



## Division of Mental Health and Addiction

Evansville Psychiatric Children's Center

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Owner: Brandy Fox: Program Director 2  
 Policy Area: EPCC Hospital Operations-Administration

References:

# Wellness Through Nutrition and Physical Activity

## Policy

EPCC will participate in the National School Lunch and Breakfast Program and contract food service staff will provide healthy meals and snacks that, along with physical activity, promote and protect children's health, well-being, and ability to learn.

## Philosophy

EPCC supports the health and well-being of the school corporation's students by promoting nutrition and physical activity at all grade levels.

In accordance with Federal law, it is the policy of EPCC to provide children access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; and require that all meals served by contract food service staff meet or exceed the federal nutrition guidelines issued by the U.S. Department of Agriculture. A Dietary Committee will be formed and maintained to oversee these activities.

The Children's Wellness policy shall be made available to students and families at any time during hospitalization.

## General Information

EPCC is a state hospital providing treatment in an inpatient setting. Evansville-Vanderburgh School Corporation (EVSC) provides special education classrooms and staff on grounds. State-contracted dietary services prepares and serves meals and snacks per current contract. The state-contracted dietary services provider is expected to follow the USDA requirements and Nutritional Guidelines required for providing school meals and snacks.

### I. Dietary Committee

The purpose of the Dietary Committee is to engage the children, their parents/guardians, all EPCC staff, all contract food service staff, and other interested individuals in developing, implementing, monitoring, and reviewing facility nutrition and physical activity policies. The Dietary Committee has been formed and will be maintained by EPCC and contract food service leadership to oversee the development, implementation, and evaluation of the facility's wellness policy.

- A. In accordance with state and federal law, EPCC will form and maintain a Dietary Committee that includes at least the following:

- Children
- Teachers
- Food Service Director/Professionals
- Recreation Therapy Staff
- Director of Nursing or designee
- Superintendent
- Other Executive Staff member

- B. The Dietary Committee shall meet at least annually to review nutrition and physical activity policies and to develop an action plan for the coming year. The Committee shall meet at least quarterly during the year to discuss implementation activities and address barriers and challenges.
- C. The Dietary Committee shall report annually to the EPCC Executive Staff on the implementation of the wellness policy and include any recommended changes or revisions.
- D. EPCC will adopt or revise nutrition and physical activity policies based on recommendations made by the Dietary Committee.
- E. EPCC is an inpatient psychiatric hospital; therefore, HIPAA guidelines must be followed and patient confidentiality must be maintained. For this reason, EPCC will provide parents/guardians with a copy of the wellness policy upon their child's admission and will be kept apprised of changes via Treatment Plan Review meetings during their child's stay. Community members will be kept apprised of the Wellness Policy and any changes to such via the EPCC Newsletter and EPCC website.

## **II. Nutrition Education and Promotion**

Nutrition topics shall be integrated within the Nursing Education curriculum and provided to all children according to standards of the Indiana Department of Education.

## **III. Standards for USDA Child Nutrition Programs and School Meals**

- A. EPCC will provide and promote the National School Lunch and Breakfast Programs to ensure that all students have access to healthy foods to support healthier choices and promote optimal learning.
1. Meals served through the National School Lunch and Breakfast Programs will
    - a. Be appealing and appetizing to children;
    - b. Meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs;
    - c. Contain 0 percent trans fats;
    - d. Offer a variety of fruits and vegetables;
    - e. 100 percent of the grains offered are whole grain-rich.
  2. All cooked foods will be baked or steamed. Proper procurement procedures and preparation methods will be used to decrease excess fat, calorie, and sodium levels in foods.
  3. EPCC will encourage purchasing or obtaining fresh fruits and vegetables from local farmers when practical.
  4. Children will have the opportunity to provide input on local, cultural, and ethnic favorites.
  5. The contract food service company shall provide periodic food promotions that will allow for taste

testing of new healthier foods being introduced on the menu.

6. Special dietary needs of children will be considered when planning meals, according to the document *Accommodating Children with Special Dietary Needs in the School Nutrition Programs*.
7. The contract food service company will share and publicize information about the nutritional content of meals with students and parents/guardians. The information will be available in a variety of forms that can include handouts, the facility website, articles, facility newsletter, presentations that focus on nutrition and healthy lifestyles, and through any other appropriate means available to reach families.

#### B. School Meal Participation

1. EPCC will provide the USDA School Breakfast Program to all children.
2. EPCC will provide the USDA School Lunch program to all children.
3. EPCC will participate in the Summer Food Service program.
4. EPCC will inform families regarding free or reduced meal programs before their child is discharged

#### C. Mealtimes and Scheduling

1. Breakfast will be served until 9 a.m.
2. Children will have at least 30 minutes to eat.
3. Meals will be served in clean and pleasant settings.
4. Children will wash hands before eating meals or snacks.
5. Drinking water must be made readily available at all mealtimes.
6. Appropriate supervision will be provided in the dining room and rules for behavior and etiquette shall be consistently enforced.
7. Staff will accommodate tooth-brushing after meals as appropriate.

### **IV. Nutrition Standards for Competitive and Other Foods and Beverages**

- A. EPCC does not own or operate vending machines, a concession stand, or a school store. EPCC does not allow food to be involved in classroom celebrations, nor does it allow special food items to be involved in birthday celebrations. Any fundraisers held on campus are limited to staff participation only.
- B. EPCC does not participate in marketing foods and beverages.

### **V. Physical Activity and Physical Education**

EPCC supports the health and well-being of children by promoting physical activity through physical education, physical activity breaks; before- and after-school activities; and walking to school. Additionally, EPCC supports physical activity among children by providing them with at least 35 of the recommended 60 minutes of physical activity per day.

### **VI. Other Activities That Promote Children's Wellness**

EPCC supports the health and well-being of children by creating and promoting policy and environmental supports to provide physical activity and healthy eating opportunities.

### **VII. Evaluation**

Through implementation and enforcement of this policy, EPCC will create an environment that supports opportunities for physical activity and healthy eating behaviors. To ensure continuing progress, EPCC will

evaluate implementation efforts and their impact on students and staff at least every three years. EPCC will notify the public of the results of the three-year assessment and evaluation.

EPCC designates the Superintendent and/or designee to ensure compliance with this policy and its administrative regulations. The Superintendent and/or designee is responsible for retaining all documentation of compliance with this policy and its regulations, including but not limited to each school's three-year assessment and evaluation report and this wellness policy and plan. The Superintendent and/or designee will also be responsible for public notification of the three-year assessment and evaluation report, including any updates to this policy made as a result of the three-year assessment and evaluation.

## **VIII. Nutrition Education**

- A. Nutrition education will be provided as a part of a comprehensive nursing education program and taught by an RN who serves as a nurse educator.
- B. EPCC will establish, implement, and maintain two Nutrition Education Goals each year.

## **IX. Nutrition Promotion**

- A. Nutrition promotion will be provided as part of a comprehensive nursing education program and taught by an RN who serves as a nurse educator.
- B. EPCC will establish, implement, and maintain two Nutrition Promotion goals each year.
- C. Nutrition promotion resources will be provided to parents/guardians at any time during their child's hospitalization.
- D. Nursing and the contract food service leadership will partner in order to provide opportunities for children to see, smell, touch, and taste, and grow their own different healthy food options in a fun learning environment.

## **X. Staff Development**

Professional development and training will be provided at least annually to food service staff on proper food handling techniques and healthy cooking practices.

## **XI. Nutrition standards for Competitive and Other Food and Beverages**

- A. EPCC does not own or operate vending machines, concession stands, or a school store.
- B. EPCC does not allow food to be involved in classroom celebrations. Birthday celebrations for the children are not held during the school day. Any fundraisers held on campus are limited to staff participation only.
- C. EPCC staff will not use food as a reward, nor will staff withhold food or drink at mealtimes as punishment.
- D. EPCC does not participate in marketing of foods at any time during the school day.

## **XII. Physical Activity and Physical Education**

- A. Recreation Therapy as Physical Education
  - 1. All EPCC students will participate in Recreation Therapy in order to meet the Physical Education standards.
  - 2. Any children who cannot attend group physical activity programs will receive alternate programming with staff.
  - 3. Recreation Therapy programs will have the same student/teacher ratios used in other classes. The ratio shall not exceed an average of 30 to 1 per Indiana law.

4. The Recreation Therapy programs shall be provided adequate space and equipment to ensure quality physical education classes for students.

**B. Daily Recess and Physical Activity Breaks**

1. EPCC shall provide daily physical activity in accordance with Indiana Code 20-30-5-7-5.
2. Children will have at least 1 period of physical activity per day that is at least 20 minutes in length as recommended by the National Association for Sport and Physical Education (NASPE). This activity period will be outdoors when possible. If outdoor activities are not possible due to inclement weather, staff will provide an indoor physical activity break in the gym.
3. Teachers will be encouraged to use physical activity breaks during classroom time as often as possible.
4. EPCC shall discourage extended periods of inactivity (2 or more hours). During events such as mandatory school-wide testing, teachers will give students periodic breaks for moderate physical activity.

**C. Physical Activity Opportunities Before and After School**

1. EPCC will offer programming which provides opportunities for physical activity before and after school, on weekends, and during school vacations.
2. Recreation therapy will include physical activity in evening and weekend programming as often as possible.
3. Other wellness/mindfulness activities will be offered each school day.

**D. Physical Activity and Remedial Activities/Punishment**

1. Children will not be removed or excused from physical activity to receive classroom instruction in other content areas.
2. Teachers and staff will not use physical activity (e.g. running laps, pushups) or withhold opportunities for physical activity (e.g. RT programming) as punishment.

### **XIII. Other School Based Activities**

**A. Walking to School**

1. Children walk to and from the dorm building to the school building each day. The children also walk from the school and dorm building to the RT building (gym) each day.
2. EPCC will maintain and make improvements (if needed) to the walkways between the dorm building, school building, and RT building to ensure that it is easy, safe, and enjoyable to walk to school.
3. EPCC will explore the availability of state and federal funding to finance such improvements.
4. EPCC will promote International Walk to School Day, which falls on the first Wednesday of October each year.

- B.** Children will have use of the playground, gym, pool, and other areas of the campus before and after school, on weekends, and during school vacations as programming allows. Children's safety will be monitored at all times.

### **XIV. Staff Wellness**

- A.** EPCC will promote programs to increase knowledge of physical activity and healthy eating for staff.

1. Staff will be encouraged to participate in the Active Health wellness program associated with the

health insurance program offered to all state employees;

2. Staff will be encouraged to participate in community walking, bicycling, or running events.

B. EPCC will promote breastfeeding by making reasonable efforts to provide a private location for staff to express breast milk in accordance with IC 22-2-14-2.

## **XV. Evaluation of Wellness Policy**

### **A. Implementation and Data Collection**

1. EPCC will use an evidence-based assessment tool to track the collective health of children over time by collecting data such as body composition (height and weight), aerobic capacity and/or muscular strength, endurance, and flexibility.
2. The Superintendent and/or designee is responsible for retaining all documentation of compliance with this policy and its regulations. This will be accomplished by an assessment of the policy every three years. The National School Lunch Program representative for EPCC shall provide a written report of the policy evaluation to include the following:
  - a. EPCC's progress toward meeting the wellness goals over the previous three years;
  - b. The website address for the wellness policy and how the public can receive a copy;
  - c. A description of the progress in meeting the goals;
  - d. The name, position, and contact information of the chairperson of EPCC's Dietary Committee;
  - e. Information on how individuals and the public can get involved with EPCC's Dietary Committee;
3. The evaluation of the wellness policy and implementation will be directed by the Dietary Committee and will be responsible for the three-year assessment of compliance with the policy and its regulations. The three-year assessment must measure the implementation of this policy and its regulations; the extent to which EPCC is in compliance with the policy; the extent this policy compares to other model school wellness policies; and a description of the progress made in attaining the goals of the wellness policy. As a result of this assessment and evaluation the policy and regulations will be revised as needed.
4. The three-year assessment and evaluation report will be made available to the public by posting it on EPCC's website.

## **Attachments:**

### **Approval Signatures**

<b>Approver</b>	<b>Date</b>
Brandy Fox: Program Director 2	01/2020
Carlene Oliver: Interim Superintendent	01/2020
Brandy Fox: Program Director 2	01/2020