

Wellness Policy

RMYA is committed to providing healthy and safe environments for all School Breakfast Program (SBP) / National School Lunch Program (SBP/NSLP) RMYA program participants and RMYA staff. SBP/NSLP program participants include residents of The Meadows RTC, Girlsville/Junction GRO, The Bridge Emergency Shelter, and Meadowland Charter School (MLCS) day students. The primary focus of the Wellness Policy is to protect and promote children's health and wellbeing, and to support life-skill development, healthy eating habits, and physical activity.

Development of Wellness Plan and Responsibilities: The RMYA Wellness Committee shall develop program wellness goals and plan, and make recommendations to the RMYA Board. The Board will assess and approve the plan. Once approved, the RMYA Child Nutrition Program Manager (Program Manager) will be responsible for implementing the plan, and recommend any necessary updates to the Committee.

Coordinated Health Program: The Program Manager shall implement a coordinated health program for all SBP/NSLP RMYA program participants developed with the help of DFPS minimum standards, USDA guidelines, RMYA residents and staff, and Meadowland Charter District (MLCD). MLCS provides nutritional, age-appropriate education in the classroom to include worksheets and activities from the health curriculum for students. A coordinated health track is also offered to students and contains a nutrition and health education curriculum that emphasizes the importance of proper nutrition and physical activity in school and non-school based activities.

Nutrition Guidelines: RMYA shall ensure that nutrition requirements for reimbursable meals shall be as rigorous as federal regulations and that all foods available for SBP/NSLP RMYA program participants including those sold in and/or given away in special situations for students and adults are in accordance with the Texas Department of Agriculture. Program guidelines shall follow federal and state guidelines and shall include:

- 1) Food safety
- 2) Food and beverage nutritional values
- 3) Competitive food sales
- 4) Menu development
- 5) Expectation of direct-care staff to ensure consistent daily implementation
- 6) Physical activity

Nutrition Education: Nutrition education for SBP/NSLP RMYA program participants shall be included as a component of the coordinated health program in school and non-school based activities.

Nutrition Education for residents shall include:

- 1) Age-appropriate nutrition education classes during physical education classes, after school life skills classes.
- 2) RMYA employees will receive training regarding the facility's nutrition program.
- 3) Information in health education textbooks and integrated as appropriate into the core subjects.
- 4) Resources, materials, and presentations shall be available to all RMYA program participants and shall include healthy food preparation and risk factors for poor nutrition and inactivity.

Nutrition Promotion: RMYA shall provide nutrition promotion for residents residing at The Meadows RTC, Girlsville/Junction GRO, The Bridge Emergency Shelter, and MLCS day students and staff. Nutrition promotion shall be a reminder of healthy choices for a healthy life. The RMYA Wellness Committee will periodically update goals and effective ways to communicate nutrition promotion to keep current with health and nutrition needs.

Goals for nutrition promotion are achievable by having, but not limited to the following:

- 1) Menus designed to promote healthy eating that meet Federal guidelines. All of RMYA menus will be developed with the input of staff, residents of the Meadows RTC, Girlsville/Junction GRO, The Bridge Emergency Shelter, and MLCS day students.
- 2) Healthy messages via print media displayed in cafeteria, residential cabins and in school.
- 3) Promotion presentations arranged by the Child Nutrition Program Manager with assistance by assigned staff.
- 4) Healthy messages on serving line banners and nutrition links sent to Meadowland for The Meadows RTC and Girlsville/Junction GRO program cabins, The Bridge Emergency Shelter, and MLCS day students.
- 5) Staff shall be encouraged to support the child's participation, to be active role models, and to include nutrition promotion in their monthly recreational calendar.

Physical Activity: RMYA shall ensure that physical education and physical activity components will offer at least the required amount of physical activity and/or education for all grades to promote wellness.

RMYA establishes the following goals:

- 1) To provide a safe environment that will emphasize and engage residents residing in The Meadows RTC, Girlsville/Junction GRO, The Bridge Emergency Shelter, and MLCS day students in moderate to vigorous activity as appropriate.

- 2) To provide adequate, developmentally appropriate, safe facilities and recreation areas for physical activity.
- 3) To provide staff with education and guidelines to ensure that they shall not use physical activity nor withhold opportunities for physical activity as a negative consequence.
- 4) To incorporate physical activities during and after the school day as appropriate.

Guidance and Counseling: RMYA will help children develop positive decision-making skills related to health and wellness in order to function, contribute, and complete in a changing world.

Goals shall include that:

- 1) Families are provided information about the importance of good nutrition and keeping physically active through parenting classes at the RMYA Family Counseling & Resource Center.
- 2) Client needs are met with responsive services which may include group and individual counseling, coordination of services, and/or referral to external agencies as needed.

School and Non-School Based Activities: RMYA is committed to creating an environment that promotes healthy eating, physical activity, and a consistent wellness message through all school-based activities.

Goals shall include:

- 1) Dining areas at Meadowland for The Meadows RTC residents, Girlsville/Junction GRO residents, The Bridge Emergency Shelter residents, and MLCS day students shall be clean, safe, and comfortable.
- 2) Sufficient time shall be scheduled for students to eat seated in the cafeteria, which includes 20 minutes to eat breakfast and 20 minutes to eat lunch.
- 3) RMYA staff will be expected to follow the agency's nutritional guidelines and to model good nutritional eating habits to the residents in care and MLCS day students.
- 4) Competitive foods and beverages may be sold as a part of a fundraiser on allowable days are not required to meet applicable nutritional standards provided that they are not sold in competition with school meals in the food service area during the meal service.
- 5) Residents and staff at Meadowland for The Meadows RTC, Girlsville/Junction GRO, The Bridge Emergency Shelter, and day students of MLCS will be informed of and updated on this Wellness Policy, which will be included in the Program binders.
- 6) Wellness activities for residents at Meadowland residing in The Meadows RTC, Girlsville/Junction GRO, The Bridge Emergency Shelter, day students of MLCS, families, community members and staff shall be promoted at suitable school activities.

Monitoring and Implementation: RMYA shall require that an annual survey be conducted at each facility to determine compliance with various components of the Wellness Policy. Data from the annual survey shall be analyzed to determine the extent to which the facilities have progressed in attaining the goals of the Wellness Policy.

The RMYA Wellness Committee will hold quarterly meetings including key stakeholders (i.e., school nurse, medical liaison, a MLCS school representative, community member, a RMYA Board member and others as designated) to monitor, review and update the Wellness Policy and its implementation as necessary. The Committee will ensure that the Wellness Policy meets the needs of all The Meadows RTC and Girlsville/Junction GRO residents, The Bridge Emergency Shelter residents, and MLCS day students, that on-going education efforts are being made in accordance with any changes in local, state and federal nutritional guidelines, and that documentation of the evaluation of this plan is maintained.

Annual surveys that are given to RMYA staff and other stakeholders will assist in the evaluation of the Wellness Policy. Any recommendation, changes or corrective action needed will be documented by the RMYA Wellness Committee and presented to the Chief Executive Officer. The RMYA Board will provide approval and oversight of the RMYA Wellness Policy.

The Wellness Policy will be posted on the RMYA website and the MLCD website.

Records Retention: RMYA will retain all records for a minimum of 3 years consisting of Compliance documents, physical program manuals and a USDA online folder for staff documents (i.e., production records, menus, recipes, etc.).

RMYA Chief Executive Officer Signature

Date

Board Member Signature

Date