

# WELLNESS POLICY

UCHRA  
CHANCE RESIDENTIAL CENTER

*Developed by:*

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*Endorsed by:*

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## **Policy Intent/Rationale**

**The Upper Cumberland HRA School District promotes healthy schools, by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. The district supports a healthy environment where children learn and participate in positive dietary and lifestyle practices.**

**Schools contribute to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential and ensures that no child is left behind.**

**To accomplish these goals:**

- **The Residential School Nutrition Programs complies with federal, state and local requirements. School Nutrition Programs are accessible to all children.**
- **Nutrition education is provided and promoted. Food will not be used as a reward or punishment.**
- **Physical Activity is a daily component of the school day and will not be used as a reward or punishment.**
- **Physical Activity is promoted and encouraged outside of the parameters of the school day.**
- **All school-based activities are consistent with local wellness policy goals.**
- **Any vending machines will not be utilized by residents from Midnight until 3:30 pm.**
- **Parents do not provide classroom snacks or food for classroom parties. Food is not given as incentives.**
- **Smart Snacks are not provided at this facility.**

- **All foods made available on campus adhere to food safety and security guidelines. All foods served follow the Nutritional Standards in the National School Lunch and School Breakfast Programs as established by the Health Hungry-Free Kids Act of 2010.**

## **COMPONENT 1 – NUTRITION**

### **INTENT –**

- **All foods made available for consumption on campus during the day will comply with the state and local food safety and sanitation regulations as well as current USDA Dietary Guidelines. Hazard Analysis and Critical control Points (HACCP) plans and guidelines are implemented to prevent food illness on campus.**
- **All cooks will have adequate pre-in-service training in food service operations and attend yearly trainings as offered.**
- **All foods served in the lunchroom will promote healthy eating and this will be evident by menus that promote fruits, vegetables, whole grains products, low fat and fat free products, including 1% milk and fat free milk.**
- **School officials, teachers, students, parents as well as employees are encouraged to learn about the changes related to food nutrition service.**
- **The school environment is safe, comfortable, pleasing and allowed ample time and space for eating meals. Food is not used as a reward or punishment.**
- **Nutritional information on all items served is readily available for viewing.**

## **COMPONENT 2 – NUTRITION EDUCATION INTENT -**

### **Setting Nutrition Education Goals**

- **Nutrition education may be integrated into areas of the curriculum, such as math, science, language arts and social studies.**
- **The school nutrition director will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program.**
- **Nutrition education will involve sharing information with families and encouraging them to provide nutritious meals for their families.**
- **Nutrition education will include training for teachers and staff.**
- **Students will be encouraged to start each day with a healthy breakfast.**
- **Nutrition education will emphasize calorie balance between food intake and energy expenditures.**
- **Nutrition education will be encouraged to include subject areas such as dietary diseases, My Plate serving sizes and food labels. For breakfast, students are offered 4 components. Students must choose 3 items, with one of the items being a fruit or 100% juice. Water is also served with breakfast.**
- **For lunch, students are offered 5 components. Students must choose 3 items with one being a fruit or vegetable. 1% milk, fat free milk and water are served with lunch.**

**Nutrition education will involve sharing with parents, students, representatives of the school food authority, the school board, school administrators, and the public in the development of the school wellness policy.**

- **Nutrition education may be provided in the form of handouts that focus on nutritional value and healthy lifestyles, and through any other appropriate means for reaching parents.**

## **COMPONENT 3 – PHYSICAL ACTIVITY**

### **INTENT**

#### **Setting Physical Activity Goals**

- **Physical Activity is a daily component of the school day.**
- **Students will have at least thirty minutes of physical activity per day, which can include stretching and running in place throughout the school day.**
- **Physical Activity is promoted and encouraged outside of the parameters of the school day.**
- **Physical Activity is not used as a reward or punishment.**

## **COMPONENT 4 – OTHER SCHOOL-BASED ACTIVITIES**

### **INTENT –**

#### **Setting Goals for Other School –Based Activities Designed to Promote Student Wellness.**

- **Field Trips – Local wellness policy goals are considered in planning all school-based activities such as school events and field trips.**

**The 2016-17 public notification can be located on the following website: <http://www.tn.gov/education/article/community-eligibility-provision-cep>.**