

Board of Child Care's Wellness Policy

The Board of Child Care's emphasizes for students and residents to eat healthy nutritional foods as well as engage in physically active behaviors. Healthy students are better able to learn and we provide an environment that supports positive physical activity and eating behaviors. The Board of Child Care emphasizes the following principles regarding nutritional food and physical activity:

1. Encourage adequate nutritional intakes and consumption of nutrient dense foods, especially those foods that provide nutrients in which children and adolescents are deficient.
2. Offer foods that need to be encouraged in preference over those foods with low nutritional values. Encourage consumption of fruits, vegetables, whole grain foods, low fat and non-fat, white and flavored milk and serve with consideration towards safety, packaging, taste and appeal.
3. Evaluate foods based on the overall nutritional quality using parameters that are of importance to children and adolescents' growth and development
4. Provide comprehensive, preferably daily, physical education for children in grades k-12
5. Implement physical education, nutrition and health education curricula that emphasizes enjoyable participation and helps students develop confidence to maintain healthy lifestyles.
6. Provide physical activity instruction and programs that meet various needs and interests of all students, including those with illness, injury and developmental disability, as well as those with obesity, sedentary lifestyles, or a disinterest in traditional team sports
7. Ensure that children learn practical, life long lessons about balance of good nutrition and physical activity.

Nutrition Education

- Provide age appropriate and culturally sensitive instruction in health education and physical education that help students develop the knowledge, attitudes, skills and behaviors to adopt, maintain and enjoy healthy eating habits and a physically active lifestyle.
- Provide students in pre-kindergarten through grade 12 with behavior focused nutrition education integrated into the curriculum that is interactive and teaches the skills needed to adopt healthy eating habits.
- Nutrition education is offered in the school dining room as well as in the classroom coordination between the foodservice staff and teachers.
- Students receive consistent nutrition messages throughout schools, classrooms, homes, community and media.
- The school will link nutrition education activities with the coordinated school health program.
- Staff that provide nutrition education will have appropriate training.
- Nutrition is integrated into the health education or core curricula

Physical Activity

- Provide all children, from pre-kindergarten through grade 12, with quality daily physical education that helps develop the knowledge, attitudes, skills, behaviors and confidence needed to be physically active for life.
- Provide after-school programs that include physical activity, adequate co-curricular programs, and fully inclusive intra-mural programs and physical activity clubs.
- Students are given opportunities for physical activity during the school day through physical education classes and through physical activity that is integrated in the academic curriculum.
- The school will encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to incorporate physical activities at home.
- The school will provide training to enable teachers, and other school staff to promote physical activity in the school.

School Activities that Promote Student Wellness

- The school will ensure that all food related fundraising efforts are supportive of healthy eating habits.
- The school will provide opportunities for on-going professional training for school staff and foodservice staff in the areas of nutrition and physical education.
- The school encourages and provides opportunities for students, teachers, and volunteers to practice healthy eating and serve as role models in the school dining areas.

Evaluation of Wellness Practices and Methods

- The Board of Child Care will use checklists to ensure compliance with nutritional and physical activity policies.
 - The Board of Child Care will conduct surveys with administration, residential, school staff and foodservice staff to ensure nutrition and physical activities are being promoted throughout the organization.
 - The school will use curriculum assessments in health education to ensure student understanding of nutrition and importance of physical activities.
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Board of Child Care Wellness Practices and Methods Checklist

| Nutrition Education | YES | NO |
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| Provide appropriate instruction in health education and physical education. | | |
| Provide students in pre-kindergarten through grade 12 with behavior focused nutrition education | | |
| Nutrition education is offered in the school dining room | | |
| Students receive consistent nutrition messages | | |
| School links nutrition education activities with the school health program | | |
| Staff receive appropriate nutrition education training | | |
| Nutrition is integrated into health education | | |
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| Physical Activity | | |
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| Provide all children from Pre-K to grade 12 with daily physical education | | |
| Provide after school programs that include physical activities | | |

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| Students are given opportunities for physical activity during the school day | | |
| School encourages parents and guardians to support their children in physical activity | | |
| School provides training to staff in promoting physical activity. | | |
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| School Activities that Promote Student Wellness | | |
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| School ensures all food related fundraising is supportive of healthy eating habits. | | |
| School provides opportunities for on-going professional training in areas of nutrition & physical activity | | |
| School encourages opportunities for students, teachers, volunteers to practice & serve as role models in healthy eating practices | | |