

# Child and Family Services

## Children's Residential Local Wellness Policy

**Subject: Health and Wellness**

**Effective Date of Policy: 9/2021**

**Date Last Revised: 10/2025**

**Review Frequency: Annually**

**Policy:** Children's Residential is committed to creating, implementing and maintaining a wellness program that incorporates nutrition, physical activity and health and well-being for the children our operation serves.

**Procedure:** This will be a comprehensive plan created by a team consisting of the Food Service Director, Nursing Supervisor, Dietician, direct care staff and the Director of Residential Services. This plan will effectively help to create and promote healthy lifestyle choices and educate the children and their families. We will set our standard for health and wellness education high; to give

the children we serve the tools to continue to make good, smart and healthy life choices as they continue to grow.

The goals of this policy will be to outline 3 practices: nutritional guidelines, physical activity and healthy living habits. This policy will also define an evaluation tool in order to monitor and measure the effectiveness of each outlined method.

### Practice #1: Nutrition Guidelines

Children's Residential offers every child 3 well-balanced and nutritional meals every day. We also provide 2 supplemental snacks after school and in the evening.

Every meal offers:

- Fresh and/or prepared fruits and vegetables
- 1% regular milk or fat free flavored milk
- All grains are whole grain rich
- 100% compliance with the final rule set forth in the Healthy Hunger-Free Kids Act, 2010 for the SBP and the NSLP and the After School Snack program
- Informal opportunities for staff to encourage the children to make smart and healthy choices at mealtime

Every meal is served family style. This type of service offers a wide range of benefits including opportunities to teach the children how to recognize correct portion sizes. This type of service also encourages open conversation and discussion around the table. The children benefit from this type of social interaction and family style service helps to promote good manners and eating habits. Children are encouraged to try all meals but understand that they may not like each meal or meal item provided. If a child does not like what's prepared an alternative option will be offered.

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The food service department in conjunction with other residential staff will conduct an educational class called "Kids in the Kitchen". This class will be held periodically throughout the year. This class will introduce the children in residence how to create a healthy menu and follow a recipe, food preparation and food safety and sanitation.

Each session will offer:

- Education in healthy food choices
- Hands on activities tailored to the children's development stage
- Food, recipes and lesson's that reflect the children's culture

Nutrition Education for Staff:

This program outlines the following in regards to nutrition education for staff:

- All staff associated with mealtimes will be educated on the requirements and guidelines set forth in the HHFKA, 2010.
- All staff associated with mealtimes will be educated on what a reimbursable meal looks like according to the SBP and the NSLP.
- Each food service staff will participate in professional development activities as defined by the Child Nutrition Program Administration.

Practice #2: Physical Activity

Children's Residential provides both structured and unstructured physical activity time for all residents. Each of these methods provides teachable moments for the children to learn about the importance of physical activity and healthy lifestyle choices.

Staff is encouraged to "play" with the children in organized games and activities inside and outside. This allows staff to promote good sportsman like conduct and working together as a team. Staff is always encouraged to participate in the games and activities as this will create a positive role model for the children to see physically active adults.

Unstructured Physical Activity:

- Each day the children are allowed at least 60-120 minutes of active play both indoor and outdoor.
- Each day the children are provided with at least 60 -90 minutes of outdoor play.
- Outdoor play includes, but is not limited to basketball, riding bikes and scooters, jungle gym and organized outdoor sports such as tag, baseball, or kickball.
- Staff will lead and participate in active play such as games and activities during outdoor and indoor times set aside for physical activity.

Children's Residential will provide a safe and appropriate indoor and outdoor play space. Children's Residential will provide and maintain equipment that allows and encourages the children to be active.

Structured Physical Activities:

Children's Residential a variety of opportunities for the children to participate in structured opportunities that promote physical activity and well-being. These programs include but are not limited to:

- Yoga
- Hip Hop Dance
- Therapeutic Horseback Riding

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- Organized sports teams (i.e. Baseball and soccer)

Children's Residential will actively work with the children to develop their interests and talents. Staff will take every opportunity to seek out programs in the community that promote physical activity in these areas of interest.

### Practice #3 Healthy Living Habits:

Children's Residential has identified four categories regarding healthy living habits that will be addressed through education and teachable moments with the children on a regular basis.

They are as follows:

- General Hygiene
- Oral hygiene
- Fluid intake
- Age appropriate life skills and independent living skills.

Children's Residential is dedicated to promoting these healthy living habits through the comprehensive efforts of all staff including, but not limited to nursing staff, direct care staff, food service staff and administration.

### Evaluation:

The Wellness Team will officially meet quarterly during Utilization Review committee meetings to assess and address the current practices set forth in this policy. We will use feedback from direct care staff, support staff and the children themselves to continue to fine tune this policy.

We realize that continuous evaluation of these practices is necessary for the success of this program. Children's Residential is dedicated and committed to the health and well-being of every child that we serve. The practices outlined above are for the benefit of every child on our campuses. However, we realize that each child is unique, and it is our intent to individualize these practices as necessary to accommodate the needs of the child.