

Wellness Policies on Physical Activity and Nutrition

School Wellness Policy

On

Physical Activity and Nutrition

**Montgomery County Youth Center
540 Port Indian Road
Norristown, PA 19403**

Purpose

Montgomery County Youth Center recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development and readiness to learn. The Board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education and promotion, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

Authority

The Board adopts this policy based on the recommendations of the Wellness Committee and in accordance with federal and state laws and regulations.

To ensure the health and well-being of all residents, the Board establishes that the Youth Center shall provide to students:

1. A comprehensive nutrition program consistent with federal and state requirements.
2. Access at No cost to foods and beverages that meet established nutrition guidelines.
3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
4. Curriculum and programs for grades K-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.

Delegation of Responsibility

The Executive Director or designee shall be responsible for the implementation and oversight of this policy to ensure each of the Youth Centers programs and curriculum is compliant with this policy, related policies and established guidelines or administrative regulations.

Each programs Supervisor or designee shall annually report to the Executive Director or Executive Director's designee (Food Services Supervisor) in conjunction with other Youth Center office administrators, regarding compliance in his/her Program.

Staff members responsible for programs related to school wellness shall report to the Supervisor of their respective program or designee regarding the status of such wellness programs.

The Food Service Supervisor and other Youth Center administrators shall report to the Board of Managers on the Youth Centers compliance with law and policies related to school wellness. The report may include:

- ❖ Assessment of school environment regarding school wellness issues.
- ❖ Recommendations for policy and/or program revisions.

An assurance that the Youth Centers guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law shall be provided annually by the Food Service Supervisor.

The Executive Director or designee and the established 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 each Youth Center school 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 the Youth Center in attaining the goals of this policy.

At least once every three (3) years, the Youth Center shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as Youth Center and community needs and priorities change; wellness goals are met; new health science, information and technologies emerge; and new federal or state guidance or standards are issued.

The Youth Center 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 the County'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 School Wellness policy; and a means of contacting Wellness Committee leadership.

Recordkeeping

The Youth Center shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:

1. The written School Wellness policy.
2. Documentation demonstrating that the Youth Center 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 School Wellness policy, including who is involved in the review and methods used by the Youth Center to inform the public of their ability to participate in the review.
4. Documentation demonstrating the most recent assessment on the implementation of the School Wellness policy and notification of the assessment results to the public.

Wellness Committee

The Youth Center shall establish a Wellness Committee comprised of, but not necessarily limited to, at least one (1) of each of the following: Youth Center Board member, Youth Center administrator, Food service representative, student, parent/guardian, school health professional and member of the public.

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

The 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.

Individuals who conduct student medical and dental examinations shall submit to the Wellness Committee annual reports and later reports on the remedial work accomplished during the year, as required by law.

Montgomery County Youth Center Wellness Committee:

Joseph Viti, Executive Director
Jed Johnson, Deputy Director
Francis Bartusis, Supervisor Detention Department
Erika Nelson, Supervisor Shelter Department
David Zikoski, Supervisor Operations
Amy Grossman, MCYC Citizen Board of Managers
Rosemary Storti, L.P.N., Medical Department
James J. Cameron, Food Service Supervisor
Parent representation as appropriate (See Below) ¹
Student representation as appropriate²

Nutrition Education

Nutrition education will be provided within the sequential, comprehensive health education program in accordance with curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.

¹ Vonda (Fekete) Cook, M.S., R.D., L.D.N. - Nutrition Education and School Nutrition Programs Supervisor, Division of Food and Nutrition, Pennsylvania Department of Education has granted the Montgomery County Youth Center an exception to allow the MCYC Citizen Board of Managers' representative to act as the parent/student representative due to the RCCI status of the Montgomery County Youth Center.

² See Footnote number #1.

Nutrition Promotion

The Youth Center Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. The Youth Center aims to teach, encourage, and support healthful eating by students. Youth Center shall promote nutrition by providing appropriate nutrition education in accordance with the Student Wellness Policy.

Physical Activity

Age-appropriate physical activity opportunities shall be provided to meet the needs and interests of all Residents, in addition to planned physical education.

Physical Education

A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All Youth Center students must participate in physical education.

Other School Based Activities

The Youth Center will support activities that will provide additional school based activities to promote a healthy school environment.

Drinking water shall be available and accessible to students, without restriction and at no cost to the student, at all meal periods and throughout the school day.

Nutrition professionals who meet hiring criteria established by the Youth Center and in compliance with federal regulations shall administer the school meals program. Professional development and continuing education shall be provided for Youth Center nutrition staff, as required by federal regulations.

Nutrition Guidelines for All Foods/Beverages at School

All foods and beverages available in Youth Center schools during the school day shall be offered to students with consideration for promoting student health and reducing obesity.

Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.

Foods and beverages offered or sold at school-sponsored events outside the school day, such as athletic events and dances, shall offer healthy alternatives in addition to more traditional fare.

Competitive Foods

Competitive foods available for sale shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School). These standards shall apply in all locations and through all services where foods and beverages are sold to students, which may include, but

are not limited to: a la carte options in cafeterias, vending machines, school stores, snack carts and fundraisers.

Competitive foods are defined as foods and beverages offered or sold to students on school campus during the school day, which are not part of the reimbursable school breakfast or lunch.

For purposes of this policy, school campus means any area of property under the jurisdiction of the school that students may access during the school day.

For purposes of this policy, school day means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.

The Youth Center may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.

Selling of any food is not permitted at the Youth Center.

Fundraiser Exemptions

The Youth Center does not allow fundraising activities at any time.

Non-Sold Competitive Foods

Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by the Smart Snacks in School nutrition standards.

If the offered competitive foods that do not meet or exceed the Smart Snacks in School nutrition standards, the following standards shall apply:

Rewards and Incentives:

Foods and beverages shall not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (e.g., guest chef, field trip to a farm or farmers market, etc.).

Classroom Parties and Celebrations:

Classroom parties shall offer a minimal amount of foods (maximum 2-3 items) containing added sugar as the primary ingredient (e.g., cupcakes, cookies) and will provide the following:

Fresh fruits
Vegetables
Water
100 percent juice
low-fat milk or nonfat milk

ALL foods/beverages for parties and celebrations shall be provided by the food service department to help prevent food safety and allergy concerns.

Food celebrations shall not occur until thirty (30) minutes after the end of the last lunch period.

Shared Classroom Snacks:

Shared classroom snacks are not permitted in the Youth Center.

Marketing/Contracting:

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) and comply with established Board policy and administrative regulations.

Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law. Existing contracts shall be reviewed and modified to the extent feasible to ensure compliance with established federal nutrition standards, including applicable marketing restrictions.

Management of Food Allergies in Youth Center Schools

The Youth Center shall establish Board policy and administrative regulations to address food allergy management in Youth Center schools in order to:

1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.
2. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.
3. Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities.

Safe Routes to School

The Montgomery County Youth Center is a Residential Child Care Institution. All residents are housed on premises with NO DAY STUDENTS. There is no walking to or from the Youth Center.

References:

School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1422.3, 1512.1, 1513

National School Lunch Program – 42 U.S.C. Sec. 1751 et seq.

School Breakfast Program – 42 U.S.C. Sec. 1773

Healthy, Hunger-Free Kids Act of 2010 – P.L. 111-296

National Food Service Programs, Title 7, Code of Federal Regulations –
7 CFR Part 210, Part 220

Board Policy – 102, 103, 103.1, 105, 209.1, 229, 808