

Healthy School Environment

Reviewed and Updated May 2024

The Anne Carlsen Center promotes and supports a Healthy School Environment, which includes nutrition and physical activity. ACC recognizes the link between nutrition, physical well-being, and learning and the importance of establishing healthy eating choices and physical fitness throughout life.

Nutrition Goals: It is our mission to provide excellence in services in the areas of nutrition, nutrition education, physical fitness, and physical education.

- Engage students, parents, teachers, food service professionals, health professionals, and others interested, in developing, implementing, monitoring, and reviewing nutrition and physical activity policies.
- Provide food and beverages and/or other nutritional support that meet the nutrition requirements of the individual and the U.S. Dietary Guidelines for Americans, as appropriate, noting that nutritional requirements of some of the students at ACC may not fall within the U.S. Dietary Guidelines.
- Provide a school environment that encourages students to make healthy food and activity choices, and that encourages staff to model healthy lifestyle habits.
- Enable all students to have opportunities, support, and encouragement to be physically active on a regular basis, according to physical ability as stated in each individual student's program.
- Provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

Physical Activity Goals: To enable all students to have opportunities, support, and encouragement to be physically active on a regular basis, according to physical ability as stated in each individual student's program.

- Individual students have specialized exercise programs as needed, which are developed and monitored by a physical therapist.
- Students receive physical, occupational, and/or speech therapy as needed to improve ability to participate in physical activity
- Students are encouraged to participate in Special Olympics.
- To foster lifetime fitness, a variety of leisure activities will be provided and encouraged as often as possible.
- To help foster lifelong habits of physical activity, students receive 120 minutes of physical education per week.
 - 60 minutes of general physical education in which students engage in at least 20 minutes of vigorous cardiovascular activity depending on physical ability, 30 minutes of lifetime physical activity (examples: Pilates, yoga, adapted basketball, hockey, soccer etc.), and 10 minutes of cool down.
 - 60 minutes of physical education in an aquatic environment in which students engage in learning swimming skills, breath control, relaxation, and other aquatic activities.
 - Students are given periodic breaks throughout the day during which they have opportunities and are encouraged/assisted to be moderately physically active.
 - Physical activity is not used or withheld as punishment

School Meal Guidelines: Nutrition Therapy Services offers healthy, nutritious meals, snacks and beverages in compliance with the most updated USDA guidelines and Dietary Guidelines for Americans. This includes all foods and beverages sold or served to students, including those available outside of the school meal programs. The goal is to create a total school environment that is conducive to healthy eating and being physically active.

- All children receiving education services at ACC are qualified for free meals under these programs. All day students' parents complete an application for free meals under these programs. This is completed to verify the categories they will fit into for school reimbursement, even though no charges are applied to the family.
- The school breakfast and lunch programs for Extended School Year (ESY) are the same as the school year program.

Meals served through the National School Lunch and Breakfast Program will:

- Be appealing and attractive to students.
- Be served in a clean, appropriate environment.
- Ensure adequate time is allotted for students to enjoy eating healthy foods.
- Allow as much time as necessary for students to consume their lunch.
- Offer a variety of fresh fruits, vegetables, and whole grain products daily.
- Serve only low fat (1%) milk, fat-free milk, or flavored milk.
- Allow students access to water throughout the day using drinking fountains.

Assessment of Nutritional Needs:

All students will have a comprehensive nutritional assessment completed on a quarterly basis if they are participating in medical case management.

Nutrition orders will be written for each student and updated as necessary to meet each student's specific needs.

Enteral nutrition support will be provided when medically necessary and will meet the nutritional needs of the student.

Mechanical alteration of foods will be provided when necessary, as determined by speech and/or occupational therapists, physician, and possibly the dietitian.

Nutritional supplements will be offered when needed to help meet nutritional needs of the student. Appropriate staff will work together to determine need (physician, dietitian, and/or rehab nurse). Supplement acceptance will be documented by direct care staff. • Mealtime Assist Cards will be used to provide comprehensive mealtime instructions for use by direct care staff.

Marketing of Food Items:

The Anne Carlsen Center permits the marketing of food items that meet or exceed the USDA's Smart Snacks in School nutrition standards. All advertising and promotions of food items must be approved by the Vice President to make such decisions. These standards do not apply to foods and beverages sold off school grounds or outside the school day.

Implementation of the Wellness Policy:

The ACC Dietitian and Dietary Manager will be designated to insure compliance with the federal school meal programs and nutrition standards stated above, through regular updating and evaluation of menus used (twice per year) and items purchased (ongoing evaluation by Dietary Manager).

Overall food safety issues will be monitored and evaluated by Quality Assurance procedures already in place, and/or by regular inspections by ND state officials.

Physical Education policy compliance will be monitored and evaluated by the Physical Education teacher by early May of each school year.

The Physical Activity policy compliance (per individual program plan) will be monitored by PT's and/or the PE teacher as appropriate and evaluated by early May of each school year.

Physical Activity policy compliance (leisure activities) will be monitored by Home Team Leaders and Coordinators and submitted to a Wellness Policy Committee member monthly.

The Committee member will track this information and chart all resulting data. The data will be evaluated in May of each year.

The Wellness Policy Committee will meet at least annually, generally by mid-May, to evaluate these policies and procedures and make revisions as needed.