


# VANDERHEYDEN HALL, INC.

## Policy and Procedure

	<b>Effective Date:</b> 1/1/10	<b>Last revision</b> 10/15/19	<b>Page 1 of</b> 6	<b>Policy Under -</b> <b>Program Descriptions</b>
	<b>Board Approval</b> <b>Date:</b> 11/3/16	<b>Title:</b> <b>Comprehensive Wellness</b>		

### I. BACKGROUND

Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (the Act), Public Law 111-296, added Section 9A to the Richard B. Russell National School Lunch Act (NSLA) (42U.S.C. 1758b), "Local School Wellness Policy Implementation." The provisions set forth in Section 204 expand upon the previous local wellness policy requirement from the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Reauthorization Act of 2004 (Public Law 108-265). The Healthy, Hunger-Free Kids Act of 2010 expands the scope of local school wellness policies; brings in additional stakeholders in its development, implementation and review; and requires public updates on the content and implementation of the wellness policies. The intent is to strengthen local school wellness policies so they become useful tools in evaluating, establishing, and maintaining healthy school environments, and to make clear to the public (including parents, students, and others in the community) about the content and implementation of local school wellness policies.

### II. POLICY

Vanderheyden believes in fostering solid family, school, and community partnerships. Student wellness is positively impacted upon by these partnerships. As such, community partnerships are developed and maintained as a resource for Vanderheyden programs, projects, activities, and events. Vanderheyden actively supports the engagement of students, families, and staff members in health-enhancing events within the school and throughout the community in an effort to respond more effectively to individuals' health related needs. The cultural diversity of the Vanderheyden community is valued as an important part of planning and implementing wellness activities. Families, students, and community partners are included in Vanderheyden's ongoing wellness planning.


### III. PROCEDURES

#### Nutrition

Vanderheyden believes that a hungry individual cannot learn. The choice and availability of nutritious foods in Vanderheyden's programs affects academic performance and quality of life issues. Healthy foods support an individual's physical growth, brain development, resistance to disease, emotional stability, and ability to learn.

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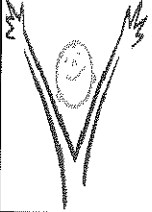
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Individuals' lifelong eating habits are greatly influenced by the types of food and beverages available in their daily environment. In addition to ensuring that reimbursable school meals meet program requirements and nutritional standards, Vanderheyden has established standards and guidelines to address all food and beverages sold or served to individuals, including those available outside of school or the living units' meal programs. Thus, the following actions are in effect:

- Vanderheyden has developed and utilizes nutritional guidelines consistent with USDA standards for all foods provided by Vanderheyden or by contracted vendors. The guidelines require the use of products that are: 1) high in fiber, 2) low in added fats, sugar, and sodium, and 3) served in appropriate portion sizes. Menus and product selection utilize individual, parent, staff, and community advisory group input whenever possible.
- Nutritional policies and guidelines for reimbursable meals are not more restrictive than what is required by federal and state regulations.
- Vanderheyden provides a clean, safe, enjoyable meal environment for individuals.
- All individuals are encouraged to participate in school and meal programs.
- Adequate time is ensured for individuals to enjoy eating healthy foods with friends in school and programs.
- The Education Program schedules lunch time as near the middle of the school day as possible.
- Students are encouraged to participate in recess during school and other physical activities unless immediate safety is a concern.
- Vanderheyden prohibits the use of food as a reward; it prohibits the use of physical activity as a punishment; and it prohibits the withholding of food as a punishment.
- Vanderheyden ensures that all of its fundraising efforts are supportive of healthy eating.
- Opportunities for ongoing professional training and development for food service staff, teachers, and direct care staff in the areas of nutrition and physical education is provided.
- Parents, teachers, school administration, direct care staff, individuals, food service professionals, and community members are encouraged to serve as role models in practicing healthy eating

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and being physically active in school, on the living units, and in the community.

- Vanderheyden provides information and outreach materials about other FNS programs, such as Food Stamps, Woman Infants, and Children (WIC), etc., to students and parents.
- Refreshments that are served at celebrations and meetings are nutritious.

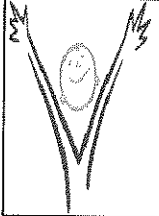
### **Physical Education and Activity**

Vanderheyden believes that a safe and healthy environment supports academic success for all individuals and that a safer school and community promote healthier students and staff members. Vanderheyden also believes that Physical Education and physical activities are essential elements of each school's instructional program. Thus, Vanderheyden provides a physical education program to all students, in accordance with all New York State regulations. Students are afforded opportunities to become involved in physical activities throughout the day and as part of their after school programs. Thus, the following actions are in effect:

- Vanderheyden's Educational Program provides a comprehensive health education program for all students in grades 7-12. The content is age-appropriate and in compliance with all New York State standards. Students receive instruction across regular curriculum as well as through scheduled health education classes.
- Students are provided opportunities to practice the skills they need to enhance their overall health and wellness throughout the school day.
- All people involved in the school health program possess the necessary qualifications, training, and/or experience essential to their duties.
- Vanderheyden's Educational Program provides opportunities for every student to develop the knowledge, skills, and attitudes necessary for specific physical activities, maintain their physical fitness, regularly participate in physical activities, and learn the short and long term benefits of a physically active and healthy lifestyle.
- Vanderheyden ensures that all buildings, grounds, structures, vehicles, and equipment meet current health and safety standards.

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- Vanderheyden's campus, buildings, and residences maintain an environment that is free of tobacco, alcohol, and other prohibited substances.
- Policies and procedures at Vanderheyden help to ensure the creation and maintenance of an environment in which individuals and staff members feel respected, valued, and safe.

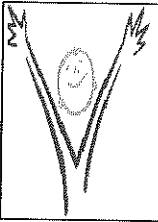
### Healthcare

Vanderheyden believes that an effective healthcare delivery system promotes academic achievement. Vanderheyden provides a broad range of services from qualified health care providers to improve the mental and physical health of individuals and staff members. Vanderheyden is committed to developing and providing programs and services to staff members, students, and their families that promote social and emotional wellbeing and that optimize conditions for teaching and learning. Thus, the following actions are in effect:

- Vanderheyden provides a supportive environment that encourages students, individuals, families, and staff to request assistance when needed.
- Services include those of guidance counselors, school psychologists, case managers, and clinicians, as appropriate.
- Vanderheyden links students, individuals, families, and staff to school or community resources, as needed.
- In accordance with New York State regulations, Vanderheyden's mental health treatment services provide support for people who exhibit attendance, academic, behavioral, and/or adjustment difficulties.
- Vanderheyden's mental health treatment services address, but are not limited to, issues such as suicide, depression, anxiety, and anti-violence.
- Vanderheyden collaborates with community health resources to promote health and wellness for students, individuals, families, and the community.
- Trained, licensed healthcare providers coordinate medical and psychiatric health services with the support and direction of Vanderheyden.
- Individuals and staff members are provided access to health programs that include, but are not limited to, nursing, violence prevention, school safety, communicable disease prevention,

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health screening, community health referrals, immunizations, parenting skills, first aid, CPR/AED, and other priority health education topics.

#### **Staff Wellness**

Vanderheyden is fully aware that a healthy staff can more effectively perform their duties and serve as powerful role models for healthy living. Vanderheyden provides information about wellness resources and services to support the health, safety, and wellbeing of all its staff members. Thus, the following actions are in effect:

- Vanderheyden provides an accessible and productive work environment free from physical danger and/or emotional threat consistent with applicable occupational health laws, policies, and rules.
- All personnel are provided with opportunities for ongoing professional development directly related to their job duties and responsibilities. Professional development programs respond to the professional improvement needs of staff members in their place of work.
- Vanderheyden supports the development and implementation of Staff Wellness activities to ensure that all staff have access to opportunities to enhance their health.

#### **Periodic Evaluations of Compliance**


Vanderheyden is committed to ensuring the proper implementation of this policy and its associated procedures. Thus, periodically, and at least annually, Vanderheyden measures the extent to which its school and programs comply with its wellness policy, the extent to which its wellness policy compares to other local school wellness policies, the progress made toward attaining the goals of this policy, and makes their evaluation(s) available to the public.

#### **IV. FORMS USED**

None


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V. REFERENCES

Local School Wellness Policy Implementation, Local School Wellness Policy Requirement Overview (7/10/13), Comparison Chart: 2004 v. 2010 Policy Requirements, Implementation Guidance Memo (7/8/11), Section 204 of the Healthy, Hunger-Free Kids Act of 2010, Public Law 108-265 and 111-296, added Section 9A to the Richard B. Russell National School Lunch Act (NSLA), 42 U.S.C. 1758b, Child Nutrition and WIC Reauthorization Act of 2004, and applicable USDA regulations



Karen Carpenter Palumbo  
President & CEO

10/10/19  
Date