Shodair Children’s Hospital

Operating Policy Manual

TITLE: Local School Wellness Policy

AREAS AFFECTED: All Shodair facilities.

POLICY: Shodair Childrens Hospital School Wellness Policy

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04/18/2024

Preamble

Shodair Childrens Hospital (hereto referred to as the Shodair) is committed to the optimal development of every student. Shodair believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks.[i,ii,iii,iv,v,vi,vii] Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.[viii,ix,x] In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically.[xi,xii,xiii,xiv]. Finally, there is evidence that adequate hydration is associated with better cognitive performance. [15,16,17]

This policy outlines Shodairs approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students at Shodair have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during or after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of Shodair in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- Shodair 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 students, staff and schools within Shodair. Specific measurable goals and outcomes are identified within each section below.

Nutrition Standards, Guidelines, and Marketing

The following nutritional guidelines for food available to students at Shodair 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. Snacks offered during the school day will meet Smart Snack guidelines.
- Foods provided outside the reimbursable meal programs will follow nutrition guidelines set by the Wellness Committee. Please refer to the Food Buying Guide for Child Nutrition Programs, this can be provided by the SFA if requested.
- Foods and beverages sold to students before school, during school and thirty minutes after will meet the United States Department of Agriculture (USDA) Smart Snacks in Schools nutrition standards. *At this time, this facility does not offer competitive food or beverages to students and students are unable to make purchases at this facility. If this changes in the future, this will be reviewed by the committee.
- Only marketing and advertising of foods and beverages that meet the Smart Snacks in school nutritional standards on campus will be allowed.

Nutrition Education and 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. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.
Shodair will ensure that students and staff receive consistent nutrition messages throughout the school campus including in classrooms, gymnasiums, and cafeterias. Shodair will promote healthy food and beverage choices for all students across the school campus during the school day and will encourage participation in school meal programs.

- Students will be provided with nutrition education that is designed to provide students with knowledge and skills necessary to promote and protect their health.
- Students will have the opportunity to enjoy developmentally appropriate, culturally relevant, and participatory activities, such as cooking demonstrations or lessons, promotions and taste testing.
- Nutrition education will extend across all aspects of living and across all education settings where it is appropriate.
- Staff will emphasize a healthy balance between intake of healthy fats, complex carbohydrates, and lean proteins.
- Staff are discouraged from using food as part of a reward system and will not withhold food from a student as a form of punishment or as a way to modify or manipulate behavior.
- Staff will engage in promoting nutrition that:
    - includes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices; and

- links with other meal programs and nutrition related community services

To increase nutrition related education, Shodair will teach, model, encourage and support healthy eating by all students. Shodair will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff by the Registered Dietitian.

Essential Healthy Eating Topics in Health Education

Shodair will include in the health education curriculum a minimum of 12 essential topics or topics approved by the Registered Dietitian at the facility on healthy eating including but not limited to:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from MyPlate
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully

- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

Physical Activity

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and Shodair is committed to providing these opportunities when possible. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection).

Physical activity during the school day (including but not limited to classroom physical activity breaks or physical education) will not be withheld unless the student is deemed as unsafe or unable to participate by teachers, nursing, providers, or other professional staff. Include clients with disabilities, special health care needs, and provide other alternatives if deemed medically necessary.

To the extent practicable, Shodair will ensure that its grounds and facilities are safe and that equipment is available to students to be active. Shodair will conduct necessary inspections and repairs.

- Shodair will work with schools to ensure that inventories of physical activity supplies and equipment are known and, when necessary, will work with community partners to ensure enough equipment is available to encourage physical activity for as many students as possible.

Wellness Team

Shodair 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.

- The purpose of the wellness team is to form a group supporting, encouraging, and promoting good nutrition, physical activity and overall wellbeing for clients.
- 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 students health and lifelong wellbeing.

Leadership

The Superintendent or designee(s) will convene the Wellness Committee and facilitate development of and updates to the wellness policy and will ensure each school's compliance with the policy.

Wellness Committee (WC) Members (April 2024)

Name	Title / Relationship to the School or District	Email address	Role on Committee
Sarah Ryan, MS, RDN	Registered Dietitian	sryan@shodair.org	Assists in the evaluation of the wellness policy implementation. Nutrition Education.
Lance Fegen	SFA	Lfegen@shodair.org	SFA
Vance Gehringer	Facility Director	VGehringer@shodair.org	facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy
Brianna Gulbertson	Facility Educator	bgulbertson@shodair.org	facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy
Kristie Noonan	Infection Prevention and Occupational Health Registered Nurse	KNoonan@shodair.org	facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy
Scott Trzinski	School Based Services – Clinical Supervision	strzinski@shodair.org	facilitate development of and updates to the wellness policy, and will ensure

			each school's compliance with the policy
Lance Fegen	Food Service Director	Lfegen@shodair.org	facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy

Annual Notification of Policy
Shodair will actively inform employees, families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. Shodair will make this information available via the public website and/or Shodair-wide communications. Shodair will provide as much information as possible about the school nutrition environment. This will include a summary of Shodairs events or activities related to wellness policy implementation. Annually, Shodair will also publicize the name and contact information of the officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Triennial Progress Assessments

Shodair Childrens Hospital 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.
- Make the policy and updated assessment of the implementation available to the public. This information shall include the extent to which Shodair is in compliance with policy and a description of the progress being made in attaining the goals for the policy.
- Assigning a position/person responsible for managing the triennial assessment
    - For this cycle that person is: Lance Fegen, FSD e-mail: lfegen@shodair.org and office 406-444-1083
- The committee will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments 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.

Community Involvement, Outreach and Communications

Shodair committed to being responsive to community input, which begins with awareness of the wellness policy. Shodair will actively communicate ways in which representatives of the committee and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for this facility. Shodair will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. Shodair will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

Reviewed by Committee on:

Approved by Executive Team on: 3/31/2025 Board Meeting

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