



SUBJECT	Wellness
APPROVAL:	Policy Committee
EFFECTIVE DATE:	Revised: September 2020
SCOPE:	All programs of the Italian Home for Children
APPLICABLE STANDARDS:	All licensing and accrediting entities
STATEMENT OF POLICY:	
Italian Home for Children has a responsibility to promote the health of all persons served to advance both their healthy development and readiness to learn.	
PROCEDURE	

Individual wellness is a priority of the Italian Home for Children. This policy is inclusive of all persons served, their families or other natural supports, and employees. This includes but is not limited to individuals' identities that are related to culture, race, ethnicity, sexual orientation, gender, and ability. A Wellness Committee exists and consists of the School Administrator, a representative of the contracted Food Service Management Company, a representative from the residential programs, the Physical Education teacher, a member of the nursing department, a representative from clinical services, a community representative, and any other interested parties. The committee is responsible for reviewing, making recommendations, implementing, and communicating relevant information about this policy to the Italian Home community. The committee will also monitor implementation and compliance with all state and federal child nutrition requirements and take appropriate action as needed.

School Food and Nutrition Promotion

The Italian Home for Children supports lifelong healthy eating habits for all persons served and staff. Italian Home for Children shall promote healthy lifestyles and appropriate nutritional practices for all. Components of this approach include:

- regular review of available food and menu options consistent with recommendations from the Dietary Guidelines for Americans and USDA School Meals Initiative for Healthy Children in nutritional content
- identifying opportunities to teach healthy eating habits in health education and physical education
- identifying opportunities to provide support to all individuals around appropriate nutritional practices for meals and snacks
- identifying opportunities to support staff and parents around modeling healthy eating habits and the appropriate nutritional standards

- promoting health and nutrition messages that encourage the consumption of fruits and vegetables, whole grains, healthy fats, low-fat dairy products, and water

Staff that provides the nutritional education will have appropriate training and be provided with opportunities for on-going training.

The Italian Home for Children will provide adequate time to eat each meal and snack. The dining areas will be clean, orderly, and inviting. Adequate seating and serving areas will be provided to ensure children have access to meals with minimum wait time. All food service equipment and facilities will meet local and state standards for safe food preparation and handling, sanitation, and workplace safety.

The Italian Home for Children prohibits the use of food as a reward or punishment.

Comprehensive Physical Activity and Physical Education

The Italian Home for Children is committed to increasing all individuals' physical activity and fitness by bringing more physical education and physical activity to schools. Research shows that increased physical activity has a benefit on children's cognitive function, ability to concentrate in class, and overall academic performance. Community participation in extracurricular athletics is encouraged within the residential programs. The day school and therapeutic afterschool programs offer enrichment opportunities inclusive of highly structured physical activities. Activities will be inclusive to meet the needs, interests, abilities, and cultural diversity of all students, including students of all gender identities, students with disabilities, and students with special healthcare needs.

All programs offer age and developmentally appropriate psychoeducation around healthy eating/nutrition, mental and emotional health, personal health and wellness, physical activity, and safety and injury prevention. This includes promotion of healthy lifestyle habits, healthy relationships, and health literacy.

Children will be given opportunities for physical activity during the day through physical education classes, daily recess and other naturally occurring opportunities. Time allotted for physical activity will be consistent with the current national and state standards. Opportunities for physical activity will not be withheld as a form of discipline. The Italian Home will provide a clean, safe environment for physical activity.