
Subject: Wellness **No:** FSM-100-2106

Approved: 
Executive Director

Date of Issue: October 2018 **Revised Date:** August 2021

I. Policy

It is the policy of Nexus-Woodbourne to develop, implement, monitor and evaluate a wellness policy that promotes students' health, well-being, and ability to learn.

The policy is also designed to comply with federal requirements, outlined in the Final Rule established by the USDA Food and Nutrition Services (FNS) which finalized regulations to have a revised wellness policy.

The wellness policy includes components to address the following rules:

- **Wellness Leadership:**

The Operations Director will have the authority and responsibility to ensure that Nexus-Woodbourne complies with the policy.

- **Public Involvement:**

The Nexus-Woodbourne is committed to permit participation in the wellness policy process by the general public and school community to include parent(s) or caregiver(s), student representative (s), operations director, medical director, principal or school representative, director of nursing, human resource representative, food service director, dietitian, physical education teacher, community representative, and other designated persons.

- **Wellness Involvement:**

The dietitian or other designated staff will convene Wellness Committee Meetings, at least three times per year and assist with the development of and updates to the wellness policy Documentation will be maintained of Wellness Committee Meetings.

- **Public Updates:**

Nexus-Woodbourne will inform the public to include parents, caregivers, students and others in the community about the content, any updates and implementation status of the wellness policy.

Information will be provided about the school nutrition environment, using various means, which may include news releases, committee meetings, the website and Nexus communications.

When indicated, a summary of events or activities related to wellness policy implementation and updates will be provided and publicized.

- **Assessments:**

At least once every three years, designated staff of the Nexus-Woodbourne Wellness Committee will complete a Triennial Assessment Report to evaluate compliance and include:

- ❖ The extent to which Nexus-Woodbourne is in compliance with the wellness policy
- ❖ The extent to which the wellness policy compares to model wellness policies, and
- ❖ A description of the progress made in attaining the goals of the wellness policies

The Operations Director is the person responsible for managing the Triennial Assessment Report, will notify the public of the availability of the triennial progress report and ensure that a plan is developed based on the results of the report.

The policy also includes components, designed to promote student wellness with the following goals:

- **Nutrition Promotion:**

Nexus-Woodbourne will promote healthy food and beverage choices for all students as well as encourage participation in school meal programs.

The foodservice director and other designated staff will ensure that promotion is as follows:

- ❖ Implementing eight or more evidenced -based healthy food promotion techniques through
- ❖ the school programs using Smarter Lunchroom Strategies, such as “Focus on Fruit” and “Vary the Vegetables”
- ❖ Ensuring that 100% of foods and beverages provided to students meet the Maryland Nutrition Standards
- ❖ Providing enjoyable, age-appropriate, culturally-relevant, and participatory activities, such as, promotions, and taste-testing
- ❖ Promoting fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy items

- **Nutrition Education:**

Nexus-Woodbourne has established goals designed to promote student wellness, to teach, model, encourage and support healthy eating.

The Principal, Dietitian and other designated professional staff will provide nutrition education that:

- ❖ Is designed to provide students with knowledge and skills necessary to promote their health
- ❖ Includes meal identification and signage to encourage students to select what consists of a reimbursable meal

- ❖ Is part of not only health education classes, but also integrated outside of classroom instruction
- ❖ **Provides/ reinforces importance of USDA school meals** by providing information on fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, while limiting intakes of salt/sodium and sugars
- ❖ Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise)
- ❖ Links school meal programs, such as cafeteria nutrition promotion activities, and other nutrition-related services
- ❖ Includes nutrition education training for teachers and other staff.
- ❖ Food will not be used as a reward or withheld as punishment.

- **Physical Activity:**

Nexus-Woodbourne will provide, and ensure that there are various opportunities for physical activities during the school (including but not limited to classroom, physical activity breaks, or physical education).

In addition, students have the opportunity to participate in various sports, unless medically indicated.

Physical activity **will not be withheld** as punishment for any reason, or used as a reward.

To the extent practicable, Nexus-Woodbourne will ensure that its grounds and facilities are safe and that equipment is available for, students to be active.

- **Physical Education:**

The Principal will assign designated school professional staff to provide physical education to include:

- ❖ Promotion of physical activities with the objective to improve the students' health and well-being.
- ❖ Provision of physical education courses where students learn, practice, and are assessed on appropriate motor skills, social skills, and knowledge, which will support the life-long benefits of physical activity.
- ❖ Physical education classes that may include the instruction of individual activities as well as competitive and non-competitive sports to encourage life-long activity and provide outlets for stress reduction.
- ❖ Providing a setting that encourages safe and enjoyable activities for all students and staff including those who may not be athletically gifted.
- ❖ Offering extracurricular activities to all students, unless medically indicated.

- **Other School Based Activities that Promote Wellness:**

Nexus-Woodbourne will integrate and utilize various wellness activities across the entire school setting, for students and also for staff, to require the following:

- ❖ All school-sponsored events will adhere to the wellness policy guidelines.
All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate, as noted in **the attached Guidelines**

- ❖ Nexus-Woodbourne will implement strategies to support staff in actively promoting and modeling healthy eating and physical activities behaviors, utilizing communications from Nexus. Examples of strategies to use, as well as specific actions staff members can take, include ideas and strategies outlined in Nexus Woodbourne Wellness Newsletter, to include, but not limited to:

1. Healthy recipes
2. Walking
3. Special promotions, such as yoga and relaxation strategies.

- **Standards for USDA School Meals**

Nexus-Woodbourne is committed to ensuring compliance with USDA Nutrition Standards during the school day that requires the following:

- ❖ Provide meals that qualify as reimbursable for the breakfast, lunch and afterschool program
- ❖ Provide meals and snacks free of charge to all students and allow privacy regarding meal rosters
- ❖ Allow sufficient time for students to eat their meals
- ❖ Make water available during meals
- ❖ Do not allow students access to the vending machines
- ❖ Provide annual training for nutrition staff to comply with Professional Standards

- **Nutrition Standards for All Foods and Beverages, Provided but Not Sold to Students:**

Nexus-Woodbourne is committed to ensuring compliance that relate to the competitive and other

foods and beverages outside of the USDA meal programs, during the school day, that addresses the following:

- ❖ No foods, beverages, a la carte items are sold to students.
- ❖ Students do not have access to vending machines
- ❖ Fundraisers are not allowed **involving the sale of food or beverage items**
- ❖ Merit Store, is based on a behavioral program which allows students to earn merit points to obtain items, and is in operation at least **30 minutes after the school day**
- ❖ Birthday Celebrations are allowed following the dinner meal
- ❖ Family members are allowed to bring in items in accordance with Approved Guidelines that require immediate consumption **only by the student and not shared with others.**
- ❖ Food is not to be used as a reward or withheld as punishment
- ❖ Water is available throughout the school day

As a best practice, “A Guide to Smart Snacks in School” is posted for staff and stakeholders.

<https://www.fns.usda.gov/tn/guide-smart-snacks-school>

- **Policies for Food and Beverage Marketing**

Nexus-Woodbourne Center will not allow any marketing or advertising of foods and beverages during the school day.

- **Public Updates, Implementation, Evaluation, and Communication**

Nexus-Woodbourne will retain records to document compliance to the Wellness Policy, which will include but not be limited to:

- ❖ Documentation/how relevant stakeholders (parents, students, staff, and community will participate in the development, implementation, periodic review, evaluation, and update of the wellness policy
- ❖ Documentation that the policy has been made available to the public
- ❖ Making the Triennial Assessment Report available to the public by the specified date
- ❖ Developing a plan to update the Wellness policy based on the results of the Triennial Assessment Report, which will be publicized on the website by the Operations Director
- ❖ Documentation to demonstrate compliance with the public notification requirements



GUIDELINES FOR FOODS & BEVERAGES FOR PARENTS TO PROVIDE STUDENTS/RESIDENTS

Goals/Objectives:

- **Comply with the Nexus- Woodbourne Wellness Policy**
- **Ensure that healthy foods and beverages are provided**
- **Encourage the reduction of snacks high in salt/sodium, sugars**
- **Provide items that require immediate consumption and are not shared with other residents**

List Allowed Include the Following:

- **Pretzels, Granola Bars, Popcorn, Nachos, Doritos**
- **Nuts, Fruit Mix**
- **Cheese Sticks,**
- **Fresh Fruits**
- **Vegetables, Dips**
- **Smoothies, Yogurt**

- **Cookies**
- **Juices, Flavored Water, Water (and not sodas)**
- **Apple Chips**
- **Other healthy items**

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