

Florence Crittenton Programs of SC
(FCP), RCCI
Wellness Policy
Approved: April, 2017

Florence Crittenton Programs of SC (F C P) is committed to providing an environment that promotes and protects children’s health, well-being and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the board to ensure these standards are met.

Section 1: Nutrition Education

1. Since FCP is not a school or school district, curriculum standards are not relevant. However, FCP does partner with community resources who provide nutrition education, including the Eat Smart, Be Active program offered in collaboration with Clemson Extension.

Section 2: Child Nutrition Programs and School Meals

1. Child nutrition programs (e.g., school lunch, school breakfast, after school snack) shall comply with federal, state and local requirements and shall be accessible to all children.
<http://www.fns.usda.gov/school-meals/regulations>
2. The USDA Professional Standards for State and Local Nutrition Programs are followed to ensure professional development in the area of food and nutrition is provided for food service directors, managers, and staff.
3. Qualified child nutrition professionals shall provide all students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of students.
4. The facility shall be safe, comfortable and pleasing and shall allow ample time and space for eating meals, offering a minimum of 20 minutes to consume their meal after obtaining food.
5. The nutritional content of meals shall be shared and publicized with students and parents.
6. Students shall be made aware of the availability of water during meals and shall be allowed access to water throughout the meal period. Water is always available to students at our facility.

Section 3: Nutrition Standards for Competitive and Other Foods and Beverages

1. All foods and beverages served shall comply with the current USDA Dietary Guidelines for Americans. No foods are sold at our facility. All food is provided.
2. No fundraising events are held involving food or beverage items.
3. Students shall be provided access to drinking water throughout the day.
4. All foods made available on campus shall adhere to food safety and security guidelines.

Section 4: Physical Education and Physical Activity

1. This RCCI does not provide physical education, as it is not a school. However, students are enrolled in

Charleston County Public Schools, and, as such, may participate in their physical education curriculum. http://www.ccsdschools.com/divisions/learning_services/instruction/physical_education/health

2. This RCCI will provide opportunities to ongoing professional development for staff, which will include education on the importance of physical activity for students and the relationship of physical activity and good nutrition to academic performance and healthy lifestyles.
3. Students shall be given opportunities for physical activity during the week. These shall include yoga and walking.
4. The RCCI will take advantage of nearby facilities, including Hampton Park, to provide expanded physical activity opportunities for students, families, and staff.

Section 5: Wellness Promotion and Marketing

1. Wellness policy goals shall be considered in planning all facility-based activities, including off-site activities.
2. Staff shall be encouraged to model healthy behaviors including healthy eating and physical activity. To the extent feasible, staff shall model healthy behaviors for students, including healthy eating/drinking and physical activity.
3. FCP shall not use foods or beverages as rewards for academic performance and shall not withhold food or beverages as a punishment.
4. FCP shall not deny a student participation in recess or other physical activities as a form of discipline. FCP shall not use physical activity (e.g., running laps, pushups) as a form of punishment.
5. The facility shall promote healthy food items including fruits, vegetables, whole grains, and low-fat dairy products.
6. Healthy nutrition and physical activity shall be incorporated into family events throughout the year.
7. No foods or beverages shall be marketed on facility property.

Section 6: Implementation, Evaluation, and Communication

1. The facility Wellness Committee shall meet on a regular basis during the school year.
2. The facility shall permit participation by the public and RCCI community on the Wellness Committee.
3. RCCI members shall include a minimum of the nurse, teacher, social workers, and program manager.
4. The RCCI shall conduct an assessment of the wellness policy at least once every three years to determine compliance with the policy, to compare with model wellness policies, and to monitor progress.

Reviewed and approved by:

Florence Crittenton Director:	Caitlin C. Waddington	Reviewed:	January, 2018
Child Nutrition Supervisor:	Venetia Fahie	Reviewed:	January, 2018
Residential Program Director:	Hayley Hardee	Reviewed:	January, 2018

Legal references:

- A. Federal Legislation:
 - 1. The Child Nutrition and WIC Reauthorization Act of 2004.
 - 2. Healthy, Hunger-Free Kids Act of 2010
- B. S.C Code of Laws, 1976, as amended:
 - 1. Students Health and Fitness Act of 2005 (Chapter 10 of Title 59: Physical Education, School Health Services and Nutritional Standards - Sections 1, 2 and 3).
 - 2. Section 59-29-80 - Courses in physical education; ROTC programs.
 - 3. Section 59-29-100 - Supervision of administration of physical education program by state superintendent of education.
 - 4. Section 59-32-30 (A)(1)-(3) - Local school boards to implement comprehensive health education program; guidelines and restrictions.
- C. State Board of Education Regulations:
 - 1. R-43-234 - Defined program, grades 9 - 12.
- D. State Board of Education Academic Standards:
 - 1. 2009 SC Health and Safety Education Academic Standards.
 - 2. 2008 SC Physical Education Academic Standards.
- E. Other references:
 - 1. National Standards for Physical Education, NASPE (National Association for Sport and Physical Education).
 - 2. National Health Education Standards, Joint Committee on National Health Education Standards.
 - 3. Dietary Guidelines for Americans.