



chileda  
Wellness Plan



April 2022



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## Contact Information

### School Name

Chileda Institute, Inc.

### Contact Person Email

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### Purpose

Chileda is committed to the optimal development of every student. Good nutrition and regular physical activity before, during, and after the school day are strongly correlated with positive student outcomes. Chiledda believes that we need to create and support health-promoting learning environments throughout our school, giving students the opportunity to achieve success. This policy outlines Chiledda's approach to encourage students to practice healthy eating and physical activity throughout the school day.

## Wellness Plan

### Wellness Policy Leadership

Each school shall designate a site coordinator who shall ensure compliance with the policy. Chiledda has designated the Education Manager. This person will convene the Wellness Committee and lead the review, updating and evaluation of the policy.

### School Wellness Committee

To assist in the creation of a healthy school environment, Chiledda has established a Wellness Committee that will provide an ongoing review and evaluation of the Wellness Policy. Once the Wellness policy is completed, the Committee will meet no less than two times a year to implement, assess and review, and make recommendations for changes to the Wellness Policy.





## Committee Representatives

Chileda's Wellness Committee includes administrators, classroom teachers, physical education teacher, recreational staff, school food representative, health and wellness representative, leisure education teacher, life skills teacher, and occupational therapy representative.

## Nutrition Standard for All Foods

Chileda is committed to serving healthy meals to our students. The school meal programs aim to improve the diet of all students, and support healthy choices while accommodating cultural food preferences and special dietary needs. This is done by:

- ❖ The Healthy, Hunger-free Kids Act was established in 2010. It authorized funding for federal school meal and child nutrition programs. Chilede has participated in Child Nutrition Programs, including National School Lunch Program (NSLP) and Severe Need Breakfast Program (SNBP).
- ❖ All meals are accessible to all students.
- ❖ Withholding food as a punishment is strictly prohibited.
- ❖ Meals are appealing and attractive and served in clean and pleasant settings.
- ❖ Drinking water is available for students during mealtimes.
- ❖ Students are provided at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch after being seated.
- ❖ Lunch will be served between 11:30am – 12:30pm.
- ❖ Menus are created and reviewed by a Registered Dietitian by our vendor (Mayo Health System).

## School Meal Program Participation

Chileda allows students the opportunity to provide input on menu items. Chilede has an Advisory Committee that consists of vendor (Mayo), staff, parents and student participation. This group meets once a year unless more frequency is determined at the meeting.

## Foods and Beverages Sold to Students Outside of School

### Meals

No foods or beverages are sold to students at Chilede.





## Foods and Beverages Provided to Students Outside of School Meals

Chileda is currently evaluating the snacks that students have during the school day. In addition to the snacks provided during the school day, students may receive an edible reinforcement which is written into the Behavior Support Plan.

## Measurable Goals in Foods and Beverages outside of School Meals

All snacks provided to students will be evaluated according to the Smart Snacks USDA's standards.

A QI (Quality Improvement Plan) will be completed in 2022 to consider changing snacks and taking part in the Healthy Snacks Program.

## Marketing


Chileda does not advertise in school publications/mailings, do fundraising, or sports teams.

## Nutrition Education and Promotion

Chileda will provide nutrition education that helps students develop lifelong healthy eating behaviors. The Healthy Habits Program was implemented at Chileda during the summer of 2018 to promote good health and wellness for both staff and students. Some of the themes covered during this program are hygiene, healthy eating, personal care, and overall well-being. The skills that are promoted for students are skills that will be imperative for the students to be successful long after leaving the Chileda campus.

- ❖ Nutrition curriculum will be offered to provide students with the knowledge and skills necessary to promote good health. Curriculum will place an emphasis on: what makes a food "healthy", good food preparation techniques, food safety, and healthy eating practices. These will be taught based on the Dietary Guidelines for Americans and My Plate.
- ❖ Staff will provide experiential nutrition education. Activities may include gardening, cooking demonstrations, visiting a farm and gardens and farmers' market or Peoples' Food Co-op tours.
- ❖ Students may participate in school garden activities, such as planning, planting, harvesting, preparing, serving, and tasting garden produced foods.



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- ❖ Chileda is committed to providing a school environment that promotes staff and students to practice healthy eating and physical activity. Staff and students will receive nutrition messages throughout the school year that promote health. Nutrition education will be provided to staff and parents thru announcements.
  - ❖ While students participate in the school garden activities, there will be discussions on the health benefits of garden-produced foods.
  - ❖ Chileda provides cooking activities for the students as rec activities in their houses weekly. Students learn about cooking safety, following recipes and simple nutrition guidelines.

## Measurable Goals in Nutrition Education/Promotion

- ❖ Hydration posters will be displayed in the school building and the houses.
- ❖ The Healthy Habits Program (see above) will be implemented one week during the summer and monthly during the school year (September thru May), with a cross curriculum between art, physical education and life skills classes.
- ❖ Once a month, during the school year (September thru May), students will participate in food/nutrition activities such as: Food Pyramid, Health Jeopardy, Germ Tag and Bucket Fillers (good vs bad food).
- ❖ Chileda installed a water cooler with a counter for filling water bottles. Staff and students will use personal water bottles for hydration.
- ❖ Posters of good eating and other healthy habits will be displayed in the Cafeteria and throughout the Chileda Campus. Once a year there will be a Poster Contest for Students and Staff. Posters will be displayed.

## Physical Activity

Chileda will provide age appropriate goals for both physical education as well as other physical activities before, during and after school. All physical education classes are taught by a licensed teacher who is certified to teach physical education. Weather permitting all students have a daily scheduled outdoor recess that is 20-30 minutes long.

The Recreation Department schedules multiple activities daily for the residents to attend after school and in the evening. These activities include sensory activities, fine and gross motor and other life skill activities. The Rec department also has many physical activities and planned outings all day long on the weekends and non-school days.



## Measurable Goals in Physical Activities

- ❖ Staff and students will be offered short activity breaks (approximately 30 seconds) throughout the school day. This will initially start with one activity at the beginning of the school day and be led by the classroom teachers during their morning meetings.
- ❖ PE classes will include 3 activities a week that will promote a lifelong skill such as bike riding, swimming, community walks, exercise room, or playing a team game.
- ❖ Recreational activities will occur after school and on weekends that include opportunities for sensory input and movement.
- ❖ Outings (Clearwater farm, swimming, hiking, walks) will be planned by teachers, House Managers and Rec Manager weekly. These provide transitions off campus, lessons on using transportation and sitting safely with others.
- ❖ There will be a student and staff competitions annually that will promote physical activity. These will be activities that can take place both during the school day and after school.

## Other Activities that Promote School Wellness

Chileda supports students in an effort to maintain a healthy lifestyle. Teachers and residential house managers promote healthy lifestyles. Students learn hygiene skills, teeth brushing and flossing, clothes washing, and take part in the Circles Program by James Stanfield Company.

## Measurable Goals in Other School Wellness

Students attend classes on the Circle Level 1 and 2. These teach students about intimacy and relationships at whatever level the student is at.

- ❖ Chileda's COTA provides hygiene lessons to students. These lessons are taught to alternating classrooms and include activities such as soap making, hand washing activities and teeth cleaning. The goal is to provide these hygiene classes and changing the program every 6-8 weeks.

## Staff Wellness

Chileda will implement the following activities below to promote healthy eating and physical activity among school staff. Chileda believes that encouraging and supporting staff to be physically and mentally healthy will assist staff in being happier more productive staff members.





## Measurable Goals Staff Wellness

- ❖ Chileda's Human Resources will provide flyers that are available from the Insurance Center about Healthy Lifestyles, information on the Employee Assistance Program (free short-term counseling) as well as information on quitting tobacco use. This information is available near the staff mailboxes and on the staff bulletin board.
- ❖ Anytime Fitness, in collaboration with Chileda, provide staff a discount to join their gym.
- ❖ Any staff members that take advantage of our agency health insurance, Quartz, are encouraged to take part in the Healthy Lifestyle program where a member is reimbursed up to \$100.00 for documenting certain activities.
- ❖ Administration of flu shots is available to all staff annually.
- ❖ There will be a student and staff competition annually that will promote physical activity. These will be activities that can take place both during the school day and after school.
- ❖ Chileda sponsors employee recreational sports teams. Team sports will continue to be a part of Chileda, encouraging both staff physically playing sports, as well as the positive impact of the camaraderie of staff cheering each other on and spending time outside of the work day together.

## Measurable Goals in Community Engagement

- ❖ Chileda will inform families and the public about the content of this Wellness plan and any updates to the policy through posting it on the Chileda website.
- ❖ Parent representation will continue to be part of the DPI Advisory committee to discuss menus and other food related topics. This committee will continue to meet annually.

## Monitoring and Evaluation

At a minimum, it is required that an assessment of the wellness policy be conducted every three years and the finding of the evaluation, and any update the policy will be available on the Chileda website.

## Goal

- ❖ The Wellness Committee will meet annually to assess and review the Wellness Policy. At this time, they will make recommendations for any changes to the Wellness Policy. The entire policy will be evaluated and re-written every three years.

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