

## **Windsor County Youth Services Wellness Committee Annual Progress Report**

Please find the wellness policy on our website at [\\_wcysvermont.org](http://wcysvermont.org)

**Policy Goals:** The committee has been focusing on the goals below, through having conversations at meals about healthy eating and nutrition. Having the opportunity to go for a daily walk during the school day and exercise activities after school including going to the community gym each friday, playing basketball and going for hikes. The youth also volunteer twice a month at the community center lunch, where they serve beverages and food to the guests.

- 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.

A summary of events or activities related to wellness policy implementation;

- Daily walk
- Weekend hikes
- Encouragement from staff of physical activity outside
- Volunteering at community events such as the community meal
- Education around why we portion foods and the importance of having the main meal components

2024-2025 Committee members

<b>Name</b>	<b>Role</b>
Sydney Sprague	Program Manager
Ellen Sanders	Administrative Assistant
Dani Smith	Youth Advocate
George O. Thomson	President

If you are interested in getting involved with the wellness policy please reach call Windsor County Youth Services at 802-228-6880 or email Ellen at [sanders@windsorcountyyouthservices.org](mailto:sanders@windsorcountyyouthservices.org)