

HollyDELL Health and Wellness Policy

2023-2024

(Updated July, 2023)

HollyDELL school is committed to promoting the Health and Wellness Policy with teachers, nurses, therapists, and other school administrative staff so they have the skills they need to implement this policy and promote healthy eating practices and other health practices. HollyDELL also has a Feeding Policy that was developed by our speech therapists in order to determine feeding issues and any necessary intervention. We will continue to bring awareness of our policies to teachers and therapists (through training) and to students and parents (through information/projects sent home by the teacher).

****This policy may not apply to medically authorized special needs diets pursuant to 7 CFR Part 210: school nurses using FMNVs during the course of providing health care to individual students or special needs students whose Individualized Education Plan (IEP) indicates their use for behavior modification.*

In order to have this carried out in the home, parents will be sent a copy of this Health and Wellness Policy. Also, school fundraising efforts will be supportive of healthy eating. The school nurses, along with the HollyDELL administration, will ensure that the policy is implemented.

The Health and Wellness Policy will be reviewed by the staff in the beginning of each school year. This policy will be available to the public on the HollyDELL website – www.hollydell.org.

This policy includes 3 main areas:

1. Nutrition

The primary goal of our Nutritional Education is to influence students' eating behaviors thereby promoting good health. This will be accomplished by providing nutrition education within learning activities.

- Through the 10 month school year, students will be provided with healthy and nutritious foods during snack, meal time, lessons, and therapy related activities (except for use of positive reinforcers).
- Through the 10 month school year, students will be encouraged in the consumption of fresh fruits and vegetables, low fat milk, and whole grains.
- Through the 10 month school year, students will be supported to engage in healthy eating through nutrition education. The school's curriculum shall incorporate nutrition education and physical activity consistent with the New Jersey Department of Education Student Learning Standards.
- Through the 10 month school year, students will be provided adequate time for student meal consumption. Our school will provide a pleasant dining environment within the classroom.

Nutrition Education Goals Implementation

- Lesson plans are reviewed on a weekly basis.
- Scheduled and unscheduled observations are made in the classrooms, which may also include therapy related activities.
- Students do not purchase any snacks in school. Snacks are only received as part of instructional activities, reinforcements, and pleasure feeds. The nutritional guidelines may be altered during these snacks, depending on the individual/medical needs of each student. Students also bring their own lunches.
- We encourage healthy eating.
- We encourage classrooms to participate in Farm-to-School activities, i.e. vegetable gardens, herb gardens, etc.
- Teachers share nutritional information regarding healthy vs. unhealthy foods during instructional activities.

Nutrition Standards

- The following items may not be served, sold, or given out to students anywhere on school property at any time before the end of the school day, with the exception of snacks for use as positive reinforcers:
 - Food of minimal nutritional value (FMNV) as defined by U.S. Department of Agriculture regulations.
 - All food and beverage items listing sugar, in any form, as the first ingredient.
 - All forms of candy.

**Food and beverages served during special school celebrations or during curriculum related activities shall be exempt from this policy.*

**Some fundraisers may also be exempt from this policy as the children do not sell or buy the items. Some items children may sell (curriculum related treats) are sold to staff only.*

**The PT Department has a Snack Shack for staff as a fundraising effort. All proceeds go to a selected charity. Only staff have access to this cabinet. We do not have a School Store for students.*

- A Guide to Smart Snacks in School can be found by copying and pasting the following link:
<https://www.fns.usda.gov/sites/default/files/resource-files/smartsnacks.pdf>

2. Physical Activity

- HollyDELL will provide students with the opportunity to engage in physical activity during the school day. Teachers/Therapists will be encouraged to have students be physically active (if able) during lessons and therapy sessions.

- Provide weekly Gross Motor Group classes.
- Encourage students to use HollyDELL playground which is accessible to all individuals.

3. Medical Services

In order to maintain the health and wellness of our students, nursing services (HollyDELL nurses and 1:1 nurses) are available to the students per determination in the students' IEPs.

The nursing services at HollyDELL are individualized and may include administration of medication, tube feedings, nutrition management, breathing treatments, oxygen administration, monitoring of seizure activity, skin assessment, wound care, handling medical emergencies and oversight of all nursing services in the education program. Our nursing department adheres to all rules and regulations of the New Jersey Departments of Health and Education. Administration of medication must be under doctor's orders.

If a student requires a 1:1 nurse, the said nurse will be responsible for all of the student's medical and personal care needs per an Individual Plan of Care as prescribed by the student's physician. Compliance with State mandated immunizations and screenings will be monitored by the HollyDELL School Nurse.

HollyDELL also employs a Medical Director who has the following responsibilities:

- Consultation and review of organizational policies and procedures related to health, safety, and emergency medical procedures.
- Consultation to nursing staff regarding the delivery of health services which include special health care needs of medically fragile children and adults.
- Review of written standing orders which shall be reissued before the beginning of each school year.
- Establishment of standards of care for emergency situations and medically related care involving students, clients, and staff.
- Review reports and orders from private physicians regarding student health concerns as needed.
- Review and approval of Do Not Resuscitate (DNR) orders and instructions to school staff.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; fax: (202) 690-7442; or email: program.intake@usda.gov. This institution is an equal opportunity provider.