

Damar Services Local Wellness Policy

Local Wellness Policy Requirements:

- Has at least 2 Goals for nutrition education, nutrition promotion, physical activity and other school-based activities that are designed to promote student wellness in a manner that the local educational agency determines is appropriate;
- Nutrition guidelines set forth by the USDA National School Lunch and Breakfast Programs for all foods and beverages sold on each school campus under the local educational agency during the school day, with the objectives of promoting student health and reducing childhood obesity;
- Guidelines for reimbursable school meals, which are no less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant United States Code, 2016 Edition; Title 42 - THE PUBLIC HEALTH AND WELFARE; CHAPTER 13 - SCHOOL LUNCH PROGRAMS; Sec. 1758 - Program requirements
- Every three years has evaluated the local wellness policy with an Evaluation Tool and has notified the public of the results.
- Has identified at least one person as responsible for monitoring the local wellness policy.
- Has annually informed and updated parents, students, staff and the community about the content and implementation of the local wellness policy.
- Community involvement, including parents, students, and representatives of food service personnel, the school board, school administrators, PE teachers, school health professionals and the public in the development of the school wellness policy.
- Nutritional Guidelines for foods and beverages not sold but made available on the school campus during the school day.
- Permits marketing on the school campus during the school day of only those foods and beverages that meet the competitive food/beverage requirements of “Smart Snacks.”

Mission Statement

Damar Services' wellness program is committed to its clients to encourage and enhance a healthy lifestyle by creating opportunities to educate and support each individual's lifelong wellness practices.

Goals

Physical Activity/Fitness

1. At minimum, clients should have 30 minutes of physical activity on most, preferably all, days of the week. (2014) UPDATED: The school day will include opportunities for physical activities such as: recess, PE and integration of physical activities in the academic curriculum. Daily schedules and/or lesson plans will serve as documentation.
2. Physical education courses will adhere to the Indiana Academic standards for Physical Education. Lesson plans will serve as documentation
3. Each program/ unit will incorporate wellness activities on campus including swimming, playground, sensory gym and fitness room as well as community wellness outings such as the gathering place and Special Olympics sports.
4. Employees of Damar will promote healthy lives by being physically active role models and encouraging their client's participating in wellness activities.

Nutrition Education

1. Nutrition education will be offered in the dining rooms and in the classroom, with coordination between foodservice staff and teachers. (2014-age specific goals were designed for elementary, middle and high school levels) UPDATED: Teachers will provide nutritional education that adheres to the Indiana Academic Standards for Health & Wellness. Lesson plans will serve as documentation.
2. The school will conduct school wide wellness activities for the purpose of educating students on making healthy choices and living a healthy lifestyle. Activity/lesson plans will serve as documentation.

Nutrition Promotion

1. Staff should be seated at the tables with residents modeling proper meal time behavior and voice level.(2014) UPDATED: Staff will be seated at the tables with students/residents modeling proper meal time behavior, encourage them to try unfamiliar foods, and make positive nutrition statements. Staff completion of training will serve as documentation.
2. A school garden will be maintained to provide opportunities for recreation and nutrition education for residents and students.

Other Activities

1. Water pitchers will be available on the food carts at meal times and drinking fountains will be available throughout the day. (2014) UPDATED: Water pitchers will be available on the food carts at meal times and snack times. Where drinking fountains are not available, water will be provided in cups with water either from fresh water pitchers or from a nearby sink upon request.
2. All Damar staff and volunteers will assist all residents in developing the healthy practice of washing hands before eating. (2014) UPDATED: All Damar staff and volunteers will assist all residents in developing the healthy practice of washing hands before eating. This is a part of employee orientation.
3. Damar staff shall use food as a reward for student accomplishment sparingly. The withholding of food as punishment for students is prohibited. Strong consideration should be given to nonfood items as part of incentive programs. (2014) UPDATED: Each teacher will establish classroom management procedures that will limit the use of food as a reward. On the occasion that food is used as a reward the food item will meet the smart snacks guidelines.
4. All food and beverages available for purchase will meet Smart Snacks guidelines.
5. Food and beverages provided for celebrations and other special activities will meet the Smart Snacks guidelines.