

Bethany Children's Home
1863 Bethany Road
Womelsdorf, PA 19567

Wellness Policy

Bethany Children's Home recognizes that our residents' wellness and proper nutrition are related to our residents' physical well-being, growth, development, and readiness to learn. The Board is committed to providing a home environment that promotes residents' wellness, proper nutrition, nutrition education, and regular physical activity as part of the total experience at Bethany. In a healthy home environment, children will learn about and participate in positive dietary and lifestyle practices that can improve overall health and attitude.

To ensure the health and well-being of all residents at Bethany, the Board establishes that Bethany Children's Home shall provide to residents:

- A comprehensive nutrition program consistent with federal and state requirements.
- Access to foods and beverages that meet established nutritional guidelines.
- Opportunities for developmentally appropriate physical activity during the day.
- Education on nutrition and lifelong physical activity.

The CEO, VP of Finance, and Director of Quality Assurance shall be responsible for the implementation and oversight of this policy and to monitor Bethany's programs to ensure compliance with this policy, related policies and established guidelines.

Staff members responsible for programs related to residents' wellness shall report to the CEO or VP of Finance.

The CEO, VP of Finance and the Director of Quality Assurance shall report to the Board on Bethany's compliance with laws and policies related to resident wellness. The report may include:

- Assessment of Bethany's environment regarding children's wellness issues.
- Evaluation of food service program.
- Listing of activities and programs conducted to promote nutrition and physical activity.
- Recommendations for policy and/or program revisions.
- Suggestions for improvement in specific areas.
- Feedback received from staff, children, parents/guardians, and Residential Wellness Committee.

An assurance that Bethany guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for RCCI's in accordance with federal law shall be provided annually by the Director of Food Services.

The CEO, VP of Finance, Director of Quality Assurance and the established Resident Wellness Committee shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment shall be made available to the public in an accessible and easily understood manner and include:

1. The extent to which Bethany is in compliance with law and policies related to school wellness.
2. The extent to which this policy compares to model wellness policies.
3. A description of the progress made by Bethany in attaining the goals of this policy.

Bethany shall annually inform and update the public, including parents/guardians, students, and others in the community, about the contents, updates, and implementation of this policy via Bethany's website, student handbooks, newsletters, posted notices and/or other efficient communication methods. This annual notification shall include information on how to access the School Wellness policy; information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the Wellness Policy; and a means of contacting Wellness Committee leadership.

The Resident Wellness Committee consists of the following:

- Chief Executive Officer
- VP of Finance
- Director of Food Services
- Director of Quality Assurance
- Director of Social Services
- Shelter Director
- Houseparent (this is in place of parents)
- Recreation Staff

The Residential Wellness Committee shall serve as an advisory committee regarding children's health issues and shall be responsible for developing, implementing, and periodically reviewing and updating a Wellness Policy that complies with law to recommend to the Board for adoption.

The Residential Wellness Committee shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity and other school based activities that promote student wellness as part of the policy development and revision process.

Recordkeeping

Bethany shall retain records documenting compliance with the requirements of the Wellness Policy, including:

1. The written School Wellness policy.
2. Documentation demonstrating that Bethany has informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the policy.
3. Documentation of efforts to review and update the Wellness Policy, including who is involved in the review and methods used by Bethany to inform the public of their ability to participate in the review.
4. Documentation demonstrating the most recent assessment on the implementation of the Wellness Policy and notification of the assessment results to the public.

Nutritional Quality of Foods and Beverages served on campus

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children.
- Be served in clean and pleasant settings.
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.
- Offer a variety of fruits and vegetables.
- Serve only 1% and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA).
- Serve whole grain bread/rolls/buns at breakfast and lunch.

No food or beverage items are available for sale to residents in the form of a la carte sales, vending machine food and/or beverages. If Bethany permits the sale of any items to students on campus during the school day in the future, the items will meet or exceed the established federal nutrition standards for competitive foods (USDA Smart Snacks in School).

Bethany will continue to engage children through taste tests of new entrees and surveys. In addition, Bethany should share information about the nutritional content of meals with houseparents and children.

Other Nutritional Guidelines

- No soft drinks or flavored waters are served.
- Fresh or canned fruit is served at breakfast and lunch.
- More fresh salads are offered at lunch.
- Snack choices include baked chips, dried fruit, cold vegetables and fresh fruit.
- Portions have been reduced per servings.
- Fresh produce is purchased during the summer from local farms.
- Celebrations and rewards are permitted in the cottages with their Bethany family during the evening hours. We do not allow youth to supply birthday treats in the classroom during the school day.
- Food and beverages shall not be used as a reward or punishment.
- Any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School)

Nutrition Education and Nutrition Promotion

The goal of nutrition education is to teach, encourage and support healthy eating by residents.

- Consistent nutrition messages shall be disseminated throughout the resident cottages and emergency shelter.

- Nutritional education shall be provided with the resident's Life Skills education and will be reviewed every three weeks for the Short-term program and every six months for the Residential program.
- Additional Life Skills education includes residents accompanying staff for food shopping to read labels and eating healthy on a budget.
- Residents in the Independent Living program learn to prepare foods on their own in preparation for living on their own.
- A Community garden was planted on campus to provide limited produce items and help educated youth about growing their own food.

Physical Activity

- A comprehensive program of recreational activities is available to all youth residing at Bethany.
- The activities are scheduled in accordance with the identified needs and interests of the youth, with each youth typically being involved in at least one individual and/or one group activity per week.
- Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.

Other School-Based Activities

- School will provide adequate space for eating and serving school meals.