



## **Local School Wellness Policy for *Residential Child Care Institutions* (Chamberlain's Children Center)**

### **Policy Overview**

Here at Chamberlain's Children Center, we value student health and wellness. We strive to provide an environment that is conducive to learning and that allows students to succeed. Involvement from our school community is essential to assess Chamberlain's Children Center needs and to develop the wellness policy to meet the operational realities of daily activities and work toward improved health and wellness outcomes for our students.

### **Policy Goals**

- Promote a variety of fruits, vegetables, whole grains, low-fat dairy and lean protein choices, healthy food preparation methods, and health-enhancing nutrition practices.
- Ensure that no student goes hungry while at school.
- Provide students with nutritionally balanced meals each day that meet or exceed USDA nutrition standards.
- Make nutrition education interactive and teach residents skills to adopt healthy eating behaviors.
- Help students develop the knowledge to maintain physical fitness, regularly participate in physical activity, and understand the short- and long-term benefits of a physically active and healthy lifestyle.
- Provide physical activities and/or nutrition services or programs designed to benefit both student and staff health.
- Educate/train staff to become knowledgeable in the area of nutrition or ongoing professional development for incorporating nutrition lessons throughout a variety of subjects.

### **General Policy Guidelines**

Chamberlain's Children Center plays a major role in helping students make healthy food choices. We will serve reimbursable meals that meet the USDA meal pattern requirements. Meals served through the School Nutrition Program will be appealing, appetizing, and meet the dietary needs of all children.

Any other foods and beverages available for sale or given away to students on campus during the school day (as defined by USDA) outside of reimbursable meals, must meet the Smart Snacks Standards. Records of all food items available on campus outside of reimbursable meals will be retained by the Food Service Director.

All incentives, rewards, or punishments must be non-food based.

Any marketing and/or advertising of foods or beverages on school property must meet the Smart Snacks Nutrition Standards. Informational posters concerning positive messages relating to health, nutrition, and physical activity shall be displayed around campus.

Nutrition education will be incorporated into the health education curriculum. We encourage teachers and staff to also include nutrition lessons into a variety of subject areas.

The physical activity program will encompass a variety of opportunities for students to be physically active including: outdoor games, health education that includes preventive maintenance for sustaining a healthy lifestyle, indoor activities, and breaks for stress release when requested. Youth will be given the opportunity to engage in 30 minutes per day of physical activity. Teachers, school personnel, and community personnel will not use physical activity or withhold opportunities for physical activity (e.g. recess, physical education) as punishment.

### **Wellness Committee**

We aim to create a diverse Wellness Committee, made up of teachers, students, staff, administrators, health professionals, and community stakeholders. The Wellness Committee is encouraged to meet at least twice per year to review and update the local school wellness policy (LSWP).

The designated Wellness Coordinator, Patrick Ellis, Executive Director, will act as the leader of the Wellness Committee. The Wellness Coordinator will be responsible for oversight of the school wellness policy. At least once every three years the Wellness Committee will conduct an assessment of Wellness Policy to include compliance with the LSWP, comparison to model policies, and progress in attaining the goals of the policy. Chamberlain's Children Center will post the wellness policy and the results of the triennial assessment online for public review and access.

### **Public Notification**

The Local School Wellness Policy shall be made available to staff and residents by posting in the meal area, and to the public via the Chamberlain's Children Center website. On an annual basis, the Chamberlain's Children Center shall notify staff and residents about the content and updates to the policy, including reports of the triennial assessment.

### **Recordkeeping**

Chamberlain's Children Center will retain basic records demonstrating compliance with the Wellness Policy including the following documentation:

- Annual notification of the content of the LSWP and any updates as needed.
- How the public can be involved in the LSWP
- The position and/or title if the Wellness Coordinator
- A copy of the report for the Triennial Assessment

Chamberlain's Children Center will adhere to this policy and all requirements as directed by USDA and the California Department of Education. Our policy is intended to create a healthy environment for students and staff and this policy will be updated as new information is released.

### **USDA Non-discrimination Statement**

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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- (1) Mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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