



Triennial Wellness Assessment 6/30/2023

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 several 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

• Wellness Committee

Highfields continues to deploy 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. During the Covid pandemic the Wellness committee emphasized taking care of your mental health along with your physical health. 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.

• Nutrition Education

Nutritional posters are posted in the dining hall and all dietary staff are ServSafe certified. Food options are written daily for the students to know what options they have.

- 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 to role model healthy eating. Fruits and vegetables are available at all meals to provide healthy options. An emphasis on healthy breakfast has been made to ensure that students are prepared for their day.

- 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

Malcolm Williams School does not offer physical education classes, students have opportunities to engage in physical activity daily. 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. Students are provided an opportunity to participate in a weightlifting program facilitated by Highfields staff. 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 can participate in cooking classes through a vocational education school a few times a year. Highfields has employed an opportunity for students to learn more on how to grocery shop, plan meals and cook during a summer program. This helps students understand how to prepare meals and the nutrition of the ingredients. An active lifestyle is promoted with the various activities that are available on the lesson plan throughout the week.