

**Reviewed by:** J. Jay Flicker, PsyD ▪ Chief of Staff

**Month of Review:** December, 2023

**Rationale:** The Chief of Staff 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 December, 2023. A 3-point rating scale was used to measure compliance:

- ❶ Improvement Needed
- ❷ Compliant/Satisfactory
- ❸ Exceeds Expectations

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

Topic	Comments	Score
Nutrition Promotion	<ul style="list-style-type: none"> <li>❷ 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.</li> <li>❷ Caregivers provided handouts on nutrition during parent/caregiver groups (i.e., Eat Healthy on a Budget, Grocery Shopping Tips, etc.).</li> </ul>	2
Nutrition Education	<ul style="list-style-type: none"> <li>❷ 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.</li> <li>❷ Above the ground gardens were built at each facility. Gardening projects are in the process of being re-implemented.</li> </ul>	2
Physical Activity	<ul style="list-style-type: none"> <li>❷ A review of the client weekly schedule indicated that clients participate in fitness activities at least once per week. DATA utilizes this program as part of the School Wellness Plan.</li> <li>❷ New weightlifting equipment was purchased in the Fall of 2023 for each residential facility.</li> <li>❷ The client schedule indicated at least one hour of outdoor activity daily.</li> </ul>	2
General Guidelines	<ul style="list-style-type: none"> <li>❷ A review of the client schedule indicated clients are participating in the Character Counts activities designed to promote wellness at least weekly.</li> <li>❷ Afterschool and evening snacks are generally healthy (i.e., pretzels, fruit or vegetables, etc.).</li> </ul>	2
Eating Environment	<ul style="list-style-type: none"> <li>❷ The client schedule shows 30 minutes allowed for each meal.</li> <li>❷ Clients have access to facilities for handwashing and oral hygiene before and after a meal or snack.</li> <li>❷ The cafeteria has culturally and age appropriate posters embracing wellness and healthy eating.</li> </ul>	2
Recycling	<ul style="list-style-type: none"> <li>❷ Both facilities recycle products when possible.</li> </ul>	2
Employee Wellness	<ul style="list-style-type: none"> <li>❷ Employees are provided annual training on self-care/burnout.</li> <li>❷ 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.</li> </ul>	2

Health Services	<ul style="list-style-type: none"> <li>🔒 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.</li> <li>🔒 DATA is exploring offering First Aid/CPR certification courses biannually for clients and families of the residential facilities.</li> </ul>	2
School Facilities	<ul style="list-style-type: none"> <li>🔒 No evidence of access to the facilities by the general public since they are closed units (Level II Residential).</li> </ul>	2
Behavior Management	<ul style="list-style-type: none"> <li>🔒 There is no evidence that the agency used food as a reward.</li> <li>🔒 There is no evidence that the agency denied or required physical activity as a means of punishment.</li> </ul>	2
Reimbursable Meals	<ul style="list-style-type: none"> <li>🔒 The meal calendar is approved by a licensed dietician to ensure compliance with NSLP dietary/nutritional requirements (as evidenced by signature on menu).</li> <li>🔒 Potable water is available 24/7 to all staff and clients.</li> </ul>	2
Competitive Meals	<ul style="list-style-type: none"> <li>🔒 The agency utilizes Cheney Brothers at the Kelly Center and Sysco at the Hayslip Center. Prices are compared and are generally very similar.</li> </ul>	2
Fundraising	<ul style="list-style-type: none"> <li>🔒 There is no evidence of any fundraising activities as this is against agency policy.</li> </ul>	2
Food and Beverage Marketing	<ul style="list-style-type: none"> <li>🔒 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.</li> </ul>	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.
- 🔒 Consider a quarterly “cooking class” for clients and their caregivers to participate in together.

J. Jay Flicker, PsyD

Chief of Staff

12.22.2023

Date

