

### Nutrition Education

- To help foster lifelong habits of healthy eating, Nutrition Education will be offered on a regular and ongoing basis for the students and staff of the Anne Carlsen Center for Children.
  - Avenues for providing education will include:
    - Classroom activities
    - Home Economics classes
    - National Nutrition Month activities
    - Annual Health Fair and other activities coordinated by ACCC Wellness Committee
    - Wellness tips in the InnerGlow
    - Printed materials
    - Extra-curricular activities during home life
    - Other activities as requested by staff and students
  - Each classroom teacher will independently determine nutrition education curricula they will use, and when this will be taught during the regular school year. They will specify this in writing and report their intentions to the dietitian on staff.
  - Home Economics classes will plan curricula that represent a variety of nutritional experiences and may include but not be limited to exposure to ethnic, sensory, textural, and other qualities. When possible, nutritional variety and balance shall be the underlying factor in planning home economics curricula.
  - Informal educational opportunities shall be provided in the students' residential environment.
  - Each home area will actively engage students in the planning, shopping, and preparation of meals and snacks as able.
    - Activities may include cooking projects and will promote good nutrition.
  - Nutrition education in and out of the classroom shall mirror recommendations put forth in the 2005 Dietary Guidelines for Americans.

### Nutrition Standards

- Nutritional Quality of Foods, Beverages and other Nutritional Support provided at the Anne Carlsen Center for Children shall follow recommendations put forth in the Dietary Guidelines for Americans 2005 as is reasonable and possible, recognizing that the complexity of nutritional needs and/or method of delivering nutrition for some of the children may not follow conventional standards and methods.

### Meal planning...

- The Anne Carlsen Center for Children shall participate in federal school meal

programs, including the School Breakfast Program, National School Lunch Program, and Summer Food Service Program.

- All children receiving education services at the ACCC 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 Summer School are the same as the school year program.
- Menus shall be planned according to the Dietary Guidelines for Americans 2005 and the Child Nutrition Act of 2003 guidelines.
  - Menus shall be planned with no more than 35% of calories from fat per meal on average; Sugar shall not be listed as the first ingredient of foodstuffs purchased for student use at the ACCC.
  - All juices will be 100% juice except for nectars, which are provided on a limited basis for medical reasons.
  - A variety of fruits and vegetables will be offered, for a minimum of 1½ to 2 cups daily.
  - Whole grains will be offered when available (i.e. all breakfast cereals, breads or whole grain pasta/rice when available and reasonably priced by vendors).
  - Students will be offered 3-4 cups of milk through the day: skim milk for most students; chocolate skim milk on Tuesdays and Fridays; whole, Acidophilus skim, or soy milk for some students, as determined by nutritional assessment.
  - Qualified nutrition and dietary professionals will be employed to provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students. This includes a registered dietitian, dietary manager, and trained food service staff. Speech and occupational therapists will be involved when functional mealtime and feeding issues arise.

#### *Assessment of Nutritional needs...*

- All students shall have a comprehensive nutritional assessment completed on a quarterly basis, or more often if warranted.
- Nutrition orders will be written for each student and updated as necessary to meet each student's specific needs.
- Enteral nutrition support shall be provided when medically necessary and will meet the nutritional needs of the student as determined by nutritional assessment.
- Mechanical alteration of foods shall 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.

#### *To provide nutritious and appealing meals in a safe manner...*

- Mealtime Assist Cards will be used to provide comprehensive mealtime instructions

- for use by direct care staff;
- The dining environment will be conducive to a pleasant eating experience.
- A student's team shall determine the most suitable location for each individual student (student dining room, residential area, classroom, etc.).
- Students will have access to hand washing before they eat meals or snacks.
- Adequate time will be allowed for completion of the meal (minimum of 15 minutes for breakfast and 20 minutes for lunch and dinner, unless behaviors interfere with a pleasant environment for others).
- The serving and dining areas shall be clean and free from clutter.
- Food product labels will be checked upon delivery for possible allergen presence.
- Students will receive proper oral hygiene following the meal.
- Qualified nutrition and dietary professionals will administer/oversee the school meal programs. As part of ACCC responsibility to operate an effective food service program, continuing professional development will be provided/made available for all nutrition and dietary professionals at the center. Staff development programs will include appropriate certification and/or training programs for all staff as needed, according to each staff member's level of responsibility.

### Physical Activity

- 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...
  - The gymnasium is available for student use 24 hours/day most days of the week.
  - Supervised adapted exercise sessions are provided three times per week in the exercise room and/or gymnasium for one hour per session.
  - 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
  - Supervised open swimming is provided two times per week for one hour per session
  - 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.
    - Residential staff will chart activity participation of each individual student.

### Physical Education

- In order 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.

Monitoring and Evaluation of the Wellness Policy

- The ACCC 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 (usually twice a year) and foodstuffs 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.
- Nutrition education policy compliance will be monitored by the Registered Dietitian and evaluated by May of each school year.
- 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 turned in 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 shall meet at least yearly, likely in early to mid May, to evaluate these policies and procedures and make revisions as needed.
- Input from other staff and interested persons are always welcome.

**Anne Carlsen Center for Children School Wellness Policy Committee:**

Julie Opp, Dietitian

Angie Widmer, Dietary Manager

Troy Duven, PE Teacher

Tara Roaldson, Physical Therapist

Patrick Kellam, General Ed. Teacher

Carmen Gunderson, parent and community member

REVIEW DATES & INITIALS
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