

WELLNESS POLICY

POLICY: Woodland Hills will create a school environment, in conjunction with ISD 709 that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity.

IMPLEMENTATION

1. General Information:

- a. Woodland Hills recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being. When children are enrolled in a Woodland Hills program, Woodland Hills also has a role. For example, Woodland Hills recognizes the importance of motivating students and staff to make healthy choices, and the importance of including family members whenever possible.
- b. One key aspect of healthy living is nutrition, and so Woodland Hills is committed to helping its clients make healthy food choices.
- c. Woodland Hills leaders will work with school leaders to promote nutrition education, healthy eating, and the infusion of physical activity into the school day.
- d. Woodland Hills will solicit feedback from clients, parents, food service staff and other interested persons in implementing, monitoring and reviewing its nutrition policies and physical activity policies and practices.
- e. Qualified food service personnel will provide students with access to a variety of nutritious and appealing foods that meet the health and nutrition needs of a culturally diverse student body. In addition, Woodland Hills will provide clean, safe, and pleasant facilities and adequate time for its clients to eat.

2. Physical Education and Physical Activity – Physical education is the time during the day when physical education curriculum is delivered by a certified physical education teacher. Physical activity is movement with students supported by anyone other than a certified physical education teacher.

a. Opportunities during the school day:

- i. Woodland Hills will work with ISD 709 to ensure that ISD 709 staff provide all Woodland Hills clients with physical education instruction during the school week. ISD 709 staff will be asked to ensure that it is meeting the physical education requirements of the CDC, Minnesota Department of Education and National Standards for Physical Education which state that

elementary students should receive 150 minutes per week, and secondary students should receive 225 minutes per week of physical education programming. Programming should include lifetime activities and be taught by a certified physical education teacher.

- ii. Woodland Hills will work with ISD 709 staff to arrange the school day to recognize that extended periods of two or more hours of inactivity should be discouraged. When it is necessary for students to remain indoors for long periods of time, they should be given periodic breaks to stand and be moderately active.
 - iii. Woodland Hills will encourage ISD 709 teaching staff to implement current strategies that link physical activity with learning.
- b. Opportunities outside the school day:
- i. Woodland Hills will direct its Recreation Manager to offer a variety of physical activities to its residential clients.
 - ii. Woodland Hills will encourage staff to walk or bike to work.
 - iii. Woodland Hills will encourage staff to engage in healthy lifestyles.
 - iv. Woodland Hills will, through its Recreation Manager, offer activities to its clients that promote physical activity such as running in races (as appropriate), or participating in events like agency "Summer Olympics."

3. Nutrition

- a. Woodland Hills will offer a variety of healthy choices for school breakfast and lunch that are tasty, attractive, and of excellent quality, and that meet or exceed the nutrition standards established by the USDA.
- b. Woodland Hills will ensure the availability of healthy, appealing, and affordable food options whenever food is served outside of the school breakfast and lunch program.
- c. Woodland Hills will promote healthy food options for students. Examples may include displaying nutrition posters, taste testing, introducing new foods, and educating students about the nutrition value of items newly added to the menu.
- d. Staff and volunteers will be encouraged to model healthy nutritional choices.
- e. Woodland Hills will work with ISD 709 to offer nutritional education in the health classroom curriculum. Specifically, teachers will be expected to integrate nutrition education into core curriculum areas such as math, science, social studies and language arts, as appropriate.
- f. Woodland Hills will encourage its clients to make healthy food choices at home (for day treatment clients) or when making home visits (residential clients).
- g. Through its husbandry program, Woodland Hills will teach residential clients to grow healthy, organic vegetables. Food grown by the clients in Woodland Hills' gardens will be harvested and incorporated into meals.
- h. Woodland Hills will not permit its clients to share foods or beverages with one another during meal or snack times, given concerns about allergies or other restrictions on some children's diets.
- i. Woodland Hills will respect clients' religious beliefs by providing healthy alternatives to any food that a child is not allowed to consume due to his or her documented religious observance.

4. Implementation, Monitoring and Review

- a. This wellness policy will be implemented throughout Woodland Hills, and will be shared with ISD 709.
- b. The Woodland Hills food service staff will ensure compliance within the school's food service area and will report any concerns to the CEO or designee, as appropriate.
- c. The Food Services Manager will work with ISD 709 staff, the Woodland Hills Manager, and other Woodland Hills staff, as appropriate, to develop an annual health and wellness plan. Each annual plan will include at least two measurable goals associated with nutrition awareness/education/improvement and at least two measurable goals associated with physical activity. The plan will be presented to the Woodland Hills administrative team for approval.
- d. The Food Services Manager will conduct an annual assessment of Woodland Hills' annual health and wellness plan, the overall nutrition and physical activity environment, and this Wellness Policy to determine achievement of plan goals and policy compliance, and to identify areas in need of improvement. As part of that review, the Food Services Manager will work with ISD 709 staff and other Woodland Hills staff, including but not necessarily limited to the Recreation Manager.
- e. The Food Service Manager will summarize findings from (d) above and will provide an annual report to the Board of Directors (through the Program and Personnel/Compliance Committee).