



## **Local Wellness Policy for Highfields, Inc.**

Highfields, Inc is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement.

### **Wellness Committee:**

Highfields will have a wellness committee to establish goals and oversee the school health policies and programs. The committee will consist of dietary staff, the Residential Director, Residential Manager, and students. The wellness committee will conduct an assessment of the wellness policy at least once every three years.

### **Nutrition Education**

The Malcolm Williams School on our campus currently offers a health course as a part of the school curriculum. The health teacher meets the highly qualified standard that is in place for secondary special education classrooms. The state content standards are used in determining the instructional content for this class.

Goal: Nutrition education information will be offered throughout the school campus including, but not limited to, school dining areas and classrooms. All dietary staff will be certified in Servsafe.

### **Nutrition Promotion**

Highfields will provide an environment where students and staff receive consistent nutrition messages through the school building and dining hall.

Goal: Highfields will display nutritional and healthy eating posters throughout the facility. Direct care staff will eat the same meals with students to role model healthy eating. A variety of fruits and vegetables will be offered at meal times.

## **Nutrition Standards**

Highfields, Inc. shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations.<sup>1</sup> Highfields, Inc. will encourage students to make nutritious food choices.

Goal: Highfields shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs. Highfields shall consider nutrient density<sup>2</sup> and portion size before permitting food and beverages to be sold or served to students. Students will not be allowed to purchase food or drinks from any vending source during the school day.

## **Physical Activity Opportunities**

Highfields, Inc. shall offer physical activity opportunities that include a variety of different sports and experiences. Physical activities shall equip students with the knowledge, skills, and values necessary for lifelong physical activity.

Goal: (Physical Activity): Every year, all students shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured. Examples include: basketball, football, weight lifting, cardiovascular activity, volleyball, and golf.

## **Other School-Based Activities Designed to Promote Student Wellness**

Highfields, Inc. may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

Goal: To fully embrace physical activity as regular behavior, Highfields will provide activities within the daily lesson plan to promote a physically-active lifestyle. Examples include nature walks and physical work sessions.

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<sup>1</sup> Title 7—United States Department of Agriculture, Chapter ii - Food and Nutrition Service, Department of Agriculture, Part 210 - National School Lunch Program. [http://www.access.gpo.gov/nara/cfr/waisidx\\_04/7cfr210\\_04.html](http://www.access.gpo.gov/nara/cfr/waisidx_04/7cfr210_04.html)

<sup>2</sup> Nutrient dense foods are those that provide substantial amounts of vitamins and minerals and relatively fewer calories. Foods that are low in nutrient density are foods that supply calories but relatively small amounts of micronutrients (sometimes not at all). [http://www.health.gov/dietaryguidelines/dga2005/report/HTML/G1\\_Glossary.htm](http://www.health.gov/dietaryguidelines/dga2005/report/HTML/G1_Glossary.htm)

## **Implementation, Assessment, Documentation, and Updates:**

### Implementation

Highfields Wellness Committee will monitor and implement the wellness policy. The Residential Director will be responsible for overseeing implementation and assessment.

### Triennial Assessment

Highfields will conduct an assessment of the wellness policy every three years. The assessment will determine how the wellness policy compares to model wellness policies and progress made in attaining the goals of the wellness policy. This report will be provided to the public via Highfields website. The first assessment will be due by June 30<sup>th</sup>, 2020.

Person responsible for Triennial Assessment: Residential Director.

### Documentation

Highfields will provide staff, parents, and students with documentation informing them of where they can review the wellness policy, any updates, and any assessments of the policy.

Highfields' Wellness Policy can be found at:

<http://www.highfields.org/programs/residential/>

### Updates to Policy

Highfields will modify or update the wellness policy as appropriate based on the results of the Triennial Assessments, as district priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new federal or state guidance or standards are issued.

### Public Updates

Highfields will inform the students and parents about the wellness policy upon entry into the Highfields program. Highfields will provide information on how parents and students can participate on the wellness committee and assist with the development, implementation, and periodic review and update of wellness policy. All communication will be culturally and linguistically appropriate and will be available via the Highfields website.