

International Leadership School Wellness Policy Wellness Policy on Physical Activity and Nutrition

International Leadership School supports the health and well-being of its youth by promoting good eating habits and physical activity. In accordance with federal law, it is the policy of International Leadership School to provide youth with access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; and require that all meals served by the facility meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture. A Coordinated Wellness Committee has been formed to maintain and oversee these activities. International Leadership School Wellness Policy shall be made available to youth and families by means of program handbooks, parent intake packets, and the isoni.org website.

I. WELLNESS COMMITTEE

International Leadership School will engage administrators, department supervisors, teachers, food service professionals, health professionals, the purchasing agent, and youth in developing, implementing, monitoring and reviewing International Leadership School Wellness Policy on Physical Activity and Nutrition. The Wellness Committee shall meet annually to review nutrition and physical activity policies and to develop an action plan for the coming year as necessary. The Committee shall meet as needed during the school year to discuss implementation activities and address barriers and challenges.

II. NUTRITION EDUCATION

Nutrition education will be provided monthly and will include lessons from the Choose My Plate 10 Tips Nutrition Education Series provided by the USDA, along with other supportive materials. Day Reporting program participants also receive hands-on training regarding food preparation, safety, proper sanitation, menu planning, portion control, reading recipes, reading labels, plating, etc. during on-site cooking groups.

At least one kitchen personnel will be certified in the Servsafe program.

GOALS:

- * Promote whole grains, low/no fat dairy, and increase quantity and variety of fruits and vegetables.
- * Make nutrition education interactive and teach youth skills to adopt healthy eating behaviors.
- * Involve all staff as role models for youth. Staff members will join the youth at the table for meals and will consume the same healthy food and drink.
- * Kitchen personnel will participate in a minimum of 1 in-service training per quarter.

III. NUTRITION PROMOTION

ILS aims to teach, encourage, and support healthy eating by residents. The facility will engage in nutrition promotion that:

GOALS:

- * Promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- * Emphasize caloric balance between food intake and energy expenditure (physical activity/exercise).
- * Include training for staff.

IV. PHYSICAL ACTIVITY

International Leadership School the health and well-being of youth by promoting physical activity. Both Detention residents (1 hour) and Day Reporting program participants (45 minutes) engage in a scheduled recreation period daily. (i.e., local parks, baseball fields, swimming pool, bowling alley, etc.); as well as, physical activity while engaging in community service (i.e., landscaping, picking up trash, cleaning, etc.).

Outside space is provided for youth to engage in various types of physical activities.

GOALS:

- * A combination of aerobic, stretching and muscle building activities will be rotated to ensure a varied and holistic workout.
- * Youth will be provided opportunities to develop knowledge and skills for specific physical activities.
- * Youth will be educated on the short and long-term benefits of a physically active lifestyle.
- * Encourage teamwork among staff to develop ways to integrate physical activity into daily routines of youth.
- * Limit TV and downtime.
- * ILS prohibits the use of physical activity as punishment.

V. Other School-Based Activities

GOALS:

- * Have a garden on the school campus.
- * Houses a counselor employed by the International Leadership School to provide counseling to ensure the emotion and social well-being of all students and residents.
- * Will not use unhealthy food as fundraising opportunities. Instead, International Leadership School will benefit from physical activity-based fundraising such as a yearly 5K race, golf scramble, etc.

VI. MEAL CONTENT

1. Meals served through the National School Lunch and Breakfast Programs will:

- a. Be appealing and appetizing to children;
- b. Meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs;
- c. Contain 0% trans fats;
- d. Less than 10% of total calories from saturated fats;
- e. Offer a variety of fruits and vegetables
- f. Include whole grains for at least half of all grains served;
- g. Offer low-fat and non-fat milk;
- h. Offer only 100% fruit juices.
- i. Make potable (drinking) water readily available at all mealtimes.
- j. No food is sold to students at this time, we are not marketing food at this time.

1. An approved vendor

2. Menus will be reviewed and approved by a licensed dietician.

3. Special dietary needs of students will be considered when planning meals, according to the document Accommodating Children with Special Dietary Needs in the School Nutrition Programs.

4. Menu items may be substituted as needed for the safety and security of individual residents while on suicide watch or other limited circumstances. All substitutions will be made while maintaining compliance with USDA standards.

5. The food services department will share information about the nutritional content of meals with students, program participants, and parents/guardians. The information will be available in resident handbooks and parent intake packets.

GOALS:

- * All cooked foods will be baked or steamed.
- * Proper procurement procedures and preparation methods will be used to decrease excess fat, calorie and sodium levels in food.
- * Introduce whole grain pastas to youth and staff.
- * Provide opportunities for taste testing of new healthier foods being introduced on the menu.
- * Menus will include larger variety of vegetables, particularly in the categories of beans/peas and red/orange.

VII. MEALTIME SCHEDULE AND LOCATION

1. Adequate time will be provided for youth to eat meals and snacks.

a. Detention meals will be served as follows:

- Breakfast 7:40 till 7:55 am
- Lunch 10:30 am elementary

2. Meals will be served in a clean, safe and appropriate setting (i.e. dining room, multipurpose room, and resident's cells as needed).

3. Appropriate supervision is provided in the dining area and rules for safe behavior shall be consistently enforced.

4. Meals and snacks will not be used as reward for good behavior or withheld for any reason, including punishment for inappropriate behavior.

5. Convenient access to hand-washing and sanitizing stations are available.

VIII. STAFF WELLNESS

The ILS supports the health and well-being of staff by promoting physical activity. Staff members are encouraged to participate in daily recreational activities with youth. Staff members are also provided opportunities to access the facility gymnasium and equipment, when not in use by the youth, during lunch breaks. Staff members are also provided one well-balanced meal, at no cost, during each shift.

GOALS:

- * Increase staff involvement during youth recreational periods.
- * Attempt to make arrangements with local fitness centers to offer reduced membership fees to staff.
- * Transition in healthier food and beverage

IX. EVALUATION

The Wellness Committee will meet annually, at minimum, or more often as needed to evaluate the implementation and impact of the Wellness Policy on Physical Activity and Nutrition. Goal attainment will be measured, using a tool designed by International Leadership School, and goals will be revised and updated or newly created. Policy language will be assessed each year and revised as needed.

Each department supervisor (Food Service, Learning Center, Secure Detention and Day Reporting) is responsible for monitoring daily implementation of the Wellness Policy within his/her department. Department Supervisors report directly to the Administrative Supervisor. The Administrative Supervisor is responsible for calling the committee to meet for any concerns or changes.

GOALS:

- * Meet continuously
- * Review menus, production records, special diet documentation.
- * Confirm staff are receiving nutrition education as prescribed.

Wellness Committee – policy updated, reviewed and approved: _____

Physical Education teacher: _____ Date: _____

Administrative Assistant: *Dina Ali* Date: 10/24/19

Food Service Representative: *Dina Ali* Date: October 24, 2019

Health Care Representative: _____ Date: _____

Principal: *Abdulwahab Abashaar* Date: 10/24/2019

Addendum/ Changes to Wellness Policy

_____ Date: _____ Initials: _____