

## MURPHY HARPST CHILDREN'S CENTERS, INC.

<p>FUNCTION: Client Wellness</p> <p>Policy: Wellness – Physical Activity And Nutrition</p>	<p>POLICY NUMBER:</p>    
<p>Reviews: Annually Responsible for Review: Wellness Committee</p>	<p>Effective Date: February 2015 Reviewed: October 2018 Revised: December 2021 Revised: August 2024 Approved by: __ Diana _Baber _____ Chief Operating Officer</p>

### POLICY

It is the policy of Murphy Harpst Children's Centers, Inc. (MHCC) to provide an environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Murphy Harpst Children's Centers participates in the U.S. Department of Agriculture's (USDA) School Breakfast Program and the National School Lunch Program.

### LEADERSHIP

The Dietary Services Manager will facilitate development of and updates to the Wellness Policy and will ensure, to the extent possible, compliance with the policy.

The Wellness Committee is comprised of individuals from a broad discipline and includes:

Name	Title	Email Address	Role
Diana Baber	Chief Operating Officer	dbaber@murphyharpst.org	Chief Operating Officer (COO)
JoAnn Wright	Dietary Services Manager	<a href="mailto:jwright@murphyharpst.org">jwright@murphyharpst.org</a>	Food Service Manager
Tonia Little	Head Master	tlittle@murphyharpst.org	Principal of Glen York Academy/Head Master

Jennifer Eubanks	Director of Nursing Standards and Dietary Services	jeubanks@murphyharpst.org	DONS/ Infection Control Coordinator/Director of Dietary Services
Kimberly Long	Registered Dietitian	<a href="mailto:klong@murphyharpst.org">klong@murphyharpst.org</a>	Contracted Dietitian
Karlie Clifton	Director Community Engagement	kclifton@murphyharpst.org	Dir. Community Engagement
Jessica Morgan	Recreation Director	jmorgan@murphyharpst.org	Recreation
Agnetta Delancy	Interim Director of Specialized Foster Care	adelancy@murphyharpst.org	Foster Care

## RESPONSIBILITIES

- Murphy Harpst Children’s Centers will engage students, teachers, foodservice professionals, health professionals and other interested members in developing, implementing, monitoring, and reviewing nutrition and physical activity policies.
- Students will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Qualified child nutrition professionals will provide students with access to a variety of nutritious and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- Murphy Harpst Children’s Centers will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

## GOALS

- Students will receive quality nutrition education and develop lifelong healthy eating behaviors.
- Students will model eating behaviors of My Plate.
- Students will not skip meals.

- Students will balance food intake and physical activity.
- Students will be physically active every day and develop lifelong physical activity habits/behaviors.
- Students will strive to obtain and/or maintain a healthy BMI.
- Students will recognize dietary related illness and strive to prevent these to the extent possible (i.e. overweight and risk of diabetes).
- The Presidential Fitness Assessment will be used to track a student's physical fitness and compare "test" results at the beginning of the school year to the end of the school year.
- **The track behind Boykin Cottage will be completed and utilized for physical activity for students.**
- **Track is now completed and being used as a walking trail.**

## **PROCEDURE**

### **1. Nutrition Education**

- Nutrition education will be integrated into the school curriculum (Odyssey Ware). Further, it will be integrated into education provided by agency nurses and dietitians. It will provide students with the knowledge and skills necessary to promote and protect their health.
- Students will be encouraged to start each day with a healthy breakfast.
- Students will have access to hand washing or hand sanitizing before eating meals and snacks.
- Staff will emphasize caloric balance between food intake and energy expenditure (physical activity/exercise).

### **2. Physical Activity**

- Physical activity will be integrated into the school curriculum.
- Physical education courses will follow the Georgia curriculum.
- Physical education courses will provide an environment for students to learn, practice, and to be assessed on developmentally appropriate motor skills, social skills and knowledge.
- Adequate equipment is available for all students to participate in physical education.

### **3. Other School Based Activities**

- Extracurricular physical activity programs shall be offered (i.e. basketball team, track team, Fitness for Life) when possible.
- A range of after school activities will be offered when possible.
- The Wellness Policy will be considered in planning school-based activities such as field trips, school events, and dances.

### **4. Nutritional Quality of Food and Beverages Sold and Served on Campus**

- Meals served through the National School Lunch and Breakfast Program will:
  1. be appealing and attractive to children
  2. be served in a clean and pleasant setting
  3. meet or exceed current nutrition requirements established by local, state and Federal regulation

4. promote healthy food and beverage choices
  5. offer a variety of fruits and vegetables
  6. serve only low fat and fat free milk and nutritionally-equivalent non-dairy alternatives
- Meal Times and Scheduling
    1. Students will be provided with at least 15 minutes after sitting down for breakfast and 20 minutes after sitting down for lunch.
    2. Meal times will be scheduled at appropriate times, i.e. lunch will be scheduled between 12:00 and 1:00 pm.
    3. Organization meetings or activities should not be scheduled during mealtimes, unless students may eat during such activities.
    4. School should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs.
  
  - Sharing of Foods and Beverages

Given concerns about allergies and other restrictions for some children, staff shall discourage students from sharing their foods or beverages with one another during meal or snack times.
  
  - Foods and Beverages Sold Individually (i.e. vending machines)

Note – there are no vending machines located in the school; there are a limited number of vending machines on campus – not for student use during school hours.
  
  - School Celebrations/Parties

Schools shall attempt to limit celebrations that involve food during the school day to no more than one party per class per month.
  
  - Rewards

The school staff shall limit the use of food or beverages as rewards for academic performance or good behavior (unless this practice is allowed by the student's individual education plan), and will not withhold food or beverages as a punishment.
  
  - Nutrition Operations

Nutritional information is available to assist with student education. Children with special dietary needs will be addressed per the written instructions of a qualified medical professional.
  
  - Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. Continuing professional development will be provided for all nutrition professionals. Staff development programs should include appropriate certification and/or training programs for school nutrition managers and cafeteria workers, according to their level of responsibility. School nutrition

personnel may refer to USDA Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

## **5. Food Safety**

All foods made available on campus will comply with the state and local food safety and sanitation regulations. For safety and security of the food and facility, access to the food service operations is limited to Food Service staff and authorized personnel. Note: MHCC's latest Dietary Health Inspection Score was 100.

## **6. Monitoring and Review**

The Wellness Committee will ensure compliance with the established nutrition and physical activity wellness procedure. The COO will ensure compliance with those policies in his/her school and will report back to the Wellness Committee. The dietitian/food service manager will ensure compliance with the nutrition policies with the food service areas and report back to the Wellness Committee. The director of community engagement will ensure compliance with these policies in the after school activities and report back to the Wellness Committee. The Wellness Committee will meet on an ongoing basis to monitor compliance with the nutrition and physical activity wellness procedures. The committee will update or modify the Wellness Policy based on the results of annual progress report and the three year assessments as district priorities change, community needs change, wellness goals are met, 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 three year assessment.

References: Alliance for a Healthier Generation Model Wellness Policy; School District Wellness Policy