



Helping Children & Families Find Their Way

Program: RTM

Manual: RTM

Category: School

Subject: Policies & Procedures

Content: Wellness Policy

Wellness Policy

Red Top Meadows [RTM] purpose is helping young people make the changes necessary to improve the quality of their lives and decrease the likelihood of others being hurt. This purpose supports the fact that RTM is committed to development of lifelong wellness practices and promoting healthy eating and physical activity in support of student achievement.

This policy includes, but is not limited to the following USDA Wellness Policy requirements:

- ✓ The involvement of stakeholders in the development of the plan;
- ✓ Goals for nutrition education, physical activity, and other school-based activities that promote student wellness
- ✓ Nutrition guidelines for all foods available during school breakfast and school lunch that promote student health and reduce childhood obesity;
- ✓ A plan for measuring implementation of the policy;
- ✓ Designation of one or more persons charged with the operational responsibility;
- ✓ The plan includes school and residential staff in the development, implementation, periodic review, and update of the policy;
- ✓ The wellness policy includes a plan for nutrition promotion; and
- ✓ Informs and updates the stakeholders about the content and implementation of the policy.

Nutrition Education

Nutrition education is part of a health education curriculum that focuses on understanding the relationship between health and personal behavior. For our students, nutrition education is integrated into the core curriculum (e.g. math, science, language arts, and social studies). In addition, school dining is a “learning laboratory” to link the lessons learned in the classroom with the practice of making health-promoting food choices. The students receive consistent messages regarding nutrition throughout the school and the community.

School meals are served family style with students, teachers and all staff eating at the same table. School staff model appropriate mealtime behaviors and emphasize the positive social aspects of mealtime. While sitting down for meals, students and staff have adequate time to eat, relax, and socialize. Students are provided access to foods in a timely manner and are encouraged to eat well-rounded meals. During the week, breakfast is generally served at 7:45am, lunch at 12:00pm, and dinner at 6:30pm (after school hours). Health conscious snacks are provided during school breaks, typically at 10:10 am and 2:15 pm. RTM discourages students from bringing foods high in fat or sugar and low in nutrients onto campus grounds.

All food is consumed in the dining and living areas and is not generally allowed in the classroom. However, safe drinking water is available throughout the school day. Additionally, students always have access to appropriate facilities for hand washing while on school grounds.

RTM staff receive training on how to maintain a safe, clean, and pleasant eating environment. The RTM staff teaching nutrition education are to be adequately prepared and participate in professional development activities to effectively deliver an accurate nutrition education program. Professional development activities provide basic knowledge of nutrition, combined with skills practice in program-specific activities and strategies designed to promote healthy eating habits as well as the importance of body size acceptance.

All students shall receive nutrition education that is aligned with the USDA Wellness Policy requirements (Section 204 of the Healthy, Hunger-Free Kids Act of 2010, Public Law 111-296, and added Section 9A to the Richard B. Russell National School Lunch Act (42 U.S.C. 1458b).

School Nutrition Standards

RTM is compliant with federal, state, and local regulations pertaining to the wellness policy (Title 7-United States Department of Agriculture, Chapter ii-food and Nutrition Service, Department of Agriculture, Part 210-National School Lunch Program.) This includes meeting the nutrient standards for protein, vitamins A and C, iron, calcium and calories. The meals will not exceed 30% of a child's daily requirement for fat or 10% for saturated fat. Portions follow USDA requirements adjusted for increased physical activity level as appropriate.

All food service equipment and facilities meet applicable local and state standards concerning health, safe food preparation, handling, and storage, drinking water, sanitation, and workplace safety.

RTM is regularly evaluated to ensure that the food served meets the approved nutritional standards based on USDA Federal Meal Program Guidelines. Hazard Analysis and Critical Control Points (HACCP) guidelines are also implemented.

RTM provides breakfast, lunch, and snacks to all students during the school day. RTM offers free school breakfast and lunch to all students regardless of income. RTM also provides meals for dinner and weekends.

Special needs students who have an individualized education plan (IEP) that indicates the use of an FMNV (food of minimal nutritional value) for behavior modification or other suitable need may be given FMNV items. Any special need student who needs to deviate from the regular meal plan is required to provide a note from a qualified physician.

RTM provides appealing and attractive meals that offer a variety of fruits and vegetables and ensure that half of the served grains are whole grains. The designated staff review the nutrient content of the weekly menus and provides this information if requested. Snacks served during the school day make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage.

The sale of foods of minimal nutritional value is prohibited throughout the school grounds between the start of the school day and end of the lunch period. Foods and beverages that have as the first ingredient: sugar, corn syrup, shortening, lard, partially or fully hydrogenated oil, or similar ingredients, may not be sold to students during school hours. The promotion of healthy foods is encouraged. RTM considers the timing of school meals, student's nutritional needs and ages when determining snack availability.

RTM will continually evaluate its food policies and contracts; any that do not meet the purpose of this policy shall be modified accordingly.

Physical Activity

All students at RTM participate in physical education appropriate to their ages, physical fitness, and skill levels. Physical activities are selected to engage the students and teach the knowledge, attitudes, skills, and behaviors that students need to adopt in order to enjoy a physically active lifestyle. All students participate in physical education class for an additional 45 minutes of moderate to vigorous physical activity prior to lunch. Physical education instruction shall be aligned with the Wyoming Physical Education Content and Performance Standards.

Daily school physical education classes are a community-wide activity including all students as well as teacher(s), child care staff and, when available, the wilderness and therapeutic staff. All students receive 4-5 hours of in-school physical education each week supplemented by daily, after-school and weekend activities. In an average day at RTM, students participate in a minimum of 2 hours of supervised physical activity. Physical education classes include, but are not exclusive of, the following: hiking, backpacking, running, soccer, basketball, skiing. Additional physical activities include, but are not exclusive of, the following: therapeutic adventure activities, ice skating, mountain biking, swimming, and visiting the local recreation center. Physical activity opportunities focus on individual activities as well as competitive and non-competitive team sports.

The school ensures that adequate space, equipment, supplies and operational budgets are available to achieve the objectives of the physical education program. The school provides ongoing professional training and development for staff in the area of physical activity. RTM has established rules and procedures concerning safety, infection control, provision of first aid,

and the reporting of injuries and illnesses to student families and appropriate school and community authorities.

RTM considers physical fitness a valuable piece of its overall program and does not allow course work as a substitute for physical education activities. Further, teachers and other personnel do not use physical activity (e.g. running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Family and Community

RTM builds awareness among all staff about the importance of nutrition, physical activity, and body size acceptance to academic success, mental and emotional health, and lifelong wellness. RTM encourages parents, teachers, school personnel, and students to serve as role models in practicing healthy eating and being physically active. RTM works with the community to coordinate and enhance opportunities available to students for physical activity after school i.e., daily activities, RTM special events, “Old Bill’s Fun Run”, etc. Information is provided to families to help them incorporate nutrition and physical activity into students’ lives through letters, meetings, and attendance at wilderness ceremonies.

Implementation and Measurement

RTM implements this policy on a regular basis and will continue to measure how well it is being managed and enforced. Annually this policy will be reviewed as a part of our annual School Improvement Process. Input from stakeholders shall be considered before implementing any changes. The Director and Director of Education shall report on RTM’s overall effectiveness to meet the purpose and intent of this policy.