

Windsor County Youth Services Wellness Policy

Preamble

Windsor County Youth Services is committed to the optimal development of every resident. The program believes that for residents to have the opportunity to achieve; personal, academic, developmental, and social success, we need to create safe, positive and health-promoting learning environment throughout their stay.

This policy outlines the programs approach to ensuring environments and opportunities for all residents to practice healthy eating and physical activity throughout their stay, while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Residents in the program have access to healthy foods throughout the school day—in accordance with Federal and State nutrition standards;
- Residents receive nutrition education that helps them develop lifelong healthy eating habits;
- Residents have opportunities to be physically active during, and after school;
- Residents engage in nutrition, physical exercise and other activities that promote wellness;
- Program staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of the program;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for residents and staff to practice lifelong healthy habits; and
- The program 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 residents and staff in the program.

- **School Wellness Committee**

Committee Role and Membership

The program will convene a representative program wellness committee that meets every three months to establish goals for and oversee program health, development, implementation, and periodic review and update of this program wellness policy.

The Wellness Policy committee membership will include (to the extent possible): residents, representative of the school food authority, teacher, board members, and administrators.

The following people are part of the Wellness Committee at this time.

Name	Role/Title
Sydney Sprague	Program Manager
Ellen Sanders	Administrative Assistant
Dani Smith	Youth Advocate

- **Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement**

Implementation Plan

The program will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates specific goals and objectives for nutrition standards for all foods and beverages available during the school day, nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.

This wellness policy and the progress reports can be found at: <https://www.wcysvermont.org/>

Recordkeeping

The program will retain records to document compliance with the requirements of the wellness policy. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit wellness committee membership from the required stakeholder groups; and (2) These groups' participation in the development, implementation, and periodic review and update of the wellness policy;
- Documentation of annual policy progress reports; and
- Documentation demonstrating compliance with public notification requirements, including: (1) Methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and (2) Efforts to actively notify the public about the availability of wellness policy.

Annual Progress Reports

The program will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the program within the district in meeting wellness goals. This annual report will be published around the same time each year, in January. This report will include, but is not limited to:

- The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy;
- A description of the progress in meeting the wellness policy goals;
- A summary of events or activities related to wellness policy implementation;
- The name, position title, and contact information of the designated program policy leader(s) identified in Section I; and

- Information on how individuals and the public can get involved with the wellness policy.

The annual report will be available in January on our website, wcysvt.org.

The program will actively notify the public of the availability of the annual report, also on our website and Facebook page, Windsor County Youth Services.

The wellness committee will establish and monitor goals and objectives, for each of the content-specific components listed in Sections III-V of this policy.

Revisions and Updating the Policy

The wellness committee will update or modify the wellness policy based on the results of the annual progress reports, and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new federal or state guidance or standards are issued. The wellness committee will have their next triennial assessment in May of 2027.

- **Nutrition**

School Meals

Our program is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of children within their calorie requirements. The school meal program aims to improve the diet and health of children, 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.

Staff Qualifications and Professional Development

All school 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 school 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 residents throughout the school day. The program will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

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 school meal programs.

The District will promote healthy food and beverage choices for all residents, as well as encourage participation in school meal programs.

Nutrition Education

The program aims to teach, model, encourage, and support healthy eating by students. The program will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide residents with the knowledge and skills necessary to promote and protect their health;
- Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Include nutrition education training for teachers and other staff.

- **Physical Activity**

Children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education and out-of-school activities. The program will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education.

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

During and After School Activities

The program offers opportunities for students to participate in physical activity either during and/or after the school day (or both) through a variety of methods, for example, walks, playing baskets ball, runs, hiking, meditation, ext. The District will encourage students to be physically active during and after school by having a required walk after school and holding meditation sessions.

Professional Learning

When feasible, the program will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors. Professional learning will help staff understand the connections between academics, health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.