

**HOLY CROSS CHILDREN'S SERVICES
ST. VINCENT HOME
MICHAEL J. MCGIVNEY
925 N. River Rd., Saginaw, MI 48609**

LOCAL WELLNESS POLICY

PURPOSE: The purpose of this policy is to provide structure and guidelines to Michael J. McGivney School, and the St. Vincent Home facility's commitment to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement.

GENERAL: The Michael J. McGivney School Local Wellness Policy will enhance lifelong healthy living by providing information, providing activities, ensuring healthy eating options, measuring outcomes and providing assessment in the following areas:

NUTRITION EDUCATION: Every year, each student will receive nutrition education that is aligned with the *Michigan Health Education Content Standards and Benchmarks*. Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition information and healthy eating practices will be offered throughout the school campus including but not limited to, the facility dining hall, classrooms, and residential halls.

NUTRITION STANDARDS: Michael J. McGivney School, through Holy Cross Children's Services, will ensure that reimbursable school meals meet the program requirements and nutrition standards found in the *United States Department of Agriculture, Title 7, Part 210, National School Lunch Program*. Michael J. McGivney School will encourage students to make nutritious and healthy food choices.

Michael J. McGivney School will monitor all food and beverages sold or served to students, including those available outside of the federal child nutrition programs. Michael J. McGivney School will consider nutrient density, food groups, and portion size before permitting food and beverages to be sold or served to students.

Students do not have access to, and are not allowed to purchase items from vending machines, in the school or anywhere at St. Vincent Home.

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY OPPORTUNITIES: Michael J. McGivney School offers students a physical education class that is aligned with the *Michigan Department of Education Content Standards and Benchmarks*. The class provides students with instruction in cardio-vascular training, strength training, swimming and team sports. The physical education curriculum in the school is part of a comprehensive physical fitness and recreation program at the St. Vincent site that also includes a year round intramural sports program, and group recreational activities. The physical education program and other physical activity opportunities will equip the students with the knowledge, skills, and values necessary for lifelong physical activity.

OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS:

Michael J. McGivney School may implement other appropriate programs that help to create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

IMPLEMENTATION AND MEASUREMENT: The Education Director shall implement this policy and measure how well it is being managed and enforced. The Education Director shall develop and implement administrative rules consistent with this policy. Input from the School Improvement Committee, teachers (including specialists in health and physical education), the campus nurse, treatment teams, representatives of the food service program, and the management team shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The Education Director shall report to Holy Cross Children's Services (HCCS), and/or the Saginaw County Intermediate School District, as requested, on Michael J. McGivney School's programs and efforts to meet the purpose and intent of this policy.

ADMINISTRATIVE RULES: In order to enact and enforce this Wellness Policy, the Education Director and the St. Vincent Home management team, with input from the School Improvement Committee, teachers (including specialists in health and physical education), treatment teams, and representatives of the food service program, have developed these administrative rules.

To assist in the maintenance of a healthy school environment, Michael J. McGivney School and the St. Vincent Home staff shall establish a Coordinated School Health Team that will provide an ongoing review and evaluation of Michael J. McGivney School's Local Wellness Policy and these administrative rules.

The Education Director shall organize the Coordinated School Health Team and invite appropriate St. Vincent Home stakeholders to become members of the Coordinated School Health Team. The Coordinated School Health Team may include representatives from the following areas:

- + Administration
- + Counseling, psychological, and social services
- + Food services
- + Health services
- + Parent, guardian, students, and community agencies
- + Teachers, health and physical education
- + Treatment teams and residential staff

Staff shall be reminded, and students taught that healthy students come in all shapes and sizes. Students should receive consistent messages and support for:

- + Self respect
- + Respect for others
- + Healthy eating
- + Physical activity
- + A lifelong healthy lifestyle

These rules are subject to ongoing administrative review and modification as necessary to help assure compliance with the purpose and intent of Michael J. McGivney School's Local Wellness Policy. Any St. Vincent Home stakeholder wishing to express a viewpoint, opinion, or complaint regarding these rules should contact:

Jeff Howe, Education Director
Michael J. McGivney School
Saginaw, MI 48609
Phone: (989) 596-3540
FAX: (989) 781-0846

ANNUAL NOTIFICATION: Students, families, the community and staff will be informed of the Local Wellness Policy annually, via the school page of Holy Cross Services website

POLICY GUIDELINES: The following are areas of emphasis.

NUTRITION EDUCATION: Nutrition education, a component of comprehensive health education, shall be offered to students at Michael J. McGivney School. Michael J. McGivney School may offer age appropriate nutrition education classes. Nutrition education will be integrated into the entire curriculum where appropriate.

Michael J. McGivney School will implement a quality nutrition education program that addresses the following:

CURRICULUM:

- + Has a curriculum aligned with the *Michigan Health Education Content Standards and Benchmarks*.
- + Equips students to acquire the knowledge and skills needed to engage in healthy nutrition practices.

INSTRUCTION AND ASSESSMENT:

- + Aligns curriculum, instruction and assessment.
- + Builds students' confidence and competence in making healthy nutrition choices.
- + Engages students in learning that prepares them to choose a healthy diet.
- + Includes students of all abilities.
- + Is taught by "highly qualified" teachers of health education.
- + Nutrition education will be a component of the food services prevocational class in addition to the health class.

OPPORTUNITY TO LEARN:

- + Includes students of all abilities.
- + Provides adequate instructional time to build students' confidence and competence in healthy living skills.

Nutrition education should be made available to parents/guardians and the community. This nutrition education may be provided in the form of handouts, wall or bulletin board posters and banners, school newsletter, community and student oriented presentations, or other communications focused on promoting proper nutrition and healthy lifestyles.

NUTRITION STANDARDS: St. Vincent Home will offer meal programs with menus meeting the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA). Michael J. McGivney School and St. Vincent Home will encourage students to make food choices based on the most current dietary guidelines. Foods and beverages that compete with this policy of promoting a healthy school environment shall be discouraged.

St. Vincent Home shall offer and promote the following food and beverages in all venues outside federally regulated child nutrition programs:

- + Whole and enriched grain products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes consistent with current USDA standards.
- + Fresh, frozen, canned, or dried fruits and vegetables, using healthy food preparation techniques, and 100 percent fruit and vegetable juices in 12 ounce servings or less.
- + Non-fat, low-fat, plain and/or flavored milk and yogurt, non-fat and/or low-fat real cheese, rather than imitation cheese will be available in the following

served.

St. Vincent Home will provide opportunities for physical activity apart from the physical education class. These include but are not limited to:

- + Year round, organized, intramural team sports.
- + Physical activities scheduled by the individual treatment teams.
- + Supervised swimming during the summer.
- + Activity programs scheduled during holidays.

OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS: Michael J. McGivney School, and St. Vincent Home, shall strive to create a healthy school environment that promotes healthy eating and physical activity. In order to create this environment, the following activities shall be implemented:

DINING ENVIRONMENT:

Michael J. McGivney School and St. Vincent Home will provide:

- + A clean, safe, enjoyable meal environment for students.
- + Enough space and serving areas to ensure all students have access to meals with minimum wait time.
- + Drinking fountains, so students can get water at meals and throughout the day.

TIME TO EAT:

Michael J. McGivney School and St. Vincent Home will ensure:

- + Adequate time for students to enjoy eating healthy foods in a social atmosphere.
- + Lunchtime is scheduled as near to the middle of the day as possible.

FOOD OR PHYSICAL ACTIVITY AS A REWARD OR PUNISHMENT:

Michael J. McGivney School and St. Vincent Home shall:

- + Prohibit the use of food as a punishment.
- + Prohibit the use of food as a reward in the school.
- + Prohibit the denial of student participation in physical activities as a form of discipline or for classroom make-up time.
- + Prohibit the use of physical activity as a punishment.
- + Encourage the use of physical activity as a reward.

CONSISTENT SCHOOL ACTIVITIES AND ENVIRONMENT:

Michael J. McGivney School and St. Vincent Home shall:

- + Complete the *Michigan Healthy School Action Tool* to ensure that school activities and the environment supports healthy behaviors.
- + Provide ongoing opportunities for professional development and training for food service staff and teachers in the areas of nutrition and physical education.
- + Encourage parents/guardians, teachers, administrators, food service staff, treatment staff, and students to serve as role models by practicing healthy eating, being physically active, and through appropriate social interaction in meal areas.
- + Encourage all students to participate in school meal programs.
- + Provide information and outreach materials about Food and Nutrition programs such as Food Stamps, and Women, Infants AND Children (WIC), to students and parents/guardians.
- + Implement physical activity throughout the school day, across the curriculum, for example Brain Breaks.

IMPLEMENTATION AND MEASUREMENT: This policy will be implemented under the authority of the Regional Director, St. Vincent Home, and under the supervision of the Education Director and the

Coordinated School Health Team. Implementation, progress, and student wellness will be assessed as a function of the Coordinated School Health Team.

All co-workers at St. Vincent Home are encouraged to be a positive, healthy lifestyle role model for students by following, at a minimum, these administrative rules. Students can learn healthy lifestyle habits by observing the eating and physical activity patterns of staff and other adults who serve as role models in their lives.

Adherence to this policy falls under the appropriate sections covering co-worker conduct in the Co-worker's Handbook. Failure to adhere to this policy is subject to the non-punitive disciplinary process.

Michael J. McGivney School Coordinated School Health Plan Committee

1. Coordinated School Health Plan Committee members
 - a. Jeff Howe – Education Director
 - b. Dawn Teneyuque – Associate Program Director
 - c. Schanda Tarkowski – St. Vincent Home Program Manager
 - d. Barb Miller – St. Vincent Home Program Coordinator for Matthew Hall
 - e. Stacy Baybeck – MJM - St. Vincent Home Teacher
 - f. Nikki Boyd – MJM – St. Vincent Home School Social Worker
 - g. Cheryl Hodges – St. Vincent Home Nurse
 - h. Angie Napora – St. Vincent Home Food Service Manager
2. MJM Local Wellness Policy reviewed by Coordinated School Health Plan Committee members on December 16, 2016.
3. Next meeting scheduled tentatively for January 12, 2017 at 9:45am.