

GLENWOOD, INC.			
Policy Number:	9066		
Policy Title:	Health and Safety: Individual Wellness Policy		
Responsible Committee:	Health and Safety Subcommittee		
Final Approval Committee/Group	Policy and Practices Committee	Approval/Revision Date:	4/10/2025
Regulation Reference:	CARF HS- 1.H.2; DMH Factor Five 580-5-33-.08		

POLICY:

Glenwood is committed to providing a school and residential environment that enhances learning and the development of lifelong wellness practices.

GOALS:

1. Child Nutrition programs and adult nutrition programs comply with federal, state and local regulation requirements.
2. Sequential and interdisciplinary nutrition education is provided and promoted.
3. Patterns of meaningful physical activity connect to students' lives outside of physical education.
4. All food made available on campus adhere to food safety and security guidelines.
5. Food and/or physical activity are not used for punishment.
6. The community is engaged in supporting Glenwood in creating continuity between settings for individuals served and staff members to practice healthy habits and
7. Glenwood establishes and maintains and infrastructure for management, oversight, implementation, monitoring, and communication of the policy and its established goals and objectives.
8. Glenwood will coordinate the wellness policy with other aspects of management, including the agency's Performance Improvement Plan, when appropriate.

PROCEDURE:

1. **Child Nutrition programs and adult nutrition programs comply with federal, state and local regulation requirements.**

Nutrition Guidelines for All Foods Provided by Glenwood

1. Meals provided under the Child Nutrition Program will comply with the current USDA Dietary Guidelines for Americans:
 - a. Seasonal four week menu cycle
 - b. Classroom Snacks
 - c. Residential Snacks
 - d. Lunches for Field Trips/Outings
 - e. Menus for School parties
 - f. Menu for individual classes cooking activities in the Allan Cott training kitchen
2. The meals provided under the Child Nutrition Program will meet several nutritional requirements:
 - * Calorie Limits:
Snack items <_ 250 calories
Entrées 500-750 calories
 - * Sodium limits:
Snack items <_ 200mg per item
Entrée items <_ 480mg per item
 - * Fat limits:
Total fat: <_ 35% of calories
Saturated fat: <_ 10% of calories
Trans fat: zero grams
 - * Sugar limit:
<_ 35% of weight from total sugars in food
3. Glenwood's food providers will offer a variety of age-appropriate healthy foods and beverages for day students and residential individuals served.
4. Nutrition information for products offered will be provided as requested.
5. Modified menus are provided to clients after a registered dietitian has completed a nutrition assessment and the physician orders appropriate diet.
6. Glenwood collects data on all students/individuals served that include monthly weights, heights, and blood pressures. Students/individuals served, who are on low cholesterol/low fat diets as ordered by their medical physician, have blood work collected as ordered by the physician. The physician will order diet changes as recommended by the licensed dietitian or as indicated by data.
7. Snacks provided will meet Federal and State regulations. Glenwood currently does not use Smart Snacks food program.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school/habilitation day and throughout all agency programs. Drinking water will be available where school/habilitation meals are served during mealtimes and during mealtimes at residential programs. All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards.

- 2. Sequential and interdisciplinary nutrition education is provided and promoted.**

Guidelines for Nutrition Education

1. Nutrition education will be integrated into other areas of the curriculum.
2. The staff responsible for nutrition education will be adequately trained by the Food Service Manager. Programs who will receive training are residential, school staff, and food service personnel.
3. A Registered Dietitian will review nutrition education information.
4. Nutrition/wellness letters and current food guide will be part of admission package to parents and or guardians. Nutrition education will involve sharing information with families to positively impact students and the health of the family.
5. The school cafeteria will display posters and information to promote healthy and nutritious food consumption.

- 3. Patterns of meaningful physical activity connect to students' lives outside of physical education.**

Physical Activity

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) will not be withheld as punishment for any reason.

Glenwood will ensure that its grounds and facilities are safe and that equipment is available to students to be active. Glenwood will conduct necessary inspections and repairs.

1. Physical activity will be integrated throughout the school day.
2. A Recreational Instructor on staff develops a comprehensive developmentally appropriate physical education program for individuals served.
3. The Recreational therapist conducts and supervises daily PE activities.
4. A daily recess period is provided.
5. The school and residential programs provides a physical and social environment that encourages safe and enjoyable activities for all students and individuals served.
6. Adaptive equipment is available for all students to participate in physical education. Physical activity facilities on campus include a gym and weight room, swimming pool, and a playground equipped with basketball goals, a

- walking trail, swings, climbing equipment, a balance beam, and a slide.
7. Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld** as punishment for any reason.

4. All food made available on campus adhere to food safety and security guidelines.

Director of School Nutrition along with Food Service Staff follow USDA guidelines for food safety and security. The accurate adherence to these rules and regulations are monitored from state inspectors. Health inspectors visit Glenwood periodically (typically every 1-3 months) and give a score out of 100 to our facilities.

5. Food and/or physical activity are not used for punishment.

Glenwood's Behavioral Programming Review Committee, Interdisciplinary Behavior Support Committee, and Human Rights Committee all review behavioral programming to ensure compliance with this standard.

6. **The community is engaged in supporting Glenwood in creating continuity between settings for individuals served and staff members to practice healthy habits**
7. **Glenwood establishes and maintains and infrastructure for management, oversight, implementation, monitoring, and communication of the policy and its established goals and objectives.**

Communication of Performance Goals and Objectives

The Leadership Committee has recommended that performance improvement be a standing agenda item at program level staff meetings. This includes program updates, improvement opportunities and new plans and developments. Data reports of PI objectives are located to view electronically on the Agency's shared drive for staff access to outcome results. Outcomes information is shared with the Individual's Served, internal and external stakeholders written in a manner tailored in an understandable language. Ongoing performance improvement education is also addressed by announcing local conferences and meetings on quality and sharing pertinent journal articles. An overview of Glenwood's PI model and philosophy is included in new employee orientation and annual refresher training. Glenwood will make any updates to Wellness Policy available to public.

8. **Glenwood will coordinate the wellness policy with other aspects of management, including the agency's Performance Improvement Plan, when appropriate.**

Policy Review- Triennial Progress Assessment

At least once every three years, Glenwood will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

1. The extent to which Glenwood programs are in compliance with the wellness policy;
2. The extent to which Glenwood's wellness policy compares to the standards of practice related to the individuals served; and
3. A description of the progress made in attaining the goals of the Glenwood's wellness policy.

As part of that review, Glenwood will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. Glenwood, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

The positions/persons responsible for managing the triennial assessment and contact information is the Director of Health Services, along with the Director of School Nutrition. Glenwood will actively notify households/families of the availability of the triennial progress report.