

NORTHERN OKLAHOMA YOUTH SERVICES

Health and Safety/Maintenance and Transportation

NOYS Shelter Wellness Policy

Rationale:

The link between nutrition, physical activity and learning is well documented. Healthy eating and activity patterns are essential for residents to achieve their full academic potential, full physical and mental growth, and lifelong health and well being. Health eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases, like Type 2 diabetes. Shelters have a responsibility to help residents learn, establish and maintain lifelong healthy eating and activity patterns. Well-planned and effectively implemented shelter nutrition and fitness programs have been shown to enhance residents overall health, as well as their behavior and academic achievement in school. Staff wellness also is an integral part of a healthy shelter environment, since shelter staff can be daily role models for healthy behaviors.

Goals:

Northern Oklahoma Youth Services is committed to providing a shelter environment that enhances learning and development of lifelong wellness practices. All residents will follow our local school's wellness policy during the year.

All residents in Northern Oklahoma Youth Services Shelter shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime.

All staff of Northern Oklahoma Youth Services are encourages to model healthful eating and physical activity as a valuable part of daily life.

To meet these goals, Northern Oklahoma Youth Services adopts this Shelter Wellness Policy with the following commitments to nutrition, physical activity, comprehensive health education, marketing and implementation. The intent of this policy is to effectively utilize school and community resources and to equitably serve the needs and interests of all residents and staff, taking into consideration differences in culture.

To accomplish these goals:

Northern Oklahoma Youth Services will:

- Offer shelter meal menus (lunch, breakfast and snack) that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Oklahoma Department of Human Services, School Nutrition Programs.
- Provide and promote sequential and interdisciplinary nutrition education.
- Provide physical education and activity.
- Ensure that all shelter based activities are consistent with local wellness policy goals.
- Promote health and nutritional foods and beverages served on sight.
- Ensure the shelter environment is safe, comfortable, pleasing and allows ample time and space for eating meals.
- Ensure that all foods made available on sight adhere to food safety and security guidelines.

Nutrition Education

Northern Oklahoma Youth Services will:

- Provide nutrition education for graduation.

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- Offer nutrition education in grades 4th – 12th.
- Conduct nutrition education activities and promotions that involve residents and guardians.
- Create a family environment that promotes health and nutrition education.
- Train and educate staff and other personnel to promote wellness and to educate residents in making healthy lifestyle choices.
- Plan nutrition activities to include resident foodservice staff, resident nurses, shelter counselor and additional staff as appropriate.
- Provide information to guardians that encourage them to teach children about health and nutrition.

Physical Activity

Northern Oklahoma Youth Services will:

- Provide physical education for all residents.
- Offer a planned sequential program of physical education instruction, incorporating individual and group activities, which are resident centered and taught in a positive environment.
- Schedule physical education before lunch times in order to increase food consumed, decrease plate waste and improve table behavior.
- Provide staff monitored recreational activities that promote moderate physical activity during all outdoor and indoor times.
- Create wider opportunities for residents to voluntarily participate in before-and-after school physical activity programs like intramurals, clubs and at the secondary level, interscholastic athletics.
- Provide information to guardians that encourage them to teach children about health and physical activities.

Other School Based Activities

Northern Oklahoma Youth Services will:

- Promote physical and nutrition education in after-school programs.
- Promote health and nutrition in other shelter-based activities (such as shelter outings).
- Promote health and wellness by having residents visit the YMCA for exercise programs.

Nutrition Guidelines for All Foods on Campus

Northern Oklahoma Youth Services will:

- Establish guidelines for all foods available on sight during the school day with the objective of promoting resident health and reducing childhood obesity.
- Promote healthy and nutritious foods as recommended by the USDA Dietary Guidelines for Americans.
- Add nutritious and appealing options (such as fruits, vegetables, nuts, trail mix, reduced fat milk, reduced fat yogurt, reduced fat cheese, 100% juice and water) whenever foods/beverage offered at the site.
- Request from food vendors healthy and nutritious alternatives to current food products such as snack and beverage choices.
- Provide healthy options to current snack and beverage choices.
- Request from vendors, nutrition information to determine which foods are high in total fat and saturated fat.
- Involve guardians and staff in identifying nutritional and healthier food options.
- Promote healthier food items by example.

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- Follow USDA, Child Nutrition Programs policies on competitive foods and extra food sales.

Eating Environment:

Northern Oklahoma Youth Services will:

- Provide adequate time for residents to eat and enjoy their meals. Each resident will be provided a minimum of 15 minutes to eat breakfast and 20 minutes to eat for lunch.
- Make meals accessible to all residents.
- Establish an environment during meal times conducive to a positive dining experience, allowing socializing among residents and between residents and adults; with supervision of eating areas by adults who model proper conduct and voice level; and with adults who model healthy habits by eating with the residents.
- Not use food as a reward or a punishment for residents' behaviors during the meal time.

School Food Service Operations:

Northern Oklahoma Youth Services will:

- Ensure that residents have access to varied and nutritious foods necessary to stay healthy and learn well.
- Strive to increase participation in the available federal Child Nutrition Programs.
- Establish a food safety program of all food operations and ensure that the food service permit is current for the Food Service shelter site. Hazard Analysis and Critical Control Points plans and guidelines are implemented to prevent food illness in the shelter.
- Operate all School Nutrition Programs with shelter food service staff who are properly qualified according to current professional standards.
- Provide opportunities for shelter food service staff to receive professional and nutrition education and training.

Marketing a Healthy School Environment

Northern Oklahoma Youth Services will:

- Provide positive, motivating messages, both verbal and non-verbal, about healthy lifestyle practices throughout the shelter setting. All shelter personnel will help reinforce these positive messages.
- Involve residents in planning for a healthy shelter environment. Residents will be asked for input and feedback, and attention will be given to their comments.
- Promote healthful eating, physical activity and healthy lifestyles to residents and staff at shelter events.
- Eliminate advertising and other materials on the shelter sight that promote foods of minimal nutritional value.

Implementation

Northern Oklahoma Youth Services will:

- Establish a plan for implementing the Shelter Wellness Policy.
- Insure the implementation of the Shelter Wellness Policy as written.

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- Establish and support a Shelter Health Committee that addresses all aspects of a coordinated Shelter Health Program, including a Shelter Wellness Policy.
- Review of the progress toward Shelter Wellness Policy Goals each year to identify areas for improvement.
- Prepare and submit a yearly report to the Executive Director regarding the progress toward implementing the Shelter Wellness Policy and recommendations for any revisions to the Policy as necessary.
- A Triennial Wellness Policy Assessment Report will be conducted by the Shelter Coordinator, Jennifer Haney and Nutritional Support Worker/Direct Care Staff, Kathy Moorhead beginning with the 2017/2018 school year.
- All policy updates will be documented in a Wellness Assessment Report. The Wellness Assessment Report will be posted publicly along with the Shelter Wellness Policy.

Shelter Health Committee Membership

Chair: James Carter, Executive Director

Jenny Creech	Healthy Living Coordinator - TSET
Jennifer Haney	Shelter Coordinator
Kathy Moorhead	Nutritional Support Worker
Chris Cannady	Food Service Manager
Christy Aday	Shelter Counselor
Jan Justice	Community Stakeholder
Michael Moorhead	Physical Education Advisor

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Goals

Northern Oklahoma Youths Services is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

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To meet these goals, Northern Oklahoma Youth Services adopts this wellness policy with the following commitments to nutrition, physical activity, comprehensive health education, marketing and implementation. The intent of this policy is to effectively utilize school and community resources and to equitably serve the needs and interests of all students and staff, with consideration differences in culture.

Nutrition Education

Northern Oklahoma Youths Services will:

- provide nutrition education for graduation.
- offer nutrition education in grades K-8.
- conduct nutrition education activities and promotions that involve students, parents and the community.
- create a cafeteria environment that promotes health and nutrition education.
- train and educate staff, teachers and other personal to promote wellness and to educate students in making healthy lifestyle choices.
- plan nutritional activities to include school foodservices staff, school nurses, health and PE teachers, coaches and as appropriate additional staff.
- provide information to families that encourage teaching children about health and nutrition.

Physical Activity

Northern Oklahoma Youths Services will:

- provide physical education for all students.
- offer a planned sequential program of physical education instruction, incorporating individual and group activities which are student centered and taught in a positive environment.
- schedule recess or physical education before lunch times in order to increase food consumed, decrease plate waste and improve cafeteria behavior.
- promote healthier food items by advertising in the classroom and cafeteria lines.

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Nutrition Promotion

Northern Oklahoma Youths Services will:

- provide positive, motivating messages, both verbal and non-verbal about healthy lifestyle practices throughout the school setting. All school personal will help reinforce these positive messages.
- involve students in planning for a healthy school environment. Students will be asked for input and feedback. Attention will be given to their comments.
- Promote healthful eating, physical activity and healthy lifestyles to students, parents, teachers, administrators and the community school events (e.g., school registration, parent teachers' conferences, PTA meetings, open houses, health fairs, teacher in-services, and other events).
- Eliminate or reduce advertising and other materials on the school campus that promote foods of minimal nutrition value.

Implementation and Review

1. James Cater, Director of Services is responsible for insuring the implementation of the school wellness policy as written here.
2. This policy will be reviewed each July at the NOYS annual board meeting. It will be prepared for review by the Director of Services, once recommendations or any changes are approved by the NOYS Board it will be posted by the Director of Services.
3. The annual wellness report will be posted in the shelter area as well as the main reception display case. It will also be included in the agencies' Annual Report and made available to all stakeholders. Anyone interested in participating in this process can call James Carter, Director of Services at 580-762-8341.

School Health Committee Membership

Chair- James Carter, Director of Services

Members-

Susan Atkins, Nurse

Chris Cannady, Agency Representative

Mike Moorhead, Physical Education Advisor

The Board of Directors of Northern Oklahoma Youth Services reviewed and approved the Shelter Wellness Policy on Tuesday, August 26th 2014.


James Carter, Director of Services