

Policy

The Wellness Policy is established to promote a healthy school environment that will promote and protect the students overall health and ability to learn by meeting developmental needs, and supporting and promoting healthy eating and physical activity.

Responsibility

The Chief of Hospital Administration is responsible for the Wellness Policy.

Spring Grove Hospital Center (SGHC) has a designated wellness coordinator that will be responsible for implementing the policy. The wellness coordinator will meet up to two times a year with other program wellness coordinators to inform the Maryland Department of Health about the implementation of the policy.

SGHC will coordinate a wellness team that is representative of several disciplines/departments and could include any of the following individuals and or groups: administration, food service, school health (nurse/pediatrician), interested public members, teachers, teaching assistants, SNAP-Ed educators, parents and community representatives.

The wellness team will meet up to four times per year to discuss the policy and develop an action/implementation plan and more site-specific regulations and/or guidance as needed.

Purpose

To maintain an evidence based process to support the health and development of all students by providing for their nutritional, physical, and developmental needs.

Procedures**School Meals:**

1. Meals served through the National School Lunch and Breakfast Program shall meet or exceed the standards and criteria of the National School Lunch Program (NSLP) and School Breakfast Program (SBP) mandated by the USDA.
2. 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.

3. Withholding meals as punishment is strictly prohibited.
4. Students will be provided an opportunity for input on school menu items by providing opportunities for taste testing and/or meal satisfaction surveys.

Other Foods Outside School Meals:

1. School parties, celebrations, meetings and other school sponsored events will maximize the use of healthy food choices.
2. School incentives used to reinforce positive behaviors involving food will be limited.
3. Use of non-food rewards for school accomplishments will be promoted.

Mealtime Environment:

1. Students are provided 15 minutes for breakfast and 30 minutes for lunch.
2. Meals will be served in a clean and pleasant setting and under appropriate supervision. Rules for safe behavior are consistently enforced.
3. Students will have access for proper hand washing/sanitizing stations.

Physical Education and Physical Activity:

1. SGHC will follow the State of Maryland's physical education standards, and any local physical education standards for all grade levels served by the site when applicable.
2. Physical activity should be encouraged throughout the day through any of the following activities:
 - a. Physical activity breaks in the classroom.
 - b. Clubs or group activities that promote physical activity such as walking and running.

Nutrition Education and Nutrition Promotion:

1. SGHC will follow the State of Maryland health education curriculum standards, and any local health education standards for all grade levels served by the site when applicable. The standards will include nutrition education to support building healthy eating behaviors and lifelong wellness protection.

2. Nutrition and health education opportunities are also provided in the form of, but not limited to classroom, group activities, and one-on-one counseling.
3. Nutrition education will teach media literacy with an emphasis on food and beverage marketing.
4. SGHC will adopt nutrition promotion practices that may include one or more of the following activities:
 - a. Nutrition focused newsletter.
 - b. Nutrition bulletin board displays in the dining rooms or on the unit will feature topics focused on health and well-being.
 - c. Nutrition promotion, either through print or electronic methods, will promote fruits, vegetables, whole-grain products, low fat dairy products, healthy food preparation methods and accurate portion sizes.

Other Wellness Activities

1. Wellness opportunities for staff are offered through the State of Maryland Department of Human Resources. Notifications of these events are sent to all staff via email.
2. Students, staff and visitors will have access to free, safe, fresh drinking water at all times.
3. Dietary staff at all sites will be provided training on USDA meal plans/reimbursable meals.

Annual Updates

1. SGHC will disseminate the wellness policy and updates on wellness activities to the school community annually. This could include students, parents, administrators, community, teachers, and other groups.

Triennial Assessment

1. A three-year assessment conducted by the SGHC wellness policy leadership group will measure the implementation of this policy and its regulations.
2. A description of the progress made in attaining the goals of the wellness policy

will be documented. As a result of this assessment an evaluation the policy and regulations will be revised as needed.

3. The three-year assessment and evaluation report will be made available to the public by posting on the web.

U.S. Department of Agriculture

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form.

To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410

Fax: (202) 690-7442; or

Email: program.intake@usda.gov.

Approved by


Jorel Fleming, MBA-HC, Chief Operating Officer 6/1/20
Date


Dwain Shaw, M.P.H., J.D., Chief Executive Officer 6/1/20
Date

KS/ks

Revised: 6/1/20