

LUTHERAN SERVICES IN IOWA

# Wellness Policy

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1/1/2017

## Lutheran Services in Iowa - Beloit

The Governing Body of Lutheran Services in Iowa (LSI) Executive Team is committed to the optimal development of every client. This agency believes that in order for our clients to achieve personal, academic, developmental and social success, there must be a positive, safe, and health promoting environment at every level and in every setting.

LSI's Beloit Campus is a Psychiatric Medial Institute for Children (PMIC) and Residential Treatment (RT) facility that provides residential, psychiatric and educational services for children ages 5-18.

Our clients attend classes instructed by the Ames Community School District (ACSD). LSI and ACSD partner to ensure that clients are provided an environment that promotes and stimulates the learning and development of wellness behaviors. The nature of LSI promotes healthy living, proper nutrition and adequate physical activity.

The following nutritional guidelines for food available on school campuses will be adhered to:

- Meals served through the National School Lunch and School Breakfast Program will be appealing and meet, at a minimum, nutrition requirements established by state and federal law;
- Schools providing access to healthy foods outside the reimbursable meal programs before school, during school and thirty minutes after school shall meet the United States Department of Agriculture ("USDA") Smart Snacks in Schools nutrition standards, at a minimum.
- Snacks provided to students during the school day without charge (e.g., class parties) will meet standards set by the district in accordance law. Beloit will only allow marketing and advertising of foods and beverages that meet the Smart Snacks in school nutritional standards on campus during the school day.

### Nutrition Education

- Our clients will be provided with nutrition education that is designed to provide clients with knowledge and skills necessary to promote and protect their health
- Nutrition education will extend across all aspects of living and across all education settings where it is appropriate
- Employees of LSI will emphasize a healthy balance between food intake and caloric intake; and
- Staff are discouraged from using food or withholding food from a client as a form of punishment or as a way to modify or manipulate behaviors; and
- Employees will engage in promoting nutrition that:
  - o promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices; and
  - o links with other meal programs, other foods, and nutrient-related community services

### Physical Activity

LSI will provide physical activities throughout the summer months to supplement the ACSD who provides physical activity to all students during the school year. The physical activities will;

- be available to all clients throughout the entire year

## Lutheran Services in Iowa - Beloit

- Include clients with disabilities, special health care needs, and provide other alternatives if deemed medically necessary
- Engage clients in moderate to vigorous physical activity for at least fifty-percent of PE classes and exercise groups unless medically authorized special needs are verified
- Encourage classroom teachers, as well as direct care staff, to provide opportunities for physical activity throughout the day, as appropriate

Employees are not to use physical activity (e.g. running laps, push-ups) or withhold opportunities for physical activity (e.g. recess, physical education) as punishment.

LSI emphasizes that a life style that includes good nutrition and physical activity is directly linked to better academic achievement, successful weight management and positive self-esteem.

### LSI Wellness Team

LSI will develop a wellness team that will be comprised of members from direct care staff, program supervisors, client families, donors, nursing staff, teachers, food service workers, community members and clients who are passionate about the health and wellbeing of the clients of LSI. The purpose of the wellness team is to form a group supporting, encouraging, and promoting good nutrition, physical activity and overall wellbeing for the client's in the care of LSI. The Wellness team will establish goals for enhancing and promoting nutrition education, encouraging physical activity, and other school and milieu activities to continuously promote client wellness. The goals established by the wellness team will be integral to our client's health and lifelong wellbeing.

### Specific LSI Client Wellness Goals

1. Clients will have the opportunity to enjoy developmentally-appropriate, culturally relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and the Beloit Learning Garden.
2. LSI will provide opportunities outside of the school day and other structured exercise groups for clients to get exercise and physical activity.
3. Food Service staff will provide a list of suitable foods to substitute for snacks and meals to ensure they are making health choices and are compliant with Food Program regulations.

The LSI Board of Directors designee shall implement and ensure compliance with the policy by:

- Reviewing the policy at least every three years and recommending updates as appropriate for board approval;
- Implementing a process for permitting direct care staff, program supervisors, client families, donors, nursing staff, teachers, food service workers, community members and clients to participate in the development, implementation, and periodic review and update of the policy,

Lutheran Services in Iowa - Beloit

- Making the policy and updated assessment of the implementation available to the public. This information shall include the extent to which Beloit is in compliance with policy and a description of the progress being made in attaining the goals for the policy

The wellness policy is reviewed every 3 years and is updated as needed by the members of the School Wellness Committee.

Reviewed by Committee on 02/22/2017

Approved by Executive Team on \_\_\_\_\_