

Christ Child House Wellness Policy

POLICY:

Christ Child House is committed to creating a healthy environment that helps our youth develop lifelong wellness practices. Christ Child House plays a critical role in promoting healthy habits for our youth in order to prevent obesity, high blood pressure, poor self-esteem associated with poor eating habits and physical inactivity. The encouragement of healthy eating and physical activity will also support our youth achievement and overall well-being.

It is the policy of Christ Child House to maintain programs and procedures for its clients that promote wellness through healthy eating and physical activity.

PURPOSE:

To ensure that appropriate nutritional requirements and physical activities are provided to all residential clients, which meet and/or exceed the Michigan State Board of Education's Policy on Comprehensive Health Education and National Nutritional standards.

ACCOUNTABILITY:

The Facilities Manager shall implement this policy and measure how well it is being managed and enforced. Facilities Manager will ensure that annual revisions are made to the Wellness Policy in order to ensure compliance. Facilities Manager will submit the Wellness Policy annually to the Executive Director for approval.

Facilities Manager will post their Wellness Policy on their website for anyone to view.

PROCEDURE

The Meal Planning Policy in this manual outlines the nutritional standards for meal planning of residential clients.

Christ Child House shall ensure the following:

- Reimbursable school meals meet the program requirements and nutrition standards found in federal regulations for participation in the National School Breakfast, Lunch and Snack Programs.
- Our youth shall be encouraged to make nutritious food and beverage choices.
- Staff preparing and/or serving food and/or beverages shall read labels on food and beverages prior to introducing a particular item to our youth, in order to determine if the food or beverage meets the 6 cent certification and National School Meal Program Standards.
- Nutrient density and portion size shall be considered before permitting food and beverages to be served to students.
- Residents shall receive plenty of water.
- Residents and staff will be encouraged to participate in menu planning.
- Christ Child House will continue to meet the requirements of 6 cent certification, in order to provide a nutritious and well balanced meals and snacks to our youth.

Each year, all Christ Child House staff will be encouraged to integrate nutritional themes into the educational group curriculum areas such as social skills, independent living, positive coping skills, and anger management (if applicable).

Our youth should receive nutrition education that provides the knowledge, skills, and values they need to adopt healthy lifestyles.

Staff members who provide nutrition education shall have appropriate district training and materials.

Staff preparing and/or serving food and/or beverages shall read labels on food and beverages prior to introducing a particular food or beverage to residential clients to determine if the food or beverage meets the National Nutritional criteria.

Staff and residents will receive training seminars, instructions and activities designed to teach and promote healthy eating and physical exercise.

Residents will engage in at least five physical activities per week. The activities offered shall be at least one half hour in duration.

Exercise equipment is kept in good working order and is offered to residents for their personal use and is used in several of the activities residential clients receive.

Christ Child House may implement other appropriate programs that help create an environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

REV: 5/18