

YCS SCHOOL WELLNESS POLICY

Educational Services

www.ycs.org

Youth Consultation Service (YCS) recognizes child and adolescent obesity has become a major health concern in the United States. The Healthy, Hunger Free Kids Act of 2010 (HHFKA), funds child nutrition programs and establishes required nutrition standards for school lunch and breakfast programs. In accordance with the requirements of the HHFKA each school under YCS supervision shall implement this Wellness Policy that includes goals for nutrition promotion, nutrition education, physical activity, and other school-based activities that promote student wellness.

I. Nutrition Promotion:

- Nutrition education will include lessons that cover topics such as how to read and use food labels, choosing healthy options and portion control.
- Foods of minimal nutritional value, including brands and illustrations, will not be advertised or marketed in educational materials.
- Schools will schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
- Schools will provide opportunities for staff, parents, and other community members to model healthy eating habits.
- Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias.

II. Nutrition Education

- Nutrition education is designed and implemented to help students learn nutrition knowledge, including but not limited to, the benefits of healthy eating, essential nutrients, nutritional deficiencies, the use and misuse of dietary supplements, safe food preparations, handling and storage, caloric balance between food intake and energy expenditure (physical activity/exercise), and adequate fruits and vegetables, whole grains and low-fat dairy.
- Nutrition education will reinforce lifelong balance, emphasizing the link between caloric intake (eating) and exercise in ways that are age appropriate.

III. Physical Activity

- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
- Teachers and other school and community personnel will not arbitrarily use physical activity (e.g., running laps, push-ups) or withhold



opportunities for physical activity (e.g., recess, physical education) as punishment.

- Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.

IV. Other Activities that Promote Student Wellness

- A wide variety of healthy, alternative rewards are used to provide positive reinforcement for children's behavior and academic performance.
- Students will have access to free palatable drinking water during the school day. Teachers may offer the option of student water bottles at the student desk.
- Foods and beverages that meet good nutrition guidelines as set forth in the policy will be available at school-sponsored events.

V. Standards and Nutrition Guidelines for All Foods and Beverages

- Youth Consultations Services requires each agency school to comply with the Federal school meal nutrition standards and the Smart Snacks in accordance with the requirements HRFKA. The nutritional standards shall apply to all foods and beverages given in each school under YCS supervision as part of the menu pattern meal. The requirements for any food or beverage given in schools must meet a range of calorie and nutrient requirements as outlined in the HRFKA.
- Schools will try to eliminate any social stigma attached to, and prevent the overt identification of, students eligible for free and reduced-price school meals.
- Schools will, to the extent possible, operate the School Breakfast Program;
 - Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation in the school breakfast program;
 - Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- For school-sponsored events, the YCS schools will try to offer only those foods and beverages that meet good nutrition guidelines. Healthy food options and bottled water and/or water from the water cooler will be offered.
- School Lunch Program will:
 - Meet, at a minimum, nutritional requirements established by USDA for federally funded programs.
 - Emphasize fruits, vegetables, whole grains, and low-fat dairy products.
 - Be appealing and attractive to students.
 - Be served in clean and pleasant surroundings.
 - Provide students with adequate time to eat (the School Nutrition Association recommends twenty minutes for lunch).



- Not offer soda during lunch.
- Provide free/reduced lunch information to all students.

VI. Standards and Nutrition Guidelines for Non-Sold Foods and Beverages

- Students are permitted to have bottled water.
- Parents/Staff will be advised regarding healthy food items for classroom parties, etc.

VII. YCS does not provide for marketing of Food and Beverage.

VIII. Evaluation Plan

- Members of a school wellness committee will complete an annual assessment and summarize the three required components 1) compliance with the wellness policy 2) how the wellness policy compares to model wellness policy 3) progress made in attaining the goals of the wellness policy.
- Each school will involve various stakeholders in the wellness policy process. The public and school communities including School Administration, School Food Authority (SFA), school health professionals, teachers of physical education, and to the greatest extent possible, will be involved in the wellness policy process. The SFA and a school administrator have the responsibility and authority to ensure each school complies with the policy.
- The Wellness Policy will be shared with parents via the Parent Handbook distributed every September and posted on the schools' websites.
- The schools will complete and certify the certification for Local Wellness Policy Implementation and Evaluation to the Department.

Publication/Dissemination

This Policy will be made available to staff members, students, and parents by being posted on the school district and/or school websites.