

Shoreline, Inc.

Residential Child Care Institution (RCCI)

Wellness Policy on Physical Activity & Nutrition

Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2-19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, Shoreline, Inc. Residential Child Care Institution (RCCI) is committed to providing residential environments that promote and protect children's health, well-

being, an ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Shoreline, Inc. that:

Shoreline, Inc. RCCI shall engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.

All students in grades 6-12 shall have opportunities, support, and encouragement to be physically active on a regular basis.

Foods and beverages served at Shoreline, Inc. RCCI shall meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.

Qualified child nutrition professionals shall provide students with access to a variety of nutritious and appealing foods that meet the health and nutrition needs of students; shall accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and shall provide clean, safe, and pleasant settings and adequate time for students to eat.

To the maximum extent practicable, Shoreline, Inc. RCCI shall participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks], Summer Food Service Program, and Fruit and Vegetable Snack Program.

Shoreline, Inc. RCCI shall provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity while establishing linkages between health education and school meal programs and related community services.

To Achieve These Goals:

I. Shoreline Wellness Committee:

Shoreline, Inc. RCCI develops, implements, monitors, reviews, and, as necessary, revises Shoreline, Inc. RCCI's nutrition and physical activity policies on an annual basis. The committee, in consultation with a registered dietitian, consists of at least the dietary services supervisor/assistant dietary services supervisor, chief nursing officer, program director, physical education teacher, wellness coordinator/designee, and student(s) (when available).

II. Nutritional Quality of Foods and Beverages Served

Meals

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

- 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 low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that all of the served grains are whole grain.

Shoreline shall engage students and parents (if available), through taste-tests of new entrees and surveys, in selecting foods served through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, Shoreline Inc. RCCI shall share information about the nutritional content of meals with parents (upon request) and students. Such information could be made available on menus, on cafeteria menu boards, or the website.

To the extent possible, Shoreline shall offer at least two non-fried vegetable and two fruit options each day and shall offer five different fruits and different vegetables over the course of a week. Schools are encouraged to source fresh fruits and vegetables from local farmers when practicable.

As recommended by the *Dietary Guidelines for Americans 2010*.

A whole grain is one labeled as a whole grain product or with a whole grain listed as the primary grain ingredient statement. Examples include whole wheat flour, cracked wheat, brown rice, and oatmeal.

Middle/Junior High and High Schools. Shorelines students are in the middle/junior high and high schools. All foods and beverages (if applicable) sold individually outside the reimbursable school meal programs (including those sold through vending machines, student stores, or fundraising activities) during the school day or through programs for students after the school day shall meet the following nutrition and portion size standards:

Beverages

Allowed: water or seltzer ⁵ without added calorie sweeteners; fruit and vegetable juices containing 100% fruit juice no added sugar; unflavored or flavored 1% fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA);

Not Allowed: soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 100% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding 1% fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

Food Portions

A food item given individually must have:

- No more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters);
- No trans fats;
- Less than 10% saturated fats;
- No more than 35% of its *weight* from added sugars;⁶
- No more than 200 calories (180 grades 6-8);
- Water no limit; and
- No more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items.

Entrees

Sodium- no more than 480 mg of sodium per serving for pastas, meats, and soups; no more than 600 mg of sodium for pizza, sandwiches, and main dishes. *Sodium requirements for school year 2014 and 2015: No more than 640 mg for breakfast and 1420 mg for lunch.*

Calories-450 or less.

Fat 4g/100 kcal-35% or less.

A choice of at least two fruits and/or non-fried vegetables shall be offered. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked dried, or canned vegetables (that meet the above fat and sodium guidelines).

Vegetarian option offered daily.

⁵Seltzer water may not be given during meal times because it is considered a Food of Minimal Nutritional Value (Appendix B of 7 CFR Part 210).

⁶If a food manufacturer fails to provide the *added* sugars content of a food item, use the percentage of weight from total sugars (in place of the percentage of weight from *added* sugars), and exempt fruits, vegetables, and dairy foods from this total sugars limit.

⁷Shoreline does not allow children access to vending machines.

Fundraising Activities. To support childrens health and school nutrition-education efforts, fundraising activities shall not involve food or shall use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Shoreline shall encourage fundraising activities that promote physical activity (If applicable. Shoreline does not usually engage in fund-raising activities.)

Snacks. Snacks served during the school day or after school on the units shall make a positive contribution to childrens diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Shoreline, Inc. RCCI serves three snacks daily and shall assess if and when to offer snacks based on timing of school meals, childrens nutritional needs, childrens ages, and other considerations. Food service personnel shall choose only healthful snack items.

* Shoreline, Inc. RCCI, shall pursue receive reimbursements through the National School Lunch Program for one snack during the school day.

Rewards. Shoreline, Inc. RCCI shall not use foods or beverages, especially those that do not meet the nutritional standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior,⁸

and shall not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations. Each party shall include no more than one food or beverage that does not meet nutrition standards for foods and beverages mentioned above. Individual halls may earn parties (no more than once monthly per hall) in which food or beverages may be served that do not meet nutritional standards.

Shoreline-Sponsored Events. (such as, but not limited to, athletics events, dances, or performances). Foods and beverages offered at Shoreline-sponsored events outside the school day shall meet the above nutritional standards for meals or for foods and beverages served individually.

* Rewards, Celebrations, and Shoreline-sponsored events only take place in the evening after school hours.

III. Nutritional and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion. Shoreline, Inc. RCCI aims to teach, encourage, and support healthy eating by students. Shoreline shall provide nutritional education and engage in nutritional promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of the not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, and school gardens;
- Promotes fruits, vegetables, whole grain products, low-fat (1%) and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices;
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);

- Links with school meal programs, other school foods, and nutrition-related community services;

Includes training for teachers and other staff.

⁸ Unless this practice is allowed by a student's individual education plan (IEP).

Integrated Physical Activity into the Classroom Setting. For students to receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- Classroom health education shall complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- Opportunities for physical activity shall be incorporated into other subject lessons; and
- Classroom teachers shall provide short physical activity breaks between lessons or classes, as appropriate.

Shoreline DOES NOT do food marketing in schools.

Staff Wellness. Shoreline, Inc. RCCI highly values the health and well-being of every staff member and shall plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Shoreline shall establish and maintain a staff wellness committee as a component of the overall wellness program of at least the dietary services supervisor/assistant dietary services supervisor, chief nursing officer, program director, program director, wellness coordinator/designee, and other professionals as available. The committee shall develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan shall be based on input solicited from staff and shall outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among staff. *The staff wellness subcommittee shall distribute its plan to the Committee of the Whole during its annual program evaluation (2nd Thursday of every month).*

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education All students in grades 6-12, including students with disabilities, special health-care needs, shall receive daily physical education (or its equivalent of 225 minutes for the entire school year. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) shall not be substituted for meeting the physical education requirement.

Shoreline, Inc. RCCI shall discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, Shoreline shall give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School Shoreline shall offer extracurricular physical activity programs after school hours. Shoreline shall offer a range of activities that meet the needs, interest, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

Physical Activity and Punishment Teachers and Shoreline personnel shall not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Safe Routes to School Shorelines charter school is on site. Off-site activities shall be safe and easy for students to walk or run (if applicable). When appropriate, Shoreline shall provide transportation for off-unit passes for students.

Use of School Facilities Outside of School Hours As coordinated by school principal, school spaces and facilities shall be available to students and staff members before, during, and after the school day, on weekends, and during school vacations (as appropriate). Shoreline policies concerning shall apply at all times.

V. **Monitoring** The wellness coordinator/designee shall ensure compliance with established nutrition and physical activity wellness policies. Food service staff shall ensure compliance with nutritional policies within food service areas and shall report on this matter to the wellness coordinator/designee.

Policy Review Shoreline shall review the wellness policy annually. Monthly meetings are second Thursday of each month.

VI. Shoreline Triennial Assessments

The wellness coordinator/designee with input from the wellness committee shall develop a summary report every three years on Shorelines compliance with the established nutrition and physical activity wellness policies, based on input from food service and unit personnel. That report shall be provided to the school board (if applicable) and also distributed to all other applicable personnel.

The assessment shall determine:

- Compliance with the wellness policy;
- How the wellness policy compared to model wellness policies; and
- Determine areas in need of improvement

As a part of that review, Shoreline shall review:

- Nutrition and physical activity policies;
- Provision of an environment that supports healthy eating and physical activity; and Nutrition and physical education policies and program elements.

Shoreline shall revise the wellness policies and develop plans to facilitate their implementation.

VII. Public Involvement

Communications with parents Shoreline, Inc. RCCI shall support parents efforts to:

- Provide a healthy diet and daily physical activity for their children after they leave the program;
- Offer healthy eating tips to parents by sending home nutrition information, or nutritional websites when the child is discharged; and
- Provide parents a list of foods that meet the nutritional snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities.

Support from Community Shoreline, Inc. RCCI shall provide information:

- About physical education and other school-based physical activity opportunities before, during, and after the school day; and

- Support children's effort to be physically active outside of school.

At minimum, Shoreline shall:

Establish wellness policy leadership with at least the dietary services supervisor/ assistant dietary supervisor, the wellness coordinator, and the registered dietitian to ensure the facility complies with the wellness policy; and

Permit involvement by the parents, students, teachers of physical education, school health professionals, the school board, and school administrators (when available) to participate in the wellness policy process.

Content of Wellness Policy At minimum, policies would require including specific goals for:

- Nutritional promotion
- Nutrition education
- Physical activity
- Other activities that promote student wellness

VIII. Annual Progress Reports

The wellness coordinator/designee with input from the wellness committee shall provide the wellness policy annual progress report, which includes:

- The website address for the wellness policy and/or information on how the public can access a copy (shorelinetreatmentcenter.com);
- A description of Shorelines progress in meeting the wellness policy goals; and
- A summary of Shorelines wellness events or activities.