



KING'S HOME

# **WELLNESS PLAN**

*April, 2017*  
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# Wellness Policy

## Preamble

King's Home is committed to the optimal development of every youth resident. King's Home believes that for youth residents to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive outcomes. For example, participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks.<sup>1,2,3,4,5,6,7</sup> Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among youth.<sup>8,9,10</sup> In addition, youth who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically.<sup>11,12,13,14</sup> Finally, there is evidence that adequate hydration is associated with better cognitive performance.<sup>15</sup>

This policy outlines King's Home's approach to ensuring environments and opportunities for all youth residents to practice healthy eating and physical activity behaviors throughout the day. Specifically, this policy establishes goals and procedures to ensure that:

- Youth residents at King's Home have access to healthy foods throughout the day – both through reimbursable school meals and other foods available – in accordance with Federal and state nutrition standards;
- Youth residents receive nutrition education that helps them develop lifelong healthy eating behaviors;
- Youth residents have opportunities to be physically active before, during and after school;
- Homes engage in nutrition and physical activity promotion and other activities that promote wellness of youth residents;
- Staff are encouraged and supported to practice healthy nutrition and physical activity behaviors;
- The community is engaged in supporting the work of King's Home in creating continuity between school and other settings for youth residents and staff to practice lifelong healthy habits; and
- King's Home establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all youth residents of King's Home. Specific measurable goals and outcomes are identified within each section below.

## **I. Wellness Committee**

### ***Committee Role and Membership***

King's Home will convene a Wellness Committee that meets to establish goals for and oversee health and safety policies and programs, including development, implementation and periodic review and update of this Wellness Policy.

The Committee may include but is not be limited to: CNP Director, Executive Director of Youth Programs, Site Director(s), Family Teaching Parents (FTP) representative(s), Counselor(s), and Community representative(s). The Committee will reflect the diversity of the resident population.

### ***Leadership***

A designated official will convene the Wellness Committee and facilitate development of and updates to the Wellness Policy, and will ensure compliance with the policy.

The designated official for oversight is: Sherry McLaughlin, CNP Director, 205-678-8331.

## **II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

### ***Implementation Plan***

King's Home will develop and maintain a plan for implementation to manage and coordinate the execution of this Wellness Policy. The plan delineates roles, responsibilities, actions and timelines and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on each campus, nutrition promotion and education, physical activity, physical education and other activities that promote youth wellness.

This Wellness Policy and the progress reports can be found at: [www.kingshome.com](http://www.kingshome.com)

### ***Recordkeeping***

King's Home will retain records to document compliance with the requirements of the Wellness Policy at the Administrative Office of King's Home located on the Chelsea campus. Documentation maintained at this location will include but will not be limited to:

- The written Wellness Policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Wellness Policy; including an indication of who is involved in the update and methods King's Home uses to make stakeholders aware of their ability to participate on the Wellness Committee;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the Wellness Policy;
- Documentation demonstrating the most recent assessment on the implementation of the Wellness Policy has been made available to the public.

### ***Annual Notification of Policy***

King's Home will inform the public annually of basic information about this policy, including its content, any updates to the policy and implementation status. King's Home will make this information available via King's Home website. King's Home will provide as much information as possible. This will include a summary of the Wellness Policy implementation at King's Home. Annually, King's Home will also publicize the name and contact information of leader/coordinator of the committee, should any member of the public have questions or want to be involved.

### ***Triennial Progress Assessments***

At least once every three years, King's Home will evaluate compliance with the Wellness Policy to assess the implementation of the policy and include:

- The extent to which King's Home is in compliance with the Wellness Policy;
- The extent to which King's Home's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of Wellness Policy of King's Home.

The position/person responsible for managing the triennial assessment and contact information is: Sherry McLaughlin, CNP Director, 205-678-8331.

The Wellness Committee will monitor compliance with this Wellness Policy.

King's Home will notify public of the availability of the triennial progress report.

### ***Revisions and Updating the Policy***

The Wellness Committee will update or modify the Wellness Policy based on the triennial assessments and/or changes in priorities; community needs; wellness goals; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

### ***Community Involvement, Outreach and Communications***

King's Home is committed to being responsive to community input, which begins with awareness of the Wellness Policy. King's Home will communicate ways in which representatives of Wellness Committee and others can participate in the development, implementation and periodic review and update of the Wellness Policy through a variety of means appropriate. King's Home will also inform FTPs of the improvements that have been made to school meals and compliance with school meal standards. King's Home will use electronic mechanisms, such as email as well as non-electronic mechanisms, and presentations to FTPs, or sending information to the home, to ensure that all homes are actively notified of the content of, implementation of, and updates to the Wellness Policy, as well as how to get involved and support the policy. King's Home will ensure that communications are appropriate to the population served, and accomplished through means similar to other ways that King's Home communicates important information.

King's Home will actively notify the public about the content of or any updates to the Wellness Policy annually, at a minimum. King's Home will also use these mechanisms to inform the community about the availability of annual and triennial reports.

### **III. Nutrition**

#### ***School Meals***

King's Home is committed to serving healthy meals to youth residents, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of youth residents within their calorie requirements. The meal programs aim to improve the diet and health of youth residents, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

King's Home participates in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP). King's Home is committed to offering meals through the NSLP and SBP programs, that:

- Are accessible to all youth residents;
- Are appealing and attractive to residents;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (King's Home offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices by:
  - Whole fruit options are displayed in an attractive manner.
  - Sliced or cut fruit is available daily.
  - Daily fruit options are displayed in a location in the line of sight and reach of youth residents.
  - All staff members, especially those serving, have been trained to politely prompt youth residents to select and consume the daily vegetable options with their meal.
  - White milk is offered along with water at every meal.
  - A reimbursable meal can be created in any service area available to youth residents
- King's Home child nutrition program will accommodate youth residents with special dietary needs.
- Youth residents will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.
- Youth residents are served lunch at a reasonable and appropriate time of day.
- King's Home will implement the following Farm to School activities:
  - Local and/or regional products are incorporated into the meal program
  - Host a school garden

#### ***Staff Qualifications and Professional Development***

All nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

#### ***Water***

To promote hydration, free, safe, unflavored drinking water will be available to all youth residents throughout the day. King's Home will make drinking water available when school meals are served during mealtimes.

#### ***Competitive Foods and Beverages***

King's Home is committed to ensuring that all foods and beverages available to youth residents during the hours of Breakfast and Lunch meal service support healthy food choices and healthy eating habits.

### ***Nutrition Promotion***

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 meal programs. Youth residents and staff will receive nutrition information and education throughout the year. Nutrition promotion also includes offering nutritious foods and beverages to youth residents and is most effective when implemented consistently by staff.

King's Home will promote healthy food and beverage choices for all youth residents as well as encourage participation in school meal programs.

### ***Nutrition Education***

King's Home will teach, model, encourage and support healthy eating by all youth residents. King's Home will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide youth residents with the knowledge and skills necessary to promote and protect their health;
- Includes enjoyable, developmentally-appropriate, and participatory activities, such as cooking demonstrations or lessons, and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, gardens, Farm to School programs, other school foods and nutrition-related community services;
- Includes nutrition education training for staff.

### ***Essential Healthy Eating Topics in Health Education***

Essential topics of health education utilized at King's Home may include the following on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior



### ***Food and Beverage Marketing***

King's Home is committed to providing an environment that ensures opportunities for all youth residents to practice healthy eating and physical activity behaviors. King's Home strives to teach youth residents how to make informed choices about nutrition, health and physical activity regardless of any marketing, advertising or promotion youth may be exposed to.

#### **IV. Physical Activity**

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of youth residents' physical activity can be provided through a comprehensive physical activity program. This program should reflect strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement. King's Home is committed to providing these opportunities. King's Home will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection).

Physical activity during the day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld** as punishment for any reason.

To the extent practicable, King's Home will ensure that its grounds and facilities are safe and that equipment is available to youth residents to be active.

King's Home will ensure indoor and outdoor physical activity facilities and spaces will be open to youth residents outside of school hours.

King's Home will work to ensure that inventories of physical activity supplies and equipment are available to encourage physical activity for all youth residents.

##### ***Physical Education***

King's Home youth residents will participate in physical education classes at school during the school year as deemed appropriate by counselors to meet necessary curriculum requirements.

All **secondary youth residents** (middle and high school) of King's Home are required to take the equivalent of one academic year of physical education.

All youth residents will be provided equal opportunity to participate in physical education classes at the local schools that they attend.

King's Home will encourage youth residents to enroll and participate in physical education classes at the local school level.

##### ***Essential Physical Activity Topics in Health Education***

Health education will be required in all grades, middle and high school youth residents are encouraged take and pass at least one health education course at the local public school that residents attend.

King's Home will include health education as part of the overall program provided for youth residents. Some of the following essential topics on physical activity will be included in the program:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan

- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

FTPs will serve as role models by being physically active alongside the youth residents whenever feasible.

### ***Before and After School Activities***

King's Home offers opportunities for youth residents to participate in physical activity either before and/or after the day (or both) through a variety of methods. King's Home will encourage youth residents to be physically active before and after school by:

#### ***Active Transport***

King's Home will support active transport to and from the school bus stop, such as walking or biking. King's Home will encourage this behavior by engaging in a few of the activities below; including but not limited to:

- Designate safe or preferred routes to school bus stop
- Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area)
- Instruction on walking/bicycling safety

#### ***Extracurricular Activities***

King's Home will encourage youth residents to get involved in extracurricular activities offered at the local school level that promote/enhance physical fitness.

#### ***Other Alternatives***

King's Home will provide opportunities and encourage youth residents to participate in physical fitness activities at the local YMCA and local Recreational Center.

## **V. Other Activities that Promote Youth Resident Wellness**

King's Home will integrate wellness activities in the kitchen as well as other areas during the normal daily routine. King's Home will coordinate and integrate various initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, and work towards the same set of goals and objectives promoting youth resident well-being, optimal development and strong educational outcomes.

### ***Community Partnerships***

King's Home will continue relationships with community partners (e.g., YMCA, Community Recreational Facility, etc.).

### ***Staff Wellness and Health Promotion***

King's Home will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. King's Home promotes staff member participation in health promotion programs.

### ***Professional Learning***

King's Home will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the home.

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- <sup>5</sup> Pollitt E, Mathews R. Breakfast and cognition: an integrative summary. *American Journal of Clinical Nutrition*. 1998; 67(4), 804S–813S.
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- <sup>7</sup> Taras, H. Nutrition and youth resident performance at school. *Journal of School Health*. 2005;75(6):199–213.
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- <sup>10</sup> Neumark-Sztainer D, Story M, Resnick MD, Blum RW. Correlates of inadequate fruit and vegetable consumption among adolescents. *Preventive Medicine*. 1996;25(5):497–505.
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- <sup>12</sup> Singh A, Uijtendwilligne L, Twisk J, van Mechelen W, Chinapaw M. *Physical activity and performance at school: A systematic review of the literature including a methodological quality assessment*. *Arch Pediatr Adolesc Med*, 2012; 166(1):49-55.
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- <sup>14</sup> Hillman C, Pontifex M, Castelli D, Khan N, Raine L, Scudder M, Drollette E, Moore R, Wu C-T, Kamijo K. *Effects of the FITKids randomized control trial on executive control and brain function*. *Pediatrics* 2014; 134(4): e1063-1071.
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