



PHILLIPS

Programs for Children and Families

PHILLIPS Health and Wellness Philosophy

PHILLIPS School Programs have adopted a philosophy to promote physical and emotional wellness for all students and staff. It is our belief that promoting wellness will improve the lives of the children and families we serve. The overall goal is to provide and promote a healthy and safe environment with programs and services that support and value socio-emotional, and physical well-being. Our wellness policy is embedded throughout the school program in the areas of nutrition, health education and life skills, and physical activity. Our committee meets four times a year to organize/update the policy and discuss improvements/needs for our school program. This policy describes how the program works to meet these goals. We accomplish these goals both through our school program and by partnering with families to promote a healthy lifestyle in the home and community.

Nutrition

1. The breakfast and lunch served by PHILLIPS Schools adheres to nutrition guidelines outlined in the United States Department of Agriculture (USDA) standards. PHILLIPS adheres to the state and federal regulations for reimbursable meals. Nutrient and product information is available for all products served.

2. To support student health and nutrition school fundraising activities will meet the portion and nutrition standard guidelines as outlined by the USDA. All fundraisers involving food will be approved by a member of the Health and Wellness Committee. PHILLIPS requires foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members. Non-food celebrations will be promoted and a list of ideas is available to staff and family members.

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PHILLIPS prohibits any fundraiser that sells food or beverages during protected school meal service times. This regulation applies whether the items meet the nutrition standards or are exempt from the nutrition standards.

3. Nutrition Promotion

- School garden – students prepare garden beds, maintain growth of vegetables and herbs, sell their products to staff to fund future supplies. PHILLIPS will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule.
- Food tastings – throughout the year, staff gather feedback from students on likes and dislikes in relation to school lunches. The students are given opportunities to speak directly with the school vendor to give feedback and to try new products.
- Our Wellness Newsletter can be found on our school website.
- *2020- A student wellness committee will be formed to include student input in all areas of the wellness program.

4. Nutrition Education

- Life Skills classes
- Culinary cooking classes
- Health Education/classroom

Accommodation of Person with Disabilities Policy

If a child has medically necessary dietary needs the school will work with the family and the physician to obtain guidance and documentation that states the specific dietary needs. Based on this guidance PHILLIPS will work with the Food Service Coordinator and the Food Vendor to accommodate the student's dietary needs.

Health and Wellness Education

1. Health education is incorporated throughout the K-12 curriculum. Students learn the components and the benefits of adopting a healthy lifestyle.

2. PHILLIPS Schools value socio-emotional well-being as a component of Health Education and Life Skills. The curriculum focuses on developing and promoting positive social skills to help children improve their socio-emotional well-being.

3. PHILLIPS Schools engage students in a variety of school-wide ancillary activities designed to expose the students to information related to healthy living such as fitness fairs and gardening activities.

4. Programs supporting Wellness Education

- Drug prevention classes/programs
- Mental Health education
- CPR/First Aid

Physical Education and Physical Activity

1. All students are encouraged to participate in physical activity weekly. They are exposed to structured games and sports as well as a variety of activities they may be able to replicate in their home or community.

2. Many students participate in a 15minute break daily where they have the opportunity and are encouraged to engage in some sort of movement. These breaks are taken outside of the classroom (weather permitting) where there is enough physical space to facilitate the movement for each student.

3. PHILLIPS consults with their occupational therapy staff to identify self-regulation goals and activities to support students who need support in modulating their sensitivity to sensory stimuli in the surrounding environment.

Monitoring

The items stated above will be monitored through an assessment tool. This assessment will state each goal, measure the progress of that goal, and provide evidence. The assessment results along with the written wellness policy, will be given to each family in the parent packet at the beginning of each school year, to review.

Implementation of Policy

The PHILLIPS Health and Wellness Council is a committee of designated staff members who are responsible for the development, implementation and

monitoring of this policy. The Chief Operating Officer is responsible for designating the committee members and for ensuring the policy is being implemented with fidelity.

Policy Availability/Communication

The school wellness policy will be published on the school website. The wellness policy and annual assessment will also be included in the parent packet for all students, each year. The policy will include who should be contacted for specific information related to the nutritional guidelines.

Annually, Phillips will provide a summary of events or activities related to wellness policy implementation through the school newspaper, Cougar Chronicles or through dissemination of flyers on wellness activities.

Policy Development and Review/Assessment

The Wellness Policy will be reviewed at a minimum of at least once every three years. The policy will be revised by the designated committee under the guidance of the Chief Operations Officer (or designee). The committee will solicit input from a variety of stakeholders to include parents and referring jurisdictions. The call for stakeholder input will be advertised on the website and will be accepted through a variety of mediums to include both written and spoken format. The Chief Operations Officer (or designee) holds at least 4 meetings per year to facilitate development of and updates to the wellness policy, and ensure the school's compliance with the policy.

Civil Rights Training

PHILLIPS will provide programmatic civil rights training to all SNP staff annually. The USDA civil rights training can be found on the VDOE website: <https://www.doe.virginia.gov/support/nutrition/training/index.shtml>

Contact Information

Please contact the Phillips Health and Wellness Council if you have any suggestions to improve wellness at Phillips. If you have questions about our breakfast and lunch program, please contact the Food Service Coordinator. If you would like a copy of the Wellness Assessment, please contact the Food Service Coordinator for your school.

Annandale Campus: tamara.johnston@phillipsprograms.org

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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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