

## Crossnore School & Children’s Home

<b>Policy and Procedures Name:</b>	<b>Wellness</b>
<b>Domain:</b>	<b>Agency Wide</b>
<b>Policy Location:</b>	<b>Google Drive</b>
<b>Date of Original Adoption:</b>	<b>6/3/17</b>
<b>Effective Date:</b>	<b>6/3/17</b>
<b>Dates of Revision(s):</b>	<b>5/17</b>
<b>Current Version Verified By:</b>	<b>Board of Trustees</b>
<b>References:</b>	<b>U.S.D.A., Dept. of Health and Education, Dept. of Public Instruction, School Breakfast Program, National School Lunch Program</b>

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## **Crossnore School & Children's Home**

### **Purpose**

The Crossnore School & Children's Home acknowledges student wellness is an integral part of its Philosophy of Care, and as such, is committed to ensuring that its students learn, establish, and maintain lifelong healthy eating and activity behaviors. Through its Wellness Policy and related programs, The Crossnore School & Children's Home resolves to fight childhood obesity and the risks of chronic disease as well as promote students' overall health, behavior, and academic achievement. Our commitments to providing nutrition education and regular physical activity, as well as access to nutritious foods for all students, are outlined here.

In all aspects of wellness, Crossnore School & Children's Home staff shall serve as role models for good nutrition and physical activity behaviors. Students shall receive consistent wellness messages throughout the Crossnore School & Children's Home environment, including the classrooms at Williams Academy, Belk Dining Hall, Cottages, and Crossnore School & Children's Home media.

This policy outlines the approach of Crossnore School & Children's Home—both through Marjorie Williams Academy and through residential services—to encourage children and staff to practice healthy eating and to lead a physically active lifestyle.

### **Who We Are**

Crossnore School & Children's Home is a non-profit residential foster care home for children in crisis from North Carolina. With two campuses—one located on 85 acres in the beautiful Blue Ridge Mountain town of Crossnore, NC, and the second located on 212 rolling acres on the edge of downtown Winston-Salem, NC—Crossnore School & Children's Home provides a sanctuary of hope and healing for these children.

There are five homes on the Winston-Salem campus and fourteen homes on Crossnore campus that serve the everyday needs of one hundred thirty children. The children live under the close supervision of two cottage parents—dedicated professionals who provide love and assistance twenty-four hours a day. Crossnore School & Children's Home is licensed to serve children from the ages of one to twenty-one on our campuses.

Our educational services include a K-12 Public Charter School, Marjorie Williams Academy, on the Crossnore campus, and day treatment programs in the Winston-Salem/Forsyth County Schools. Opening in 1999, Williams Academy serves as the Local Education Agency (LEA) for all residential children on the Crossnore, NC campus of Crossnore School & Children's Home.

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Along with residential students the Academy also serves fifty students from the community in a K-12 learning environment between the hours of 7:30AM and 3:10PM, Monday through Friday. The mission of Williams Academy is to offer a stable, emotionally supportive, educational environment for children with a goal of empowering each child to achieve his or her real academic and social potential.

Therapeutically, we are able to offer multiple forms of therapy on campus ranging from family and play therapy to substance abuse and EAGALA (Equine Assisted Growth and Learning Association) therapy. Other therapies include intensive in-home services and outpatient therapy clinics. Our community-based services include single-family foster care and therapeutic foster care in Winston-Salem. These services will be expanded to the Crossnore community as well. Crossnore School & Children's Home offers a holistic approach to treating the whole child emotionally, physically, mentally and spiritually. Crossnore's theory of change model is unique to the organization.

### **Mission Statement**

The mission of the Crossnore School & Children's Home is to grow healthy futures for children and families by providing a Christian sanctuary of hope and healing.

### **Accreditations/Affiliations**

Crossnore School & Children's Home is proud to be accredited by and affiliated with the following organizations: Council on Accreditation (COA), Southern Association for Colleges and Schools, Coalition for Residential Education (CORE), Daughters of the American Revolution (DAR), Benchmarks, Western North Carolina Conference of the United Methodist Church, Avery County Chamber of Commerce, and Winston-Salem Chamber of Commerce.

### **School Wellness Committee**

The Crossnore School & Children's Home's Wellness Committee will represent all school levels (elementary and secondary schools) and all organization personnel, and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program; physical/health education teachers; health services staff; mental health and social services staff; school administrators; school board members; health professionals; and the general public. To the extent possible, the School Wellness Committee will reflect the diversity of the community.

This Committee will develop and maintain a plan for implementation to manage and coordinate the execution of this Wellness Policy. The plan will delineate roles, responsibilities, actions and

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timelines; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

The Crossnore School & Children's Home will continue relationships with community partners in support of this Wellness Policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure they are consistent with the Wellness Policy and its goals.

The Wellness Committee is co-chaired by the Recreation Director and Medical Coordinator. Additional members of the Wellness Committee include the Director of Dietary Services, the Principal of Williams Academy, the Chief Program Officer, and HR Generalist. The Wellness Team includes the Wellness Committee as well as Cottage Parents, community parents, and students. With the belief that modeling sound wellness practices is the responsibility of all staff at The Crossnore School & Children's Home, meetings shall be open to all staff and to the public. The names, titles, and contact information of these individuals is:

Name	Title/Relationship to Crossnore School & Children's Home	Email Address	Role on Committee
Andrew Florence	Recreation Director	aflorence@crossnore.org	Co-Chair
Tammy Henson	Medical Coordinator	thenson@crossnore.org	Co-Chair
Angelina Spencer	Chief Program Officer	aspencer@crossnore.org	Communicates Wellness Policy to organization leadership

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Cyndi Austin	Williams Academy Principal	caustin@crossnoreschool.org	Representative of Williams Academy personnel and policies
Adam Jarrell	Director of Residential Life	ajarrell@crossnore.org	Representative of residential services
Laura Laughridge	HR Generalist	llaughridge@crossnore.org	Ensures wellness policy compliance with other organization policies
Kelly Holbrooks	Dietary Services	kholbrooks@crossnore.org	Facilitates communication with USDA
Josh Anding	Cottage Parent	janding@crossnore.org	Assists in the evaluation of the wellness policy implementation
DeLee Scott	Membership Director, YMCA; Parent	delee@ymcaavery.org	Contributes resources available through Williams YMCA
Sabrina Kees	WIC Nutritionist; Parent	sjkees@gmail.com	Contributes resources available through Avery County Health Department
Tabitha Schwebke	Parent	tds3.9.86@hotmail.com	Assists in the evaluation of the wellness policy

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			implementation
Eric Johnston	Cottage Parent	ejohnston@crossnore.org	Assists in the evaluation of the wellness policy implementation
Caleb Evington	Cottage Parent	cevington@crossnore.org	Assists in the evaluation of the wellness policy implementation
Jason Rex-Taylor	Parent	jasonrextaylor@gmail.com	Assists in the evaluation of the wellness policy implementation
Angie Strickland	Cottage Parent	astrickland@crossnore.org	Assists in the evaluation of the wellness policy implementation
Deborah Garrison	Cottage Parent	dgarrison@crossnore.org	Assists in the evaluation of the wellness policy implementation

The Crossnore School & Children's Home will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff.

### Access

The current Local School Wellness Policy may be accessed any time at the Crossnore School & Children's Home website at [www.crossnore.org](http://www.crossnore.org), and on the Williams Academy website at [www.williamsacademy.org](http://www.williamsacademy.org), and available to all staff on the Staff Resources webpage.

Crossnore School & Children's Home will use electronic mechanisms, such as email, as well as non-electronic mechanisms, such as newsletters and sending information home to parents to

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ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. Communications will be culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that information is communicated to parents. Crossnore School & Children's Home will actively notify the public about the content of any updates to the wellness policy annually, at a minimum. These mechanisms will also be used to inform the community about the availability of the annual and triennial reports.

Records to document compliance with the requirements of the wellness policy will be kept by the Director of Compliance and Sanctuary in the administration building of the Crossnore School & Children's Home. Documentation maintained in this location will include, but will not be limited to:

1. The written Local Wellness Policy
2. Documentation demonstrating that the policy has been made available to the public
3. Documentation of efforts to review and update the Local Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate in the School Wellness Committee.
4. The most recent School Health Index assessment on the implementation of the Local Wellness Policy, including documentation demonstrating that these results have been made available to the public.

## **Williams Academy Student Wellness Policy**

Williams Academy promotes health in students by supporting wellness, quality nutrition and regular physical activity as a part of the total learning environment. The Williams Academy Board of Directors supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of quality nutrition and physical activity, schools contribute to the basic health status of students.

Williams Academy maintains a local Wellness Policy Committee that is comprised of representatives of parents, students, community members and employees. The local Wellness Policy Committee is charged with the responsibility of developing a plan to implement and measure the effectiveness of the Local Wellness Policy. The Principal of Williams Academy chairs this committee.

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The Food Service Director is responsible for ensuring that the school is meeting the Local Wellness Policy. Along with the Food Service Director, this policy is monitored by the Wellness Policy Committee to ensure compliance. The principal is made aware of these nutrition and physical activity goals and is available to report on these matters to the Board of Directors when requested.

The Wellness Policy Committee reviews the policy every year from the date of issue to determine the scope of policy compliance and the extent of progress being made toward the student wellness goals. As part of this assessment, the committee reviews current trends in nutrition and physical activity policies and practices and the provisions that support an environment of healthy eating and physical activity. Upon review and as necessary, the Wellness Policy Committee will make recommendations to the Food Service Director for modifications to this policy annually.

The targeted goals outlined in the following sections of this policy are designed to reflect best practices in the area of child nutrition and physical activity at the time this policy was written. It must be understood that these practices represent the ideal and may, in some instances, not be immediately obtainable or even practical, given unique circumstances of the child. This should not, however, deter the establishment of these high standards toward which progress can be made over time.

The targeted wellness goals are divided into five categories:

1. Section 1 - Nutrition education and promotion;
2. Section 2 - Other school-based activities that are designed to promote student wellness;
3. Section 3 - Physical activity;
4. Section 4 – Nutrition guidelines for all foods available during the school day;
5. Section 5 – Baseline Assessments.

### **Student Wellness Policy Goals**

#### Section 1 – Nutrition Education and Promotion

Nutrition education and promotion targeted goals include:



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1. Nutrition education that is offered as part of a sequential, comprehensive standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
2. Nutrition education that is fully integrated into health education classes and other classroom instruction subjects, taught by the classroom instructors, utilizing materials provided by the USDA and Depts. of Health and Education.
3. Nutrition education utilizing materials provided by the Department of Education and the Department of Public Instruction that includes enjoyable, developmentally appropriate and culturally relevant participatory activities; such as contests, promotions, taste-testing, farm visits and school gardens.
4. Nutrition education that promotes foods of high nutritional value; such as fruits, vegetables, and whole-grain foods, as well as foods low in saturated fat, trans-fats, and added sugar.
5. Nutrition education that emphasizes portion control and caloric balance between food intake and physical activity.
6. Nutrition education that links with meal programs, other foods and nutrition-related community services.

### Section 2 – Other School-based Activities that Promote Student Wellness

1. Integrating physical activity into classroom settings targeted goals include:
  - a. Offering classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities.
  - b. Encourage more physical activity by minimizing sedentary activities, such as watching television, playing computer games, etc.
  - c. Provide opportunities for physical activity to be incorporated into other subject lessons.
  - d. Encouraging classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.

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2. Meal times and scheduling targeted goals include:
  - a. Provide at least 10 minutes for students to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
  - b. Breakfast should be scheduled anywhere between 7:20 a.m. and 8:15 a.m.; lunch should be scheduled between 10:00 a.m. and 1:00 p.m.
  - c. Should not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities.
  - d. Provide access to hand washing or sanitizing before students eat meals or snacks.

### Section 3 - Physical Activity targeted goals include:

1. A comprehensive activity program encompassing a variety of opportunities for all students to engage in up to 60 minutes of vigorous activities several times a week. The activity program should consist of physical education, recess, fitness breaks, sports, and other physical activities.
2. School is encouraged to make structured physical education available to students, daily, as resources allow. This will assist in the critical motor skills development students need at this age. If daily physical education is not possible, it should be provided at least once a week for students in grades K-5 and at least two to three times per week for students in grades 6-8 as part of their schedule rotation.
3. School is encouraged to provide recess for approximately 20-30 minutes per day, preferably outdoors that involves moderate to vigorous physical activity through the provision of space and equipment.
4. School is encouraged to provide brief activity breaks and discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, school shall give students periodic breaks during which they are encouraged to stand and be moderately active. These activity breaks should not deviate from the North Carolina DPI Testing and Accountability guidelines regarding scheduled breaks during testing.

5. Because physical activity is important, all school personnel are required to find alternatives to using denial of recess or physical activity as a discipline strategy. This does not include participation on sports teams that have specific academic requirements.
6. Grades K-1 receive 150 minutes of physical education each week throughout the school year, while grades 2-5 receive at least 150 minutes of physical education each week for 18 weeks of the school year.
7. Middle school students receive 150 minutes of physical education each week throughout the school year. High school students are required to take one academic year of physical education, equating to at least 7.5 hours each week for a semester. High school students are also offered electives in Advanced PE and Life Skills, though these courses are not required.
8. Health education curriculum will include the following essential topics on physical activity:
  - a. The physical, psychological, or social benefits of physical activity
  - b. How physical activity can contribute to a healthy weight
  - c. Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
  - d. Differences between physical activity, exercise and fitness
  - e. Phases of an exercise session, that is, warm up, workout and cool down
  - f. Preventing injury during physical activity
  - g. Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
  - h. How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
  - i. Developing an individualized physical activity and fitness plan

- j. Monitoring progress toward reaching goals in an individualized physical activity plan
- k. Social influences on physical activity, including media, family, peers and culture
- l. Health education curriculum will include the following essential topics on healthy eating:
  - i. Relationship between healthy eating and personal health and disease prevention
  - ii. Food guidance from MyPlate
  - iii. Reading and using FDA's nutrition fact labels
  - iv. Eating a variety of foods every day
  - v. Balancing food intake and physical activity
  - vi. Eating more fruits, vegetables and whole grain products
  - vii. Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat
  - viii. Choosing foods and beverages with little added sugars
  - ix. Preparing healthy meals and snacks
  - x. Food safety
  - xi. Eating disorders
  - xii. Social influences on healthy eating, including media, family, peers and culture

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### Section 4 - Nutrition Guidelines for all Foods Available during the School Day

1. School meals served targeted goals include:
  - a. Meals that are both appetizing and attractive meals to children.
  - b. Meals that meet minimum nutritional requirements established by local, state and federal law.
  - c. Meals that offer a variety of food containing high nutritive value, preferably fresh fruits and vegetables.
  - d. Sliced or cut fresh fruit is available daily
  - e. Daily options displayed in a location in line of sight and reach of students
  - f. All staff have been trained to prompt to select and consume vegetables with meals
  - g. White milk is placed in front of other beverages
  - h. A reimbursable meal can be created in any service area
  - i. Student surveys and taste testing opportunities are used
  - j. Student artwork is displayed
  - k. Daily announcements are used to promote menu options
  - l. Whole fruit options are displayed in bowls or baskets
  - m. Vegetables and fruits are given creative names
  
2. Snacks targeted goal:
  - a. Snacks served during the school day or in after-school care and enrichment programs should make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks with water and

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juice as the primary beverages. School should assess if and when to offer snacks based on timing of meals, children's nutritional needs, children's ages and other considerations.

3. Rewards targeted goal:
  - a. The Board encourages only the use of foods and beverages that meet the recommended nutrition standards. School personnel will not withhold food or beverages from students (including food served through meals) as a punishment.
4. Celebrations targeted goal:
  - a. It is recommended that individual building staff members evaluate their celebrations practices that involve food during the school day.

### **Section 5- Baseline Assessments**

The Wellness Policy Committee has the responsibility to conduct a baseline assessment of the schools' existing nutrition and physical activity environment and practices. The results of this assessment will be compiled at the board level to identify and prioritize needs annually.

## **Crossnore School & Children's Home Residential Wellness Policy**

### **Nutrition Education and Promotion**

Students will receive consistent nutrition messages throughout Williams Academy, Belk Dining Hall, Cottages, and Crossnore School & Children's Home media:

1. Cottage parents will integrate nutrition education into residential life;
2. Nutrition promotion will include participatory activities such as contests, promotions, farm visits, experience working in school gardens and, as appropriate, meal planning and

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preparation in the cottages.

3. The nutrition education program will be linked to school meal programs and Dining Hall nutrition promotion, after-school programs, and farm-to-school programs;
4. Nutrition education will be offered in the Dining Hall as well as the cottages and classrooms, with coordination between the food service staff, teachers, and cottage parents;
5. Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, healthy food preparation methods and accurate portion sizes;
6. Students will have opportunities to taste foods that are low in saturated and trans fats, sodium, and added sugar;
7. Staff members responsible for nutrition education will regularly participate in relevant professional development (for example, training on Dietary Guidelines for Americans and how to teach them; basic food safety; basic cooking skills and techniques, where appropriate)
8. Staff will use only approved nutrition curriculum. Curriculum developed by corporate interests is prohibited.
9. Nutrition education will be provided to cottages via handouts and professional development/trainings. The Williams Academy lunch menu will be posted online on the campus calendar, accessible by staff email.
10. Staff is strongly encouraged to model healthful eating habits and discouraged from eating in front of students/sharing food with students during regular class time, outside of activities related to the nutrition education curriculum.
11. Appropriate food service and food handling training will be provided to all Cottage Parents, including HAACP training.
12. Cottage Parents will be requested to prepare meals and snacks that meet approved, appropriate nutrition standards and will be provided with written (and verbal and direct) guidance on how to accomplish this.

Specifically, the nutrition curriculum will encompass:

1. Promotion of adequate nutrient intake and healthy eating practices;
2. Skill development, such as reading labels to evaluate the nutrient quality of foods, meal planning, analysis of health information;
3. Examination of the problems associated with food marketing to children;

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4. Nutrition themes including, but not limited to USDA's MY Plate, Dietary Guidelines for Americans, adequate nutrient intake (such as carbohydrates, proteins, fats) body image, and food safety.
5. Relationship between healthy eating and personal health and disease prevention
6. Reading and using FDA's nutrition fact labels
7. Eating a variety of foods every day
8. Balancing food intake and physical activity
9. Eating more fruits, vegetables, and whole grain products
10. Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat
11. Choosing foods and beverages with little added sugars
12. Preparing healthy meals and snacks
13. Risks of unhealthy weight control practices
14. Accepting body size differences
15. Food safety
16. Importance of water consumption
17. Importance of eating breakfast
18. Making healthy choices when eating at restaurants
19. Eating disorders
20. Reducing sodium intake
21. Social influences on healthy eating, including media, family, peers and culture
22. How to find valid information or services related to nutrition and dietary behavior
23. Resisting peer pressure related to unhealthy dietary behavior
24. Influencing, supporting, or advocating for others' healthy dietary behavior



**Nutrition Standards for All Food and Beverages Served on School Grounds**

**USDA School Meals:**

School meals will include a variety of healthy choices while accommodating special dietary needs and ethnic and cultural food preferences. The Crossnore School & Children's Home shall participate in the USDA School Breakfast Program (SBP), National School Lunch Program (NSLP), and summer food programs.

In addition:

1. The school meal programs will be administered by a team that will include a dietician, business manager and a qualified chef. If The Crossnore School & Children's Home does not employ staff with all three areas of expertise, consultants will be used. All Dining Hall staff will be provided training on USDA meals plans/reimbursable meals so they can properly advise students as to the meal components they may/must take, as well as cooking techniques, recipe implementation, sanitation, and food safety;
2. All menus will be reviewed by a dietician when possible. When this is not feasible, sample USDA menus or USDA software for nutrient analysis may be used.
3. Students will be provided at least 10 minutes to eat breakfast and 20 minutes to eat lunch after being served;
4. Meals will be served in a clean and pleasant setting and under appropriate supervision. Rules for safe behavior will be consistently enforced.
5. Lunch will be scheduled between 11 a.m. and 1 p.m.;
6. Tutoring, club, or organizational meetings will not be scheduled during meal time, unless students may eat during such activities;
7. Students will have access to hand-washing/ hand sanitizing facilities before meals and snacks, and cafeteria staff will remind students to use them;
8. Information on the nutritional content and ingredients of meals will be found on menus and at the Commissary, where Cottage Parents receive food, meal plans, and weekly supplies. Cottage Parents and students will be informed that information is available and information shall be kept current.
9. The Crossnore School & Children's Home shall implement non-traditional breakfast service methods, such as breakfast served in the classroom, when

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service in the Dining Hall is not feasible.

10. Foods served as part of the Before and Aftercare (childcare) programs run by the school must meet USDA standards if they are reimburseable under a school meals program. Otherwise, they must meet The Crossnore School & Children's Home's nutrition standards for competitive foods. Foods served as part of the Before and Aftercare (child care) programs run by an outside organization must meet The Crossnore School & Children's Home's nutrition standards for competitive foods.

### **Competitive Foods and Beverages**

The Crossnore School & Children's Home maintains a "no vending machine" campus, thereby significantly limiting the accessibility and sale of competitive foods. Food and beverage items served at Belk Dining Hall are not for sale. In-school fundraisers utilizing the sale of food items are limited to specific hours that fall outside the regular school day. Foods served as part of the Before and Aftercare (child care) programs must also comply with The Crossnore School & Children's Home's nutrition standards unless they are reimbursable under USDA school meals program, in which case they must comply with all applicable USDA standards.

### **Additional Foods Available to Students**

#### **Fundraising**

1. Non-food fundraising is encouraged. When in-school or out-of-school fundraising involves food, items must meet The Crossnore School & Children's Home's nutrition standards for competitive foods and cannot be sold for immediate consumption.
2. Fundraising activities that promote physical activity are encouraged.
3. Fundraising activities will not promote branded products (for example, Domino's Dough Raising Program, branded candy sales, etc.).

#### **Celebrations**

1. The Crossnore School & Children's Home's discourages the use of foods and beverages as rewards for academic performance or good behavior. Under no circumstances shall staff withhold food or beverages from students (including

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food served through meals) as a punishment.

2. Each student's birthday shall be acknowledged by traditional means, as appropriate for each student.
3. Staff is encouraged and supported in celebration practices that involve food apart from the school day.

### **Access to Drinking Water**

1. Students and all staff members shall have access to free, safe, fresh drinking water at all times throughout the school and work day. Water jugs will be available throughout the campus where water fountains are not present. Drinking cups will be available in the Dining Hall, and supervisory staff will facilitate access to drinking water there.
2. Water will be promoted as a substitute for sugar-sweetened beverages.
3. All staff at The Crossnore School & Children's Home will be encouraged to model drinking water consumption.
4. Maintenance will be performed regularly to ensure that hygiene standards for drinking fountains, water jugs, and other methods for delivering drinking water are maintained.

### **Other**

#### **Marketing**

School-based marketing will be consistent with nutrition education and health promotion. As such, The Crossnore School & Children's Home will restrict food and beverage marketing to the promotion of only those foods and beverages that meet the nutrition standards set forth in this policy.

Each year the Crossnore School & Children's Home will have an Employee Health & Wellness Fair that encompasses local resources to promote healthy and active lifestyle, and to help gain access within the community. Additionally, there will be a student health fair held each summer that will cover topics such as healthy eating, physical activity, drug prevention & awareness, and other aspects of health.

### **Food used as reward or punishment**

Research clearly indicates that the use of food to reward/reinforce desirable behavior and academic performance, etc., has negative, unintended consequences. The use of food as a reward and withholding food as a punishment are strictly prohibited.

At The Crossnore School & Children's Home, the Residential Program steers away from "rewards" for good behavior, food or otherwise. When students meet expectations, they may receive verbal praise, and an array of privileges, including extended play time outside/in the cottage's basement play area, the opportunity to visit other cottages (depending on individual student progress), the chance to attend special classes or summer camps, the chance to select a game or movie for cottage movie night, and a later bed time.

### **Nutritional Goals**

#### **Physical Activity**

Through The Crossnore School & Children's Home's Recreation Director, physical activity shall also be included apart from the regular school day:

1. Cottages and student groups receive daily designated, supervised time in Dickson Gymnasium;
2. By special arrangements with Williams YMCA, classes are offered to students weekly. Such classes include, but are not limited to: tumble gym, soccer, dance, martial arts, and swimming lessons.
3. Avery County Parks & Recreation offers various sports teams that are open to students, including a co-ed softball league and basketball.
4. Each student on campus receives an appropriate bicycle and helmet through The Crossnore School & Children's Home Bike Program;
5. The Recreation Director offers regular weekly clubs and classes for students, including Outdoor Club, Junior Naturalists Club, Gardening Club, Girls on the Run, music lessons, and swim lessons.
6. Wellness opportunities, including yoga classes and use of the Townes Mozer

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Fitness Center, are offered to students and staff. Spiritual wellness opportunities, including weekly small group, a staff book study, and spiritual support through the Campus Pastor, as needed, underscore The Crossnore School & Children's Home's commitment to The Sanctuary Model and its emphasis on self-care.

7. Extended periods (two hours or more) of inactivity will be discouraged. Sedentary activities shall be discouraged in favor of physical activities, particularly apart from the school day.
8. Physical activity shall not be denied students as a discipline strategy.
9. Physical activity will be promoted for all students and staff.
10. Walking to destinations on campus is encouraged for students and staff whenever possible, using other modes of transportation only as necessary.
11. To the extent possible, Crossnore School & Children's Home will ensure that its grounds and facilities are safe and that equipment is available to students to be active. Staff will conduct necessary inspections and repairs.

### **Evaluation and Enforcement**

The Wellness Team shall meet at least quarterly to establish, measure, and evaluate wellness goals. The Wellness Team shall also review this policy annually, updating it as needed. A progress report will be prepared after each meeting for the Chief Executive Officer of the Crossnore School & Children's Home evaluating implementation of the policy and regulations and including recommended changes and revisions. The Wellness Team shall also undertake additional tasks as consistent with the Wellness Policy guidelines as issued by the USDA. All meeting dates and times shall be posted on The Crossnore School & Children's Home's calendar, and meetings will be open to the public. At least once every three years, the Wellness Committee will complete the School Health Index (SHI) Self-assessment tool from the Centers for Disease Control (CDC) to evaluate compliance with the wellness policy and implementation.

The following information shall be included in an annual report, which shall appear in the minutes of the Wellness Team meetings and in other media as appropriate:

1. Extent to which the organization is in compliance with the Wellness Policy;
2. Extent to which the Wellness Policy compares to the Alliance for a Healthier; Generation's model wellness policy;

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3. Progress made in attaining the goals of the policy;
4. Recommended changes to the policy;
5. Detailed action plan for the next year to achieve annual goals and objectives;
6. Results from School Health Index (SHI) assessment; and
7. Any additional information as required by the USDA.

Policy revisions shall consider new research and evidence on health trends, new national and state standards and guidelines, new state and federal initiatives, local evaluation data, changing priorities, and other issues.