



Triennial Wellness Assessment
6/30/2020

Highfields is committed to providing an environment which promotes wellness and health amongst students and staff. This is primarily accomplished through a combination of daily physical activity opportunities, physical work sessions, and a nutrition program that abides by the standards of Michigan Department of Education (MDE). An assessment is conducted every three years to determine the effectiveness of the policy.

The wellness policy is separated into a number of different categories including;

- Wellness Committee
 - Nutrition Education
 - Nutrition Promotion
 - Nutrition Standards
 - Physical Education and Physical Activity Opportunities
 - Other School-Based Activities Designed to Promote Student Wellness
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- Wellness Committee
 - Highfields created a Wellness Committee to focus on the health and wellbeing of the organization. The committee has created agency wide wellness challenges to promote an active and healthy lifestyle for employees and clients. Highfields management and kitchen staff meet on a weekly basis to discuss the kitchen program as well as menu items and food served to students and staff. (Move this to Nutrition promotion?)
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- Nutrition Education
 - Nutritional posters are posted in the dining hall and all dietary staff are Servsafe certified.
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- Nutrition Promotion
 - Highfields employees promote health and wellbeing with students during daily conversations. Staff are instructed to look for patterns regarding student's eating and basic nutrition, and to counsel as needed. Direct care staff eat the same meals provided to the students in an effort to role model healthy eating. Fruits and vegetables are available at all meals to provide healthy options..

- **Nutrition Standards**
Highfields works with the MDE to ensure that reimbursable (?) meals are meeting the standards set forth for all Child Caring Institutions. Students are encouraged to make healthy choices and eat the offered fruits and vegetables to promote healthy eating habits. Students do not have access to vending machines and are provided with healthy snacks according to MDE standards.
- **Physical Education and Physical Activity Opportunities**
Although the school no longer offers physical education, students have opportunities to engage in physical activity on a daily basis. Students have scheduled gym or outdoor recreation time daily. Staff also set up additional physical activities such as softball, kickball, basketball, nature walks and more. Physical work sessions such as yardwork and maintenance are a part of the milieu and allow for additional physical activity as well as the ability to earn money.
- **Other School Based Activities Designed to Promote Student Wellness**
Highfields offers additional programming that promotes student wellness. Students have the opportunity to participate in cooking classes through a vocational education school a few times a year. This helps students understand how to prepare meals and the nutrition of the ingredients. Highfields offers basketball camps and participates in the MAAA with a basketball team on a yearly basis. An active lifestyle is promoted with the various activities that are available on the lesson plan throughout the week.