

Lutheran Services in Iowa

ADMINISTRATIVE PROCEDURE

TITLE: Bremwood Resident Wellness Procedure

Effective Date: April 14, 2017

APPROVED BY: LSI Executive Staff Team

PROCEDURE STATEMENT:

Lutheran Services in Iowa is committed to the optimal development of every resident. We believe that for our residents to have the opportunity to achieve personal, academic, developmental, and social success there needs to be a positive, safe, and health-promoting learning environment at every level, in every setting. To achieve this LSI will identify goals in each of the following areas:

Nutrition Education and Promotion: Schools will provide nutrition education and engage in nutrition promotion that helps residents develop lifelong healthy eating behaviors.

Physical Activity: Schools will provide residents with age and grade appropriate opportunities to engage in physical activity that meet the Iowa Healthy Kids Act.

Other Activities that Promote Wellness: As appropriate, LSI will support residents, staff and parents' efforts to maintain a healthy lifestyle.

PROCEDURE:

LSI ensures that residents are provided an environment that promotes and stimulates the learning and development of wellness behaviors. In accordance with law and this belief, the LSI commits to the following:

The following nutritional guidelines for food available on the LSI Residential campus 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;
- Communities 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. This includes such items as those sold through a la carte lines, vending machines, student run stores, and fundraising activities;
- Snacks provided to residents during the school day without charge (e.g., class parties) will meet the USDA Smart Snacks in School Nutrition. This will include any food that the teachers will bring in for their residents.
- LSI 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

LSI shall implement and ensure compliance with the procedure by:

- Reviewing the procedure at least every three years and recommending updates as appropriate for LSI approval;
- Implementing a process for permitting parents, residents, representatives of the school food authority, teachers of physical education, health professionals, and the public to participate in the development, implementation, and periodic review and update of the procedure;
- Making the procedure and updated assessment of the implementation available by posting on the LSI website.

To support the wellness procedure, the following specific goals have been established:

Goal 1 – Nutrition Education and Promotion: LSI will provide nutrition education and engage in nutrition promotion that helps residents develop lifelong healthy eating behaviors. The goal(s) for addressing nutrition education and nutrition promotion include the following:

- Residents will be encouraged to start each day with a healthy breakfast
- The Life Skills Room serves as a “learning Laboratory” to allow residents to apply critical thinking skills taught that are intended to improve their lifestyle choices and their health.
- Preparation and professional development activities will provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits
- Kitchen staff will introduce new food items once a month
- Bulletin boards in the lunch room will be used as an educational tool to help residents make healthy lifestyle choices.

Goal 2 – Physical Education: LSI will provide physical activity throughout the summer months. The goal(s) for addressing physical activity include the following:

- Physical Activity will be integrated across curricula and throughout the school day per the standards set by the Iowa Healthy Kids Act.
- Physical education will be the environment where residents learn, practice and are assessed on developmentally appropriate motor skills
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- LSI provides a physical and social environment that encourages safe and enjoyable activity for all residents, including those who are not athletically gifted
- After school activities for LSI Residents will include the following: Gym time, swimming, attending activities at the “W”.
- Ensure physical activity is not used for or withheld as a punishment

Goal 3 – Other Activities that Promote Resident Wellness: LSI will support resident, staff, and parents’ efforts to maintain a healthy lifestyle, as appropriate. The goal (s) for addressing activities that promote resident wellness include the following:

- Local wellness procedure goals are considered in planning all residential activities.
- Include sharing information about physical activity and physical education through newsletters or other take home materials

Other Nutrition Guidelines

Eating Environment:

- Allotted timeframes for breakfast and lunch will be adequate. Consideration of oral health and recommendations will be allowed for residents with special oral health needs
- Lunch periods are scheduled as near to the middle of the school day as possible
- Drinking water is available for residents at meals.

- Food is not used as a reward or a punishment for resident behaviors,

Child Nutrition Operations:

- LSI will strive to increase participation in the available federal Child Nutrition Programs.
- All food service personnel shall have adequate pre-service training in food service operations and ongoing education through the school year.

Public Involvement:

- Communication with parents through newsletters and school websites
- LSI has a local wellness committee to advise the district on the development, implementation, and improvement of the school wellness procedure.
- LSI invites suggestions or comments concerning the development, implementation and improvement of the resident wellness procedure.
- Parents and residents are welcome to attend Wellness Meetings

PROCEDURE MONITORING and REVIEW:

This Wellness procedure will be reviewed every 3 years and is updated as needed by the residential wellness committee. The wellness committee will consist of the LSI, Site Manager, LSI Kitchen Supervisor, Waverly Shell Rock (WSR) PE Teacher and WSR Nurse.

PROCEDURE REVIEW DATE:

COMPLETED BY: Capacity Development

REVISION DATE:

REVISION APPROVED BY:

