

**Lee County Youth Development Center Wellness Policy
Chanticleer Learning Center**

January 2023-January 2026

Updated January 2024

School Wellness Committee:

Lee County Youth Development Center school wellness committee will meet quarterly per year to establish goals for and update the wellness policies and programs, including development, and implementation. Committee members will serve the entire school year, except for students being evaluated every quarter due to enrollment intakes and discharges. The committee membership will represent all facets of the school including residential staff as a caregiver; students; teachers; school administrators; school nutrition director; physical education teacher; health education teacher; school medical personnel, and therapist.

Name	Title	Role on Committee
	Education Operations Manager	Oversees evaluation of wellness policy and implementation
	Nutrition Director	Nutritional, evaluation, implementation, and updating component
	Medical Assistant	Health and updating component
	Lead Teacher	Educational and updating component
	Education Compliance Manager	Educational and updating component
	Health Education	Health & Nutrition Education and updating component
P.E. (Alternating)	Physical Education Teacher	Physical activity component and updating
Student (Alternating)	Student	Student input and updating component
Residential Staff (Alternating)	Care Givers	Residential input and updating component
Therapist (Alternating)	Therapist	Clinical input and updating component

Triennial Progress and Assessments:

At least once every three years, the school wellness committee will evaluate compliance with the wellness policy to assess the implementation of the policy and include: compliance check, and a description of the progress made in attaining the goals.

Physical Fitness Assessments:

Physical Activity assessments are conducted in the PE class on the 15th of each month.

Nutritional Education:

Our school is committed to serving healthy meals to students, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of students within their calorie requirements. The school meal programs aim to improve the diet and health of all students, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

- Meals are accessible to all students
- Meals are appealing and attractive to children
- Meals are served in clean and pleasant settings
- Meals meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations
- The school will provide and promote nutrition education for all students
- The school will educate, encourage, and support the skills needed to adopt healthy eating behaviors for all students and faculty
- Nutrition education will be integrated into the school curriculum, physical activity, and promoted into the community
- The LCYDC cafeteria will display posters to promote healthy eating and display other nutrition education materials

- Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community
- LCYDC will comply with the current USDA Dietary Guidelines for Americans
- All promotional activities in schools will be connected to activities that encourage physical activity, academic achievement, or positive youth development following local guidelines
- All school and community members will be encouraged to participate in all health-related activities
- The school encourages, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
- The school encourages all students to participate in school meals programs and protect the identity of students who eat free and reduced-price meals

Water Consumption:

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. The school will make drinking water available where school meals are served during mealtimes.

- Water cups, water coolers will be available in the cafeteria
- Water coolers will be available at PE and in the classrooms as needed
- All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards

Celebrations and Rewards:

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards will meet or exceed state nutrition standards, including through:

- Celebrations and parties; healthy party ideas to caregivers and teachers, including non-food celebration ideas. Healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA.
- Classroom snacks brought on campus will meet Smart Snacks nutrition standards
- Rewards and incentives will be done in alternative ways to reward students. Foods and beverages will not be used as a reward or withheld as punishment for any reason, such as for performance or behavior.

Health Education:

The school will include in the health education curriculum the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from MyPlate
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole-grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans-fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants

- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers, and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

Physical Activity:

- Time allotted for physical activity will be consistent with research, and state standards of a minimum of 30 minutes of structure daily physical activity.
- Physical activity cannot be used to discipline students.
- LCYDC will provide opportunities for every student to develop the knowledge and skills for specific physical activities.
- LCYDC will provide opportunities for students to regularly participate in physical activity; through access to playground facilities, work out equipment, and walking trails.
- LCYDC will help students understand the short- and long-term benefits of a physically active and healthy lifestyle.
- LCYDC provides training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among students.
- Physical activity participation will take into consideration the “balancing equation” of food intake and physical activity.
- To the extent practicable, the school will ensure that its grounds and facilities are safe, and that equipment is available to students to be active.

- The school will conduct necessary inspections and repairs.
- The school will make efforts to keep school or district-owned physical activity facilities open for use by students during school hours and after school activities that will encourage physical activities.
- The school will encourage students to wear appropriate attire during any physical related activity.

Active Academics:

Teachers will incorporate movement and kinesthetic learning approaches into core subject instruction when possible (e.g., science, math, language arts, social studies, and others) and do their part to limit sedentary behavior during the school day.

- The school will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.
- Teachers will serve as role models by being physically active alongside the students whenever feasible.

Community Partnerships:

The school will develop and enhance relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers, and coordinators, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Other School-Based Activity:

Support for the health of all students is demonstrated by health screenings, substance abuse awareness, and abstinence programs, and helping to enroll eligible students in Medicaid and other state health insurance programs.

- The school provides enough space and serving areas to ensure all students have access to school meals with minimum wait time to ensure 20 minutes of “seat time”.
- The school encourages and provides opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas.
- The local wellness committee will plan, implement, and improve nutrition and physical activity in the school environment.
- The school will provide sanitizer and handwashing time prior to meal service to help control illness and promote healthy habits.
- The school will educate students on the importance of grooming and proper hygiene.
- The school will remain aware and caution all to follow CDC guidelines especially those of the recent COVID-19 Pandemic.

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