



**School Wellness Plan
Annual Review – January, 2018**

Reviewed by: J. Jay Flicker, PsyD (Chief Compliance Officer)

Month of Review: January, 2018

Reviewed by: Consumer Care Committee, President/CEO

Date of Review: February 28, 2018

Rationale: The Chief Compliance Officer is to provide a review of the School Wellness Policy annually and provide the Consumer Care Committee with a written summary of findings. The School Wellness Policy is a requirement of the National School Lunch Program which is operated at both residential facilities (Section 204 of the Healthy, Hunger-Free Kids Act).

Summary of Findings:

The following areas of the agency’s School Wellness Plan were reviewed for compliance during the month of January, 2018. A three point rating scale was used to measure compliance:

1 = Improvement Needed, 2 = Compliant/Satisfactory, 3 = Exceeds Expectations

Areas receiving a score of “1” must be addressed and a corrective action plan submitted to the Chief Compliance Officer within 30 days of receipt of this report.

Topic	Comments	Score
Nutrition Promotion	<ul style="list-style-type: none"> ▪ Both facilities display culturally and age appropriate posters that educate and/or motivate youth and families on wellness topics such as healthy eating (“My Plate”) or various exercises. ▪ Interviews with the therapists supported wellness being addressed in Parent Groups on a regular basis. 	2
Nutrition Education	<ul style="list-style-type: none"> ▪ A review of the client weekly schedule indicated that clients have participated in several groups facilitated by the Agency Nurse, Senior Resident Managers, and Therapists about nutrition and wellness. ▪ Clients have also gone on outings to local community gardens. ▪ Both facilities are exploring creating a client garden, which has been done in the past. A certified horticulturalist has preliminarily agreed to assist with this process. ▪ The Agency Nurse has provided individualized nutritional plans for youth with medical issues (i.e., diabetes). 	2
Physical Activity	<ul style="list-style-type: none"> ▪ A review of the client weekly schedule indicated that clients participate in Presidential Youth Fitness activities at least once per week. DATA utilizes this program as part of the School Wellness Plan. ▪ Clients at the Hayslip facility recently started participating in weekly Crossfit classes at a local gym. Clients expressed they really enjoy this activity. ▪ The client schedule indicated at least one hour of outdoor activity daily. 	2
General Guidelines	<ul style="list-style-type: none"> ▪ A review of the client schedule indicated clients are participating in the Character Counts activities designed to promote wellness at least weekly. ▪ Afterschool and evening snacks are generally healthy (i.e., pretzels, fruit or vegetables, etc.). ▪ A “National Family Day” event was held at each facility and caregivers were invited to the facility to eat a healthy meal together, emphasizing the importance of family and wellness. 	2
Eating Environment	<ul style="list-style-type: none"> ▪ The client schedule shows 30 minutes allowed for each meal. ▪ Clients have access to facilities for handwashing and oral hygiene before and after a meal or snack. 	2

	<ul style="list-style-type: none"> The cafeteria has culturally and age appropriate posters embracing wellness and healthy eating. 	
Recycling	<ul style="list-style-type: none"> Both facilities recycle products when possible. 	2
Employee Wellness	<ul style="list-style-type: none"> Employees are provided annual training on self-care/burnout. In addition, staff can access most health clubs and gyms (i.e., Golds, Lifetime, etc.) for \$25/month through the agency's health insurance carrier. 	3
Health Services	<ul style="list-style-type: none"> The Agency Nurse and other qualified staff members have provided individual and group education on topics related to violence prevention and bullying, safety, communicable diseases, health screenings, and first aid/CPR. DATA is exploring offering First Aid/CPR certification courses biannually for clients and families of the residential facilities. 	2
School Facilities	<ul style="list-style-type: none"> No evidence of access to the facilities by the general public since they are closed units (Level III Residential). 	2
Behavior Management	<ul style="list-style-type: none"> There is no evidence that the agency used food as a reward. There is no evidence that the agency denied or required physical activity as a means of punishment. 	2
Reimbursable Meals	<ul style="list-style-type: none"> The meal calendar is approved by a licensed dietician to ensure compliance with NSLP dietary/nutritional requirements (as evidenced by signature on menu). Potable water is available 24/7 to all staff and clients. 	2
Competitive Meals	<ul style="list-style-type: none"> This past year the agency put out our food service to bid with three different vendors. The current vendor (Sysco) maintained the lowest bid. 	2
Fundraising	<ul style="list-style-type: none"> There is no evidence of any fundraising activities as this is against agency policy. 	2
Food and Beverage Marketing	<ul style="list-style-type: none"> Both facilities display culturally and age appropriate posters that educate and/or motivate youth and families on wellness topics such as healthy eating ("My Plate") or various exercises. DATA strictly prohibits marketing for specific brands of food or beverages. 	2

The School Wellness Plan is being implemented in accordance with the requirements of Section 204 of the Healthy, Hunger-Free Kids Act. The following are suggestions to possibly enhance the programs:

- Redevelop the community garden so that youth and families can learn how to create their own gardens and benefit from the fruits and vegetables of their labor.
- Engage youth in offsite activities such as the Crossfit classes.
- Consider a quarterly "cooking class" for clients and their caregivers to participate in together.

Respectfully submitted by,

J. Jay Flicker, PsyD

1.29.2018

J. Jay Flicker, PsyD
Chief Compliance Officer

Date

