



# Pentz Run Youth Services, Inc. Wellness Policy

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# Pentz Run Youth Services, Inc. Wellness Policy

## Preamble

Pentz Run Youth Services, Inc. (hereto referred to as the RCCI) is committed to the optimal development of every resident. The RCCI believes that for residents to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting environments at every level, in every setting, throughout the year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks.<sup>1,2,3,4,5,6,7</sup> Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.<sup>8,9,10</sup> In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically.<sup>11,12,13,14</sup> Finally, there is evidence that adequate hydration is associated with better cognitive performance.<sup>15,16,17</sup>

This policy outlines the RCCI's approach to ensuring environments and opportunities for all residents to practice healthy eating and physical activity behaviors throughout the day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Residents in the RCCI have access to healthy foods throughout the day – both through reimbursable meals and other foods available – in accordance with Federal and state nutrition standards;
- Residents receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Residents have opportunities to be physically active before, during and after school;
- We engage in nutrition and physical activity promotion and other activities that promote student wellness;
- Staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the RCCI in creating continuity between school and other settings for residents and staff to practice lifelong healthy habits; and
- The RCCI establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all residents and staff in the RCCI. Specific measurable goals and outcomes are identified within each section below.

- *The RCCI will coordinate the wellness policy with other aspects of school management, including the District's School Improvement Plan, when appropriate.*
- *NOTE: Will also include any relevant data or statistics from state or local sources supporting the need for establishing and achieving the goals in this policy.]*



## I. School Wellness Committee

### ***Committee Role and Membership***

The RCCI will convene a representative RCCI wellness committee (hereinafter referred to as the DWC or work within an existing school health committee) that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this RCCI wellness policy (heretofore referred to as "wellness policy").

The DWC membership will represent all levels (front line and administrative staff) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff [e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [e.g., school counselors, psychologists, social workers, or psychiatrists]; school administrators (e.g., superintendent, principal, vice principal), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators (SNAP-EDEDSNAP-Ed). To the extent possible, the DWC will include representatives from each school building and reflect the diversity of the community.

### ***Leadership***

The Executive Director or designee(s) will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure compliance with the policy.

The designated official for oversight is (Title and contact information)

Deborah Gregori, Executive Director                   [pentzrun2@comcast.net](mailto:pentzrun2@comcast.net)                   814-371-1522

The name(s), title(s), and contact information (email address is sufficient) of this/these individual(s) is(are):

Name	Title / Relationship to the RCCI	Email address	Role on Committee
Jodie Winslow	Fiscal Officer	<a href="mailto:pentzrun1@comcast.net">pentzrun1@comcast.net</a>	Assists in the evaluation of the wellness policy implementation
Vicki Metzger	Food Service Manager	<a href="mailto:admin@pentzrunyouthservices.com">admin@pentzrunyouthservices.com</a>	Assists in the evaluation of the wellness policy implementation
Rachel Holland	Assistant Director		Assists in the evaluation of the wellness policy implementation



## **II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

### ***Implementation Plan***

The RCCI will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and 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, nutrition promotion and education, physical activity, and other activities that promote resident wellness.

This wellness policy and the progress reports can be found at: Pentz Run Youth Services, Inc., PO Box 1062, 319 Daly St, DuBois, PA 15801

### ***Recordkeeping***

The RCCI will retain records to document compliance with the requirements of the wellness policy at Pentz Run Youth Services, Inc., PO Box 1062, 319 Daly St, DuBois, PA 15801. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools 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 on the DWC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

### ***Annual Notification of Policy***

The RCCI will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The RCCI will make this information available via the RCCI website. The RCCI will provide as much information as possible about the nutrition environment. This will include a summary of the RCCI's events or activities related to wellness policy implementation. Annually, the RCCI will also publicize the name and contact information of the persons leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

### ***Triennial Progress Assessments***

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

- The extent to which the RCCI is in compliance with the wellness policy;
- The extent to which the RCCI's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the RCCI's wellness policy.



The position/person responsible for managing the triennial assessment and contact information is:

Deborah Gregori, Executive Director      [pentzrun2@comcast.net](mailto:pentzrun2@comcast.net)      814-371-1522

The DWC, will monitor RCCI's compliance with this wellness policy.

The RCCI will actively notify stakeholders of the availability of the triennial progress report.

### ***Revisions and Updating the Policy***

The DWC will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as RCCI priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

### ***Community Involvement, Outreach and Communications***

The RCCI is committed to being responsive to stakeholder input, which begins with awareness of the wellness policy. The RCCI will actively communicate ways in which representatives of DWC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means. The RCCI will also inform stakeholders of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The RCCI will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations, or mailing information, to ensure that all stakeholders 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. The RCCI will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the RCCI is communicating important information with stakeholders.

The RCCI will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The RCCI will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

## **III. Nutrition**

### ***Meals***

Our facility is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of children within their calorie requirements. The meal programs aim to improve the diet and health of children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

The RCCI participates in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). The RCCI is committed to offering



meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all youth;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The RCCI offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using at least ten of the following [Smarter Lunchroom techniques](#):
  - Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans).
  - Sliced or cut fruit is available daily.
  - Daily fruit options are displayed in a location in the line of sight and reach of students.
  - All available vegetable options have been given creative or descriptive names.
  - Daily vegetable options are bundled into all grab-and-go meals available to students.
  - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
  - White milk is placed in front of other beverages in all coolers.
  - Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
  - A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.).
  - Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
  - Student artwork is displayed in the service and/or dining areas.
  - Daily announcements are used to promote and market menu options.

### ***Staff Qualifications and Professional Development***

All RCCI nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

### ***Water***

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the day. The RCCI will make drinking water available where meals are served during mealtimes.

- Youth will be allowed to carry (approved) water bottles filled with only water with them throughout the day.

### ***Competitive Foods and Beverages***

The RCCI is committed to ensuring that all foods and beverages available to students support healthy eating. The foods and beverages served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces



the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at:

<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at [www.foodplanner.healthiergeneration.org](http://www.foodplanner.healthiergeneration.org).

*Pentz Run Youth Services, Inc. does not “sell or market” any food or beverage items.*

### **Celebrations and Rewards**

All foods offered will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

1. Celebrations and parties. The RCCI will provide a list of healthy party ideas including non-food celebration ideas. Healthy party ideas are available from the [Alliance for a Healthier Generation](#) and from the [USDA](#).
2. Pentz Run Youth Services discourages parents/visitors from bringing unhealthy snacks during visits and encourages healthy eating on outvisits.
3. Rewards and incentives. Food will not be used as a reward for activities unless the reward is an activity that promotes a positive nutrition message (ie. guest chef, field trip to a farmers market)

### **Fundraising**

- *Pentz Run Youth Services, Inc. does not participate in food fundraisers.*

### **Nutrition Promotion**

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by staff, parents, students and the community.

The RCCI will promote healthy food and beverage choices for all youth, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#);

### **Nutrition Education**

The RCCI will teach, model, encourage and support healthy eating by all students and will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;



- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for staff.

### ***Essential Healthy Eating Topics in Health Education***

Pentz Run Youth Services, Inc. does not provide health education. Youth attend the public school and receive health education there.

### ***Food and Beverage Marketing in Schools***

Pentz Run Youth Services, Inc. does not promote or market any foods, nor is advertising of any kind permitted within the facility.

## **IV. Physical Activity**

Children and adolescents should participate in at least 60 minutes of physical activity every day.

The primary goals for the RCCI's physical activity components are: to provide opportunities for every student/resident to develop the knowledge and skills for specific physical activities, to maintain students'/residents' physical fitness, to ensure students'/residents' regular participation in physical activity, and to teach students/residents the short- and long-term benefits of a physically active and healthful lifestyle.

- Students/residents are given opportunities for physical activity during the school day through physical education classes (PE) classes.
- Pentz Run Youth Services encourages participation in physical activity, to be physically active role models, and to include physical activity in daily activities.
- Pentz Run Youth Services provides training to enable staff to promote enjoyable, lifelong physical activity among residents.

**Physical Activity and Punishment.** Staff will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

### ***Physical Education***

Pentz Run Youth Services, Inc. does not provide physical education. All youth attend the public school and receive their physical education there.

### ***Before and After School Activities***

The RCCI offers opportunities for youth to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The RCCI will encourage students to be physically active before and after school by:

- Encouraging youth to participate in school related activities, clubs, sports, etc.

### **Active Transport**

- All youth at Pentz Run Youth Services, Inc. walk to the bus stop and ride the bus to school.

## **V. Other Activities that Promote Student Wellness**

The RCCI will integrate wellness activities across all programming. The RCCI will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

All RCCI events will adhere to the wellness policy guidelines. All RCCI wellness events will include physical activity and healthy eating opportunities when appropriate.

Pentz Run is a Trauma Informed setting and encompasses all aspects of physical and emotional wellness for residents and staff. Yoga is one of the ways the agency can provide for the staff and youth at the same time.

### ***Community Partnerships***

The RCCI will continue relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

### ***Community Health Promotion and Family Engagement***

The RCCI will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year.

As described in the "Community Involvement, Outreach, and Communications" subsection, the RCCI will use electronic mechanisms (e.g., email or displaying notices on the RCCI's website), as well as non-electronic mechanisms, (e.g., newsletters, presentations or mailing information), to ensure that all stakeholders are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

### ***Staff Wellness and Health Promotion***

Pentz Run Youth Services, Inc. promotes and encourages all staff to display healthy habits both at home and at work.

### ***Professional Learning***

When feasible, the RCCI will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors.



*Glossary:*

**Extended School Day** – the time during, before and afterschool that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

**School Day** – the time between midnight the night before to 30 minutes after the end of the instructional day.

**Triennial** – recurring every three years.

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- <sup>12</sup> Singh A, Uijtdewilligne L, Twisk J, van Mechelen W, Chinapaw M. *Physical activity and performance at school: A systematic review of the literature including a methodological quality assessment*. *Arch Pediatr Adolesc Med*, 2012; 166(1):49-55.
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