

## Policy/Procedure

# USDA Youth Health and School Wellness Policy

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### Content:



Father Flanagan's Boys' Home (a/k/a Boys Town) and its affiliate corporations (hereinafter collectively referred to as "Boys Town") provides a program environment that supports and promotes wellness, good nutrition, and an active lifestyle for the youth in its care, and recognizes the positive relationship between good nutrition, physical activity, and the capacity of youth to develop and learn.

Boys Town provides guidelines to ensure that a total school and Residential Child Care Institutions (RCCI) environment exists for promoting and supporting health and wellness programs for youth as specified by Section 204 of the Public Law 108-265, the Child Nutrition and WIC Reauthorization Act of 2004, which is codified at 42 USCS 1758b and the Healthy, Hunger Free Kids Acts of 2010.

### **Quality School/RCCI Meals**

Boys Town administers the Child School Lunch in accordance with the appropriate guidelines set forth by the U.S. Department of Agriculture (USDA). Food safety and menu planning must be of the highest quality and in the best interest of youth health. Youth may provide input on menu selections based on local, cultural, ethnic, and/or traditional events.

## **I. Committee Role and Membership**

The Wellness Committee, in conjunction with the Boys Town Food Service Department, Boys Town schools, and applicable service areas will meet at minimum four times per year to establish goals and oversee school health and safety policies and programs including development, implementation, evaluation of guidelines that support a nutritionally healthy and physically active environment for youth. As well as periodically review guidelines to promote good health and physical fitness activity and update this wellness policy. The Wellness Policy Coordinator will ensure compliance with the wellness policy and update the wellness committee website and members regarding meeting dates, agendas, and progress reports.

The Wellness Committee will be represented by all school levels and include, but not limited to the food service director, food service dietitian, food service staff, grant and contracts staff, youth care program support staff, school administrators, physical education instructor, culinary instructor, family teachers, and youth.

## **II. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement.**

- a. Implementation Plan:
  - i. Principals of Boys Town's schools, Director of the Food Service Department, and Food Service Dietitian are responsible for implementing recommendations from the Wellness Committee and for addressing concerns such as food availability, sufficient mealtime, nutrition education, and physical fitness activity during the school day.
- b. Recordkeeping:
  - i. The district will retain records to document compliance with the requirement of the wellness policy in the Food Service Department Office.
- c. Annual Notification of Policy and Triennial Progress Assessment:
  - i. The district will inform family teachers, staff, and the public of any updates to the wellness policy and its implementation status via school website and/or email.
  - ii. Triennial Assessment Reports:
    1. Will be conducted at least once every three years; the district will evaluate compliance with the wellness policy to assess the implementation of the existing policy and identify necessary revision.
    2. The Director of Food Service will prepare a written report to notify households/families of the results.
- d. Updating and Modifying the Wellness Policy:
  - i. The Wellness Committee will update or modify the Wellness Policy based on the results of the annual internal review, the Triennial assessment report and/or district priorities changes. The updates will take into consideration community needs, wellness goals met, new health sciences, information, and technology emerges; new Federal or state guidelines are issued. At minimum, the policy will be assessed and updated every three years, following the triennial assessment.

e. Community Involvement, Outreach and Communications:

- i. The district is committed to being responsive to community input, which begins with awareness of the wellness policy. They will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum.

**III. Nutrition**

a. USDA School Meals

- i. School meals include a variety of healthy choices while accommodating special dietary needs. Boys Town schools participate in the USDA child nutrition program, including the national school lunch program (NSLP) and national school breakfast program (NSBP). Boys Town administers the Child School Lunch in accordance with the appropriate guidelines set forth by the U.S. Department of Agriculture. Food safety and menu planning must be of the highest quality and in the best interest of youth health. Youth may provide input on menu selections based on local, cultural, ethnic, and/or traditional events. Meal selection should be part of a pleasant eating experience.
- ii. In addition:
  1. The Inpatient Psychiatric Unit and Residential Treatment Center have access to both the USDA School Breakfast Program.
  2. All Boys Town's youth residential programs, Inpatient Psychiatric Unit, and Residential Treatment Center have access to the USDA School Lunch Program
  3. All reimbursable meals meet nutrition standards mandated by the USDA, as well as any additional state nutrition standards that go beyond USDA requirements.
  4. As a Residential Childcare Institutions (RCCI) environment, all students receive a free lunch no matter their financial status.
  5. Students are provided with at least 10 minutes to eat breakfast and 20 minutes to eat lunch after being seated.
  6. Meals are served in a clean and pleasant setting and under appropriate supervision. Rules for safe behavior are consistently enforced.
  7. Withholding food or serving food that is of lesser quality or nutrition is never to be used a punishment.
  8. High school campuses are "closed," meaning that students are not permitted to leave the school grounds during the school day.
  9. Students have access to handwashing/hand-sanitizing facilities before meals.
  10. Menus are created and reviewed by a Registered Dietitian.
  11. The school menu is distributed monthly to schoolteachers and sent out to Family-Teachers to share with youth in their homes. Menus are also posted in dining rooms and on school's website.

- b. Staff Qualifications and Professional Development
  - i. All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standard for child nutrition professionals.
- c. Access to Drinking Water
  - i. Students and school employees have access to free, safe, fresh drinking water at all times throughout the school day and where school meals are served during mealtimes. Maintenance is performed on all water fountains regularly to ensure quality hygiene standards.
  - ii. Water cups/pitchers will be available in dining rooms if a drinking fountain is not present. They will be maintained on a regular basis to ensure good hygiene standards are being followed.
- d. Competitive Foods and Beverages
  - i. All foods and beverages sold on school grounds to students outside of reimbursable school meals are considered "competitive foods," and include items sold from vending machines. Vending machines are for employees only and youth do not have access. All food and beverages sold and served outside of the school meal programs will meet the USDA Smart Snack in Schools nutrition standards.
  - ii. Nutrition Standards for All Food and Beverages Sold or Served on School Grounds: Boys Town looks for ways to actively promote Smart Snack options such as, fruits, whole grains, vegetables, and low-fat snacks as alternative healthy food sources for youth. High-sugar-based foods and drinks, fried foods, and food with high fat content are avoided.
- e. Celebrations and Rewards
  - i. All foods offered on campus meet the USDA Smart Snack nutrition standards. The district will provide a list of food and beverages that meet smart snacks nutrition standards.
- f. Nutrition Education and Promotion
  - i. Nutrition education is integrated into the core school curriculum and physical/wellness activities, and is encouraged in Boys Town's youth residential programs, Inpatient Psychiatric Unit, and Residential Treatment Center. All sites surrounding nutrition education focus on positive behavior, provide an interactive component that encourages participation.
  - ii. Students receive consistent nutrition messages through schools, classrooms, cafeterias, and school media.
  - iii. Boys Town schools follow Nebraska Department of Education health education curriculum standards and guidelines.
    - 1. Nutrition education is marketed in the Lunchrooms around campus.
    - 2. Located on the wellness committee website which is accessed through the school website.
  - iv. All Employees who are responsible for providing nutrition education participate in relevant professional development.
- g. Food and Beverage Marketing in Schools
  - i. Marketing: School-based marketing will be consistent with nutrition education and health promotion.

- ii. Examples of marketing techniques include:
  - 1. Brand names, trademarks, logos, or tags, except when placed on a physically present food or beverage product or on its container.
  - 2. Displays, such as on vending machine exteriors.

#### **IV. Physical Activity**

- a. Boys Town schools follow the guidelines of the Nebraska Department of Education physical education requirements. All Physical Education staff meet the qualifications to teach K-12 set by the State.
- b. All students have opportunities for physical activity beyond physical education classes on a daily basis, such as walking to and from school and walking to their classes during the school day. Physical Activity is not used or withheld as punishment.
- c. Accommodations are met based on student physical restrictions as necessary.
- d. Recess: All elementary students have at least 20 minutes a day of supervised morning recess, during which moderate to vigorous physical activity is encouraged.
- e. Physical Activity Programs: Elementary, middle, and high school students are offered extracurricular physical activity programs, such as physical activity clubs and intramural sports. The high school and middle school offer interscholastic sports programs to students.

#### **V. Other Activities that Promote Wellness**

- a. Community Health Promotion and Engagement
  - i. The Wellness Committee promotes to parents/caregivers, family homes, and communities the benefits of and approaches for healthy eating and physical activity. Families will be informed and invited to participate in school sponsored activities and receive information about health promotion efforts.
- b. Staff Wellness and Health Promotion
  - i. Education staff are encouraged to participate in "Wellness Wednesday" which supports overall health and wellness, including mind, body, and spirit.

#### **VI. Evaluation and Enforcement**

These wellness procedures were developed by the Boys Town Wellness Committee. The Committee is active – meetings are held four times during the school year to review and revise, if needed, policy content and to design and to evaluate implementation plans through district schools. The Committee also undertakes additional tasks that are consistent with following the wellness policy guidelines issued by the USDA.

Current members of the Boys Town Parent Advisory Committee, comprised of parents of both former and current Family Home Program youth, address food-related topics of concern during their regularly scheduled meetings. A

representative from that Committee serves as a spokesperson and attends the routinely scheduled Wellness Committee meetings, sharing all concerns and ideas raised by parents.

## **VII. Nondiscrimination Statement**

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at:

<https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail:  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: Program.Intake@usda.gov

This institution is an equal opportunity provider.

## Details

### USDA Youth Health and Wellness

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**Policy, Procedure, Practice, Guideline:** [Procedure](#)

**Governing Policy :**

Related Authority Documents:

Title	Description
No records to display	

Related Citations:

Citation Title
No records to display

**Published Date:**

**Review Frequency:** [Annual](#)

Departments

**Identify all departments that utilize the system:**

- **Major Programs:** the high-level operational areas
- **Site Locations:** the physical locations
- **Support Services Programs:** business functions supporting operations
- **Health Care Programs:** clinical operations and hospital administration
- **Youth Care Programs:** Youth Care operations and administration

Major Programs:

Name
<a href="#">Health Care (BTNRH)</a>
<a href="#">Youth Care</a>

Site Locations:

Name
<a href="#">Home Campus</a>

Support Services Programs:

Name
No records to display

Health Care Programs:

Name
<a href="#">Behavioral Health</a>

Youth Care Programs:

Name
<a href="#">Boys Town Schools</a>
<a href="#">Intervention and Assessment</a>

## Review

**Front Line Reviewer:**

**Compliance Approver:** Ingraham, Lynn

**Policy Owner:**

**Initial Approver 2:**