

**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. 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 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 clients to participate in wellness activities.

### Nutrition Education

1. Nutrition education will be offered in the dining rooms and in the classroom, with coordination between food and nutrition staff and teachers. 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 offer cooking classes combined with nutrition education to enhance life skills training according to each student's interest and abilities. Lesson plans will serve as documentation.

### Nutrition Promotion

1. Staff will be seated at the tables with students modeling proper mealtime behavior, encouraging them to try unfamiliar foods, and making 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 students.

### Other Activities

1. Water from pitchers will be available at mealtimes, and from drinking fountains throughout the day.
2. All Damar staff will assist students 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. 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.

**Reviewed and updated 1/27/2026**

#### **Damar Wellness Leadership Team**

Kathleen Tierney MS, RD, CD - Wellness Coordinator

Rachel Ralston - Foodservice Compliance Supervisor

#### **Damar Wellness Committee**

Erin Crick - Senior Executive Director, Administration

Seth L. Grant CDM, CFPP - Director of Food and Nutrition

Aimee Brown - Principal, Damar Charter Academy

Brett Wampler - Teacher Representative

Jim Porter - Physical Education and Recreation Director

Dr. Jenny Peters - Chief Strategy Officer

Dr. Kristin McCoy - Executive Vice President, Intensive ID/DD Services

Jennifer Maggard - Chief Corporate Compliance, Quality & Compliance

Student Representatives