

INGHAM ACADEMY FAMILY CENTER WELLNESS POLICY

I. POLICY:

The Ingham Academy Family Center shall identify goals for nutritional education, physical activity, and other education-based activities that are designed to promote resident wellness and foster lifelong habits of healthy eating and physical activity. The INGHAM ACADEMY FAMILY CENTER shall follow all U.S. Department of Agriculture guidelines as they become implemented. The Wellness Policy shall be made available to staff, students, and families by placing a copy of it in the staff manual, classroom, resident manual and on school's website.

II. PROCEDURE:

A. WELLNESS COMMITTEE:

INGHAM ACADEMY FAMILY CENTER shall form a committee to develop, implement, monitor, and review a Wellness Policy. The committee will consist of the Head Cook, Director, Grant Coordinator, and a health teacher. The Wellness Committee shall conduct an assessment of the Wellness Policy each year to ensure compliance.

B. NUTRITION EDUCATION:

1. Nutritional education is an important component of programming at the Ingham Academy Family Center.
2. Food service staff will receive mandatory annual training in basic nutrition and will be encouraged to attend/complete one other training in the area of nutrition/food science. The Head Cook will be certified in ServSafe.

Goals:

- Provide a nutrition class, at least monthly, which teaches students skills to make healthy eating choices.
- Conduct classes with the students, when security issues allow, providing hands-on training regarding food preparation, reading recipes, proper sanitation, etc.
- Have kitchen staff participate in annual in-service training.

C. NUTRITIONAL PROMOTION:

Ingham Academy Family Center shall promote and support healthy eating by its' students.

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Goals:

- Promote whole grains, low fat dairy, and increase quantity and variety of fruits and vegetables.
- Cut back on fats, added sugars and sodium levels.
- Display nutrition and health posters in various areas of the facility such as dining room, classroom, and medical room.
- Promote resident participation in facility vegetable garden.
- Have all staff eat with students, consuming the same meals and acting as role models for the students while also providing supervision.
- Never withhold meals or snacks as punishment.

D. PHYSICAL ACTIVITY:

Physical activity shall be daily and compulsory. All students shall participate in 60 minutes of guided physical activity daily. Accommodations will be made for limitations, such as asthma, traumatic injury (broken bones, sprains, etc.), neuromuscular disease, etc.

E. EDUCATIONAL ACTIVITIES PROMOTING WELLNESS:

Educational groups shall also be held by teaching staff during physical activity time and also the science teacher, to educate students about the concepts of wellness. Topics such as nutrition, body-building pros and cons, exercise, and diet fads and myths, will be addressed. The groups will generally be interactive and impart information about wellness.

F. MEASUREMENT AND EVALUATION:

Assessments or evaluations will be conducted before the school year begins of each year to assess progress, and determine areas in need of improvement. As part of that review, Ingham Academy will review the 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. The school nutrition program will, as necessary, revise the wellness policy and develop work plans to facilitate their implementation.