlimited	unlimited	unlimited
Unflavored low-fat milk	8 fl. oz.	12 fl. oz.	12 fl. oz.
Unflavored or flavored fat-free milk	8 fl. oz.	12 fl. oz.	12 fl. oz.
100% fruit or vegetable juice	8 fl. oz.	12 fl. oz.	12 fl. oz.
100% fruit or vegetable juice diluted with water but no added sweeteners	8 fl. oz.	12 fl. oz.	12 fl. oz.
Other flavored and/or carbonated beverages that are labeled to contain 5 calories or less per 8 fl. oz., or 10 calories or less per 20 fl. oz.	Not allowed	Not allowed	20 fl. oz.
Other flavored and/or carbonated beverages that are labeled to contain 40 calorie or less per 8 fl. oz. or 60 calories or less per 12 fl. oz.)	Not allowed	Not allowed	12 fl. oz.

NOTE: Food and beverages for high school students may contain caffeine.

Fundraising: Clients enrolled in DATA’s residential facilities do not engage in fundraising.

School-based marketing will be consistent with policies for nutrition education and health promotion. As such, the following guidelines apply:

- DATA will only market and advertise those foods and beverages that meet or exceed USDA's Smart Snacks in School nutrition standards.
- DATA will market activities that promote healthful behaviors are encouraged.
- DATA's Kitchen Managers replacement and purchasing decisions will reflect the marketing guidelines mentioned above.

Evaluation and Measurement of the Implementation of the Wellness Policy:

DATA's Consumer Care Committee, in conjunction with the Healthy Schools Committee, will update and make modifications to the wellness policy based on the results of the annual review and triennial assessments and/or as local priorities change, community needs change, wellness goals are met, new health information and technology emerges and new federal or state guidance or standards are issued. The wellness policy will be assessed as indicated at least every three years following the triennial assessment.

Triennial Progress Assessments:

DATA will conduct an assessment of the local school wellness policy to measure wellness policy compliance at least once every three years. This assessment will measure the implementation of the local school wellness policy, and include:

- The extent to which DATA is in compliance with the local school wellness policy;
- The extent to which the local school wellness policy compares to model local school wellness policies;
- A description of the progress made in attaining the goals of the local school wellness policy.

NOTE: At a minimum, DATA must annually inform and update the public about the content and implementation of the local school wellness policy. USDA encourages LEAs and schools to include a summary of each school's events or activities relating to the LSWP implementation, contact information for the designated LSWP official and information on how the public can get involved with the Healthy Schools committee.

Record Keeping:

Records to document compliance with the requirements of the local school wellness policy will include, but is not limited to the following:

- The written local school wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public as consistent with the section on informing and updating the public; and
- Documentation of the triennial assessment of the local school wellness policy.

NOTE: Documentation demonstrating compliance with community involvement requirements may include a copy of the solicitation on the agency's website. Documentation to demonstrate compliance with the public notification requirements may include a copy of the agency's website where the LSWP has been posted.

DATA will ensure that the wellness policy and most recent triennial assessment are available to the public, upon request, at all times. The Director of Residential Treatment will ensure that on an annual basis, active residential clients and their parents/guardians will be notified about any updates made to the wellness policy and the availability of the triennial assessment results, as well as provide information to the community about the school nutrition environment.

DATA is committed to being responsive to community input, which begins with awareness of the wellness policy. Residential staff will actively communicate ways in which staff, parents, guardians, clients and the general public can participate in the development, implementation and annual review of the local school wellness policy through a variety of means, including asking clients for input and feedback through the use of surveys and attention will be given to their comments.