



TARA HALL WELLNESS POLICY

POLICY TITLE: TARA HALL WELLNESS POLICY	SECTION: GROUP LIVING SERVICES
POLICY NUMBER: GLS – 5	COA REFERENCE: GLS
DATE APPROVED: SEPTEMBER 14, 2006	DATE EFFECTIVE: SEPTEMBER 14, 2006
APPROVED BY: BOARD OF DIRECTORS	REVISED: MARCH 15, 2017

TARA HALL WELLNESS COMMITTEE

JAMES E. DUMM, JR
EXECUTIVE DIRECTOR/
THWC FACILITATOR

JIMMY LEE MITCHELL
CCW/PHYSICAL EDUCATION/
PARENT

JENNIFER CRIBB
ADMIN. ASST./F.S. COORD./
PARENT

JACKIE WHITE
CCW

MELISSA MORRIS
FSW/PARENT

FELICIA HOSEY
HEALTH TEACHER/PARENT

SHIRLEY GREGGS
FSW

SAM HODGES
BOD

PATSY MORRIS
ASST. DIRECTOR

CRYSTAL GRIFFITH
TEACHER/PARENT

LETITIA GOWDY
FAMILY SERV.

THOMAS BEH
F.S. REP., B.A. FOOD
SCIENCE



RATIONALE:

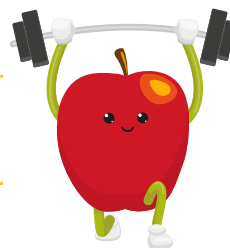
The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity, essential for healthy weight, are also linked to reduce risk for many chronic diseases, like Type 2 diabetes. Tara Hall has a responsibility to help students learn, establish, and maintain lifelong, healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance student's overall health, as well as their behavior and academic achievement in school. Staff wellness also is an integral part of a healthy school environment, since school staff can be daily role models for healthy behaviors.

GOAL:

All students in Tara Hall shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff in Tara Hall are encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, Tara Hall adopts this school wellness policy with the following commitments to nutrition, physical activity, health and nutrition education and other activities that are designed to promote student wellness. This policy is designed to effectively utilize school and community resources and to equitably serve the needs and interests of all students and staff, taking into consideration differences in culture.

Commitment to Nutrition and School Meals



TARA HALL WILL:

- Offer school breakfast, school lunch, after school snack programs and summer food service with menus that meet the meal patterns and nutrition standards in compliance with federal, state and local requirements and shall be available to all students.
(Source: <http://www.fns.usda.gov/school-meals/regulations>)
- Follow USDA Professional Standards for State and Local Nutrition Programs to ensure professional development in the area of food and nutrition is provided for food service directors, managers and staff.
- Qualified child nutrition professionals shall provide all students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of students.

- Encourage residents, community, families and staff to participate in the school meal programs.
- Establish a food safety program for all school food operations as required by Public law 108-265 using standard operating procedures that include a food safety plan.
- Ensure that food safety inspections are conducted at least twice per year by the South Carolina Department of Health and Environmental Control.
- Establish nutrition guidelines for all foods available at Tara Hall with the objective of promoting student health and reducing childhood obesity.
- Include a nutrition component in the classroom setting.
- Develop and implement mechanisms for resident input on menu planning.
- Encourage all staff to model healthy eating.

ENSURE ADEQUATE TIME AND SPACE FOR RESIDENTS TO EAT SCHOOL MEALS

- Create and maintain a safe, comfortable and inviting place for residents to eat meals.
- Ensure residents have plenty of time to eat and socialize (at least twenty minutes to eat after they have received their food).
- Schedule meal periods at reasonable hours when residents are hungry and ready to eat.
- Ensure that time is allowed and facilities are conveniently available for residents to wash their hands before and after meals.

PROVIDE NUTRITION EDUCATION TO ALL RESIDENTS ENSURING THAT ALL RESIDENTS RECEIVE NUTRITION EDUCATION THAT PROMOTES HEALTHY EATING HABITS. FOCUS ON SKILL DEVELOPMENT SO THAT RESIDENTS ARE ABLE TO LEARN TO READ FOOD LABELS AND MEAL/MENU PLANNING.

- Offer weekly nutrition education to all students.
- Nutrition education shall be part of a sequential comprehensive standards based health education program designed to provide residents with the knowledge and skills necessary to promote and protect their health. Nutrition education may also be integrated into other areas of the curriculum.
- Nutrition education shall be linked with the school food environment.

MAKE WATER ACCESSIBLE TO ALL RESIDENTS

- Ensure that drinking fountains are operable, clean, and convenient for students to access throughout the school day at locations both outdoors and indoors. Active children need easy access to drinking water.
- Ensure that residents are aware of the availability of water during meals and students shall be allowed access to water throughout the meal period.

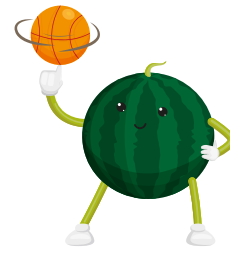
ENSURE THAT ALL FOODS AVAILABLE NOT ONLY PROVIDE THE OPTIMAL NUTRITION THAT RESIDENTS NEED FOR GROWTH, DEVELOPMENT, AND ACADEMIC ACHIEVEMENT BUT ALSO SUPPORT THE DEVELOPMENT OF HEALTHFUL EATING BEHAVIORS IN RESIDENTS.

- Offer a minimum of four choices of fruits and four choices of vegetables daily including fresh fruits and vegetables.
- Offer whole-grain foods in all programs at all grade levels whenever possible to meet bread and cereal requirements.
- Provide a minimum of two options of fat free and/or 1 % low-fat milk during meals.

NUTRITION STANDARDS FOR COMPETITIVE AND OTHER FOODS AND BEVERAGES

- All foods and beverages sold on campus shall comply with current USDA Smarts Snacks standards including vending machines, a la carte foods, beverage contacts, concession stands, school stores, classroom parties, and celebrations. (Source: http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf)

Commitment to Physical Education and Physical Activity

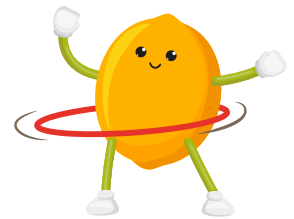


TARA HALL WILL:

Offer physical activity incorporation individual and group activities, which are resident-centered and taught in a positive environment. The physical education curriculum for grades K-12 shall be aligned with established state physical education standards, the Students Health and Fitness Act and the Defined Minimum Program. (Source: <https://ed.sc.gov/scdoe/assets/File/instruction/standards/PE/2014AcademicStandardsforPhysicalEducation.pdf> and <http://www.ed.sc.gov/scdoe/assets/file/agency/ccr/Standards-Learning/documents/SHFA2005.pdf>).

- Provide both indoor and outdoor facilities for physical activity.
- Provide equipment for physical activity.
- Provide staff-monitored recreational activities that promote moderate physical activity during all outdoor and indoor recess times.
- Schedule physical activity times as that all residents have the opportunity to participate, limit scheduling conflicts with other scheduled activities.
- Encourage residents and staff to utilize appropriate community resources for physical activity, including local parks.
- Provide opportunities for ongoing professional development for all teachers and volunteers on the importance of physical activity for residents and the relationship of physical activity and good nutrition to academic performance and healthy lifestyles.
- Promote walking and biking around the campus.
- Provide physical activity for residents and staff during the school day, known as Comprehensive School Physical Activity through physical education classes, daily recess periods lasting at least 20 minutes for elementary school students, physical activity breaks, the integration of physical activity into the academic curriculum, and opportunities before and after school. This shall not include transition times. (source: <https://www.cdc.gov/healthyschools/physicalactivity/cspap.htm>).

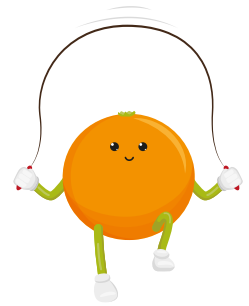
Commitment to a Coordinated Wellness and Marketing Program



TARA HALL WILL:

- Develop goals for nutrition and physical activity that are designed to promote resident wellness in a manner that Tara Hall determines are important.
- Goals shall be considered when planning all school-based and residential activities such as: school events, field trips, on-site fundraisers, etc.
- Tara Hall shall encourage staff to model healthy behaviors including healthy eating and physical activity.
- Tara Hall shall not use foods or beverages as rewards or as punishment for good/bad behavior. Alternative ideas using a physical activity as a reward is recommended when feasible.
- Tara Hall shall not deny a resident participation in recess or other physical activity as a form of discipline or for classroom make up time. Physical activity shall not be used as a form of punishment.
- Tara Hall shall promote healthy food items including fruits, vegetables, whole grains, and low-fat dairy products. Promotions shall include posters, cooking classes, taste testing, healthy fruits & vegetables coloring pages and puzzles, etc.
- Tara Hall shall encourage participation in after school physical activity such as swimming, walking, bike riding, skateboarding, basketball, volleyball, etc via posters, cottage meetings, etc.
- Healthy nutrition and physical activity shall be incorporated into family workshops and events throughout the year.
- Only foods and beverages that meet Smart Snacks in school nutrition standards can be marketed and advertised on school property.
- It is recommended that Tara Hall avoid participation in fundraising or corporate incentive programs that promote a message inconsistent with the goals of Tara Hall for a healthy school community.

Commitment to Implementation



TARA HALL WILL:

- Establish a plan for implementation of the organizations wellness policy.
- Designate one or more persons to insure that the school wellness policy is implemented as written.
- The Wellness Committee meetings will be held quarterly along with Tara Hall's PQI (Performance Quality Improvement) meeting. The purpose of PQI is not to find fault but to give an idea of what we may have done differently, how we can improve in the future, and to see if our policies and procedures need to be addressed.
- At a minimum, the wellness committee shall permit participation by the public and the community including parents, residents, donors, teachers, SFA's, board of directors, administrators, etc.
- Tara Hall shall establish wellness policy leadership of one or more persons who have the authority and responsibility to ensure compliance with the wellness policy.
- Prepare and submit a yearly report to the board of directors regarding the progress toward implementation of the wellness policy and recommendations for any revisions to the policy as necessary.