

Whitney Hall School Wellness Policy

Introduction: The Whitney Hall School is dedicated to the optimal development of every client. We recognize that proper nutrition and daily physical activity are critical components for students to reach their academic potential and healthy well-being. Whitney Hall will promote wellness as outlined in this policy for both students and staff, creating building blocks for lifelong habits for good health.

Standards and Nutrition Guidelines for all Foods and Beverages Served in the Cafeteria

Objectives: All meals served shall meet federal and state guidelines and be attractive and appealing to students. All food service staff will meet hiring and training requirements set by USDA Professional Standards.

Standards to Meet Objectives:

1. The Food Service Department will plan menus that, over the course of a week, meet the Dietary Guidelines for Americans, as appropriate for school-age children. Purchasing programs and preparation methods will be used that decrease saturated fat and sodium levels in foods and have zero trans fats. All cooked foods offered as part of a meal will be baked or steamed. Breakfast meals shall include at least 2 servings of whole grains, 2 servings of fruit (one of which may be 100% juice), and a serving of low fat or fat-free milk. Lunch meals shall include at least 2 servings of whole grains, at least 2 ounces of lean protein, 2 servings of vegetables, 2 servings of fruit, and a serving of low fat or fat-free milk. Additional servings of whole grains and/or lean proteins will be offered to meet the calorie needs of the age group being served.
2. Daily menus will be posted in a conspicuous area in the cafeteria. Detailed nutrition analysis of menu items will be provided to the clinic to assist nurses with treating students with special dietary needs. Product information including nutrition facts and ingredients will be kept on file in the food service office for all menu items.
3. Fresh fruit will be offered daily as a component with all meals, and fresh vegetables will be offered a minimum of three times per week at lunch and dinner.

4. Cafeteria staff will follow USDA guidelines for food safety for all foods served, and at least one Qualified Food Operator, as defined by the State of Connecticut Department of Public Health, will be present during food production and service of all meals.
5. Formal training for all Food Services employees will be conducted throughout the year, totally at least 6 hours of training per employee per year. Training topics shall include food safety, nutrition, proper use of cleaning chemicals, and menu planning and preparation.
6. All meals shall be served in clean and pleasant settings. Adequate space and lighting will be provided, and the dining area will be furnished and decorated for a relaxed and enjoyable environment. At administration's discretion, students may be required to eat lunch in their classrooms.
7. All day students will be directed to the dining hall for breakfast upon arrival to school each day. All resident students will be given the option of having breakfast in their cottage or in the dining hall prior to the beginning of the school day. The Food Service Department will provide hot and cold reimbursable breakfast meals containing whole grains, proteins, fruit, and milk to the cottages each morning and to students attending breakfast in the dining hall. The kitchen will have breakfast meals available after the start of the school day for any late-arriving students.
8. On a typical school day, lunch will be served beginning at a minimum of two hours after the official beginning of the school day, with a goal of providing at least 20 minutes eating time. Nutrition Education materials will be posted in serving areas and dining areas to reinforce good eating habits.
9. Appropriate cleaning solutions and cloths will be available for tables to be cleaned prior to each meal period. Students will have access to hand washing and/or sanitizing equipment for use prior to eating their meals.
10. An ice water dispenser will be available on the serving line for students to get water at meals and throughout the school day.
11. Healthy snacks will be provided by the food service department for between meal nourishment.
12. The Food Service Department will utilize any produce items available from the school gardens during the growing season to incorporate into student/resident meals. The Food Service Department will purchase locally grown produce as available through the USDA Department of Defense Produce Program and through commercial vendors.

Standards for Nutrition Education

Objectives: Nutrition education will be provided to all students to teach, model and encourage healthy eating habits, and provide students with knowledge and skills necessary to promote and protect their health. Nutrition topics shall be integrated with all grade levels in Physical Education, Culinary Education, and Garden Education.

Standards to Meet Objectives:

1. Through the Culinary Classroom and School Garden Programs, students will be introduced to a variety of vegetables.
 - a. Discuss nutritional value of each vegetable.
 - b. Sample the vegetables raw and cooked.
 - c. Cook the vegetables multiple ways and have students sample them (soups, veggie stir fry, kale chips, kale fritters, squashes, salads)

2. Through the Culinary Classroom, students will be introduced to a variety of fruits.
 - a. Discuss nutritional value of each fruit
 - b. Sample the fruit
 - c. Make snacks and other recipes with fresh fruit and have students sample them. (fruit salad, English muffin fruit pizzas, smoothies, etc.)

3. Through Culinary Classroom, students will become knowledgeable of Food Labels.
 - a. Read Nutrition Facts labels on packaged food define and discuss the nutrients listed including total fat, saturated fats, trans fats, cholesterol, sodium, total carbohydrates, dietary fibers, sugars, protein, Vitamin, serving size, calories)
 - b. Read and understand the list of ingredients that is present in the largest amount by weight first, then other ingredients following in descending weight

4. Through the Culinary Classroom, student will become aware of the USDA Dietary Guidelines for better health.
 - a. Reduce foods that are harmful to the body such as sodium, saturated and trans fats, sugar, and refine grains
 - b. Increase foods that are healthier such as whole grains, vegetables, fruit, low fat milk and other dairy products, lean meats, fish, legumes

5. Through the Culinary Classroom, students will be exposed to the preparation and tasting of foods from different cultures.
6. Guest chefs will come in to the Culinary Classroom to work with students on food preparation skills and techniques.
7. The concepts outlined above will be reinforced in Garden Education classes and Physical Education classes, as well as additional topics such as hydration and growing, harvesting and preparing freshly grown fruits, vegetables and herbs.

Standards for Physical Education

Objectives: Physical Education will be available to all students with curriculum that meets Federal and State standards and promotes lifelong healthy habits. Physical activity opportunities will be available throughout the day for students to be physically active including recess, physical activity breaks, and after-school activities.

Standards to Meet Objectives:

1. Each student will have 100 minutes of physical education per week. There will be no substitutions allowed for the physical education time requirement.
2. Students are not allowed to be exempt from required physical education class time or credit unless exemption is due to a medical restriction.
3. Students will be removed from participating in physical education class for medical or safety reasons only.
4. Students will participate in a variety of sports activities during physical education classes including soccer, flag football, basketball, dodge ball, whiffle ball, floor hockey, circuit training and gymnastics.
5. Students will participate in after-school activities including swimming, organized competitive sports, and other treatment-specific therapeutic activities.
6. Field trips will include physical activity such as disc golf and trips to off-site gymnasiums and parks.

7. Partnerships with the community are developed that incorporate physical activity such as the Annual Basketball Clinic with University of New Haven students.
8. Students are given multiple opportunities throughout the school day to utilize the gymnasium, or outside recreational facilities for physical and mental refreshment.
9. A High Level Gym program is in place to allow extra gym time as a reward to students.
10. Students are involved in games and recreational activities after school each day during first and second shifts.
11. Students are allowed to bike to school with parental permission.

Standards for Health Education

Objective: Health education will be incorporated into the curriculum at all grade levels and shall cover topics such as the benefits of physical activity, individual fitness plans, avoiding injuries, and decreasing sedentary activities.

Standards to Meet Objectives:

1. Circuit training provides a safe and individualized way for students to explore basic exercise principles that can continue throughout their lives.
2. Fitness lectures and conversations occur throughout the year as they relate to physical education curriculum.
3. Warm up and stretching exercises are emphasized before all physical education activities to support safe and healthy behaviors.

Standards for a Healthy Food Environment

Objective: Student wellness will be promoted throughout the curriculum and through special events that take place on campus. Strategies will be developed to support staff wellness and health so that staff may support the initiatives of the Wellness Policy.

Standards to Meet Objectives:

1. During school wide events, students will participate in health and wellness activities. Healthy food samples will be available for students and staff to taste, and recipes will be available for foods served.
2. Throughout the year, students participate in field trips to hockey, basketball, and baseball games. Students often seek physical activity as an outlet and are encouraged and afforded ample time to do so.
3. Water is available for all students in the classroom. In the morning, assigned students bring a full water jug with dispensing tap to the classrooms.
4. Beverages containing caffeine will not be available to students on the school campus.
5. The school store has limited the beverages available to students to only bottled water. They have also incorporated whole grain snacks and limited the amount of potato chips and cookies available to students. Healthier snack options have been introduced such as popcorn and school-made granola bars. When a student purchases a less healthy snack it is limited to a single serving size.
6. School staff members will eat meals with students, having the same menu choices as students to model healthy eating habits including proper portion sizes, eating fruit and vegetable side dishes with meals, and drinking low fat milk with meals.
7. Students are encouraged to take physical activity breaks and walk outside with staff. The gymnasium is available for student use in crisis situations.
8. Staff wellness is promoted with professional development opportunities that focus on physical activity through a partnership with the YMCA.
9. The school will not expose students to food marketing of any kind. All advertising in school publications and school media outlets must be approved by the school principal.
10. Marketing of foods and beverages does not take place on school campus including on signs, posters, sports equipment, education materials, food containers or equipment, and school communications.
11. Bake sales that take place for students and staff will include school-made foods only, and will incorporate products from the school garden when available.

Implementation, Evaluation and Communication of the Wellness Policy

Objective: The Wellness Policy shall be an active working document that will continue to reflect the policies and practices of Whitney Hall Day School. A School Wellness Team will assure that implementation, evaluating and updating of this policy takes place on an ongoing basis.

Standards to Meet Objectives:

1. The School Wellness Committee will meet quarterly each year to discuss wellness initiatives, discuss/plan wellness events, evaluate and assure adherence to the Wellness Policy, and update the policy as needed.
2. The Wellness Committee will consist of the following members at a minimum: School Administrator, Culinary Arts Teacher, Physical Education Teacher, Staff Vocational/Horticulturalist, Staff Registered Dietitian, Residential Clinical Therapist, and School Clinical Therapist.
3. Committee members will assure components of the Wellness Policy that are pertinent to their area of expertise are carried out.
4. The Wellness Policy will be posted on the facility's website, and information regarding the policy will be sent home to families once per year through a school newsletter.
5. At a minimum, the Wellness Committee will review the Wellness Policy once every three years. The review shall include: a comparison to model policies that are available through state and federal on line resources; an assessment on the implementation of all components of the policy; a description of actions taken to reach goals that have not yet been attained; an update of policy language as needed as a result of the review.