

# Youth Emergency Services, Inc.

## Policies and Procedures

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**General Category:** Health & Safety

**Subject:** Wellness

**Date of Origination:** January 1, 2009

**Revised:** December 1, 2020

**Approved by Board of Directors:** December 1, 2010

### **Policy:**

Youth Emergency Services, Inc. shall promote client well-being and academic achievement by supporting quality nutrition and physical activity as part of the learning environment. Youth Emergency Services, Inc. recognizes that collaborating with parents, clients, school personnel, health professionals, and community members is the most effective method of creating a healthy environment where clients can learn about and adopt positive lifestyle habits that are essential for students to achieve their full academic potential, as well as lifelong good health and well-being.

### **Procedure:**

#### **Nutritional Education**

Students will receive behavior-focused nutrition education that is interactive and teaches the knowledge, attitudes, skills and behaviors they need to adopt healthy and enjoyable eating habits that last a lifetime.

Nutrition education is integrated into the core curriculum (e.g., math, science, language arts, and social studies).

The school lunch will support the lessons learned in the classroom by providing health-promoting food choices.

Youth Emergency Services, Inc. will build awareness among teachers, staff, food service personnel, clients, and parents about the importance of nutrition, physical activity and body size acceptance to academic success and lifelong wellness.

#### **Physical Education**

Students will receive behavior-focused physical education that actively engages all clients, regardless of skill level, and that teaches the knowledge, attitudes, skills and behaviors that clients need to adopt and enjoy a physically active lifestyle. Physical activity programs are carried out in environments that reflect respect for body size differences and varying skill levels.

Physical activity will focus on individual activities in addition to competitive and non-competitive team sports.

Youth Emergency Services, Inc. will provide an environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.

Teachers and other agency staff will not use physical activity (e.g. running, laps, pushups) or withhold opportunities for physical activity (e.g. recess, physical education) as punishment.

Clients will be given opportunities for physical activity during the school day and within the residential treatment setting through the integration of physical activity into the academic curriculum and recreation.

Clients will receive 120 minutes per week of physical and recreational activity between the school and the residential treatment setting.

### **Nutrition Standards for All Foods Available on Each School Campus during the School Day**

Youth Emergency Services, Inc. shall use the *Dietary Guidelines for Americans*, the USDA School Meal Program requirements, and the criteria for the USDA Healthier US School Challenge when deciding what foods and beverages will be available to students through:

Vending Machines, a la carte, snacks, and student stores

Classroom snacks will feature healthy choices

Youth Emergency Services, Inc. shall provide appealing and attractive meals to clients that offer a variety of fruits and vegetables and ensures that half of the served grains are whole grain.

Youth Emergency Services, Inc. will promote healthy foods – including fruits, vegetables, whole grains, and low-fat dairy products.

Menus are planned with input from clients and include local, cultural, and ethnic favorites of clients.

Hazard Analysis and Critical Control Points (HACCP) guidelines are implemented.

Parents, teachers, and other staff will be encouraged to model healthy eating habits while on Youth Emergency Services, Inc. property.

### **Other Youth Emergency Services, Inc. Based Activities Designed to Promote Wellness**

Recreational activities are encourage so that clients will be less distracted and ready to eat.

Youth Emergency Services, Inc. will not deny a client's participation in recreational or physical activity as a form of discipline, or cancellation of other physical activity time for instructional make-up time.

Clients will have adequate time to relax, and socialize, after sitting down for a meal.

Clients will have convenient access to facilities for hand washing.

Youth Emergency Services, Inc. shall promote healthy eating and enjoyable physical activity and respect for body size differences, using posters, special promotions, media events, newsletters, and health fairs throughout the year.

Youth Emergency Services, Inc. shall prohibit the use of food as a reward or punishment.

Safe drinking water will be available throughout the day.

### **Maintain Wellness Monitoring and Review**

Each Youth Emergency Services, Inc. coordinator will ensure compliance with all federal, state, and local regulations pertaining to the wellness policy.

Youth Emergency Services, Inc. will educate clients, teachers, staff, and parents about the importance of body size acceptance and the dangers of unhealthy weight control practices.

Youth Emergency Services, Inc. will educate program directors, coordinators, teachers, staff, and parents on the importance of physical education, recreation, and nutrition programs and policy.