

Healy-Murphy Center

Wellness Policy

Mission Statement: The mission of Healy-Murphy Center (HMC) wellness policy is to promote a healthy lifestyle for students, parents and staff which will lead to lifelong maintenance of healthy habits. This policy will incorporate nutrition education and standards, physical activity and any other school related activities. This document, referred to as the “wellness plan”, is intended to implement policy, which has been adopted by the Board of Directors to comply with the requirements for a school wellness policy. [Section 9A(a) of the National School Lunch Act (NSLA), 42 U.S.C. 1758b; 7 C.F.R. Part 210.]

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. HMC has chosen to use the Campus Leadership Team (CLT) to review and consider evidence-based strategies and techniques in order to develop and implement nutrition guidelines and wellness goals as required by federal law. HMC will permit the following persons to work on wellness policy and plan: parents, students, food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public. HMC will solicit involvement and input of these other interested persons by:

1. Posting our Wellness Policy on our website www.healymurphy.org
2. Distributing copies during our bi-annual teacher meet/greet with parents and guardians.

School administrators (Executive Director, Principal, Dietitian) are responsible for the implementation of the wellness plan at HMC, including the submission of necessary information to the CLT for evaluation. The Executive Director is the official responsible for the overall implementation of the development of this wellness plan and any other appropriate administrative procedures, and ensuring that HMC complies with the policy and plan.

At least every three years, as required by law, HMC will measure and make available to the public the results of an assessment of the implementation of our wellness policy, the extent to which HMC is compliant with the wellness policy, a description of the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy compares with any state- or federal designated model wellness policies. This will be referred to as the “triennial assessment.”

Annually HMC will notify the public about the content and implementation of the wellness policy and plan and any updates to these materials. We will notify the public through an update on our website at www.healymurphy.org

The CLT will consider evidence-based strategies when setting and evaluating goals and

measurable outcomes. The CLT may use any of the following tools for this analysis:

- *Smarter Lunchrooms' website
- *Consultation with our Dietitian/Nutritionist
- *Consultation with health care professionals on campus

To comply with the legal requirements to annually inform and update the public about the content and implementation of the local wellness policy, HMC will create a wellness page on its website to document information and activity related to the school wellness policy, including:

1. A copy of the wellness policy;
2. Notice of any Board revisions to policy;
3. The name, position, and contact information of the official responsible for the oversight of the wellness policy and implementation of this plan;
4. Notice of any CLT meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
5. The CLT triennial assessment; and
6. Any other relevant information

HMC will also publish the above information in appropriate publications.

Records regarding HMC wellness policy will be retained in accordance with law and HMC's records management program. Questions may be directed to the chairperson of the CLT.

The following provisions describe HMC's nutrition guidelines and activities and objectives chosen by the CLT to implement the board-adopted wellness goals in policy.

HMC participates in the U.S. Department of Agriculture's (USDA) child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). Federal law requires that HMC establish nutrition guidelines for foods and beverages sold to students during the school day that promote student health and reduce childhood obesity. HMC nutrition guidelines are to ensure all foods and beverages sold or marketed to students during the school day adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity.

HMC will comply with federal requirements for reimbursable meals. For other foods and beverages sold to students during the school day, HMC will comply with federal requirements for competitive foods. For purposes of the plan, the requirements will be referred to as "Smart Snacks" standards or requirements. The following websites have information regarding meal and smart snacks requirements:

- <http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>
- <http://www.fns.usda.gov/healthierschoolday/tool-schools-focusing-smart-snacks>
- <http://www.squaremeals.org/Publications/Handbooks.aspx>

Nutrition Education Goals

Federal law requires that HMC establish goals for nutrition education in its wellness policy. State law also requires implementation of a coordinated health program with a nutrition service and health education component at the high school level. HMC shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors. HMC strives to promote many learning opportunities. Students receive classroom instruction on nutrition through the required health classes, as well as through a nutrition learning component in the parenting class. Through a partnership with the UTHSA, School of Nursing, HMC has the services of a PhD, RDN, LD registered dietitian 2 times a week. The dietitian offers nutrition education through hands-on activities such as cooking class, healthy and low cost recipes, and grocery shopping options in a local supermarket for healthy eating. In addition, teachers, students and the RDN worked in collaboration to implement and maintain a vegetable garden, incorporating the vegetables in the school menu and cooking classes. The dietitian also serves as a consultant for the kitchen staff on healthy menus for the school population. Our staff dines in the same area as the students, demonstrating by example, balanced food choices, and the social/emotional importance of meals as a time to communicate with others. All staff who teach nutrition components have appropriate training. HMC maintains a school garden. Both staff and students participate in the school garden. HMC food service staff, teachers, and other personnel shall consistently promote healthy nutrition message in the cafeteria, classrooms, and other appropriate settings.

Physical Activity Goals

HMC will provide opportunities for students to maintain physical fitness. HMC will adopt or exceed the state standards for physical activity. Through the generosity of volunteers all students are offered the opportunity to participate in the GET FIT CLUB every Thursday during the resource period. The activities vary from week to week but always involve exercise. Students have daily access to the gym during lunch, and are encouraged to use it. Students use stairs, unless a medical condition exists, to reach their classrooms. Campus layout necessitates the students walk to several buildings throughout the school day. School basketball and volleyball teams are in place and all students are encouraged to participate as an extra-curricular activity. Physical activity is stressed as an essential element of physical and emotional wellness throughout the health class curriculum. HMC encourages students, parents, staff, and community members to use the school gym during lunch hour and after school. HMC promotes employee wellness activities and involvement, such as the an annual staff student volleyball game.

Nutrition Standards

HMC shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students. At any public event involving parents, students and others, HMC will serve infused water and healthy snacks.

Other School Related Activities

Federal law requires that HMC establish goals for other school-based activities in its wellness policy to promote student wellness. In accordance, HMC has established the following goals as part of its student wellness policy: (1) create an environment conducive to healthy eating and physical activity and (2) promote and express a consistent message. Expanded wellness activities include a full-time licensed professional counselor who offers counseling services to all students of physical, mental and behavioral wellness. Also in collaboration with UTHSA, School of Nursing, HMC has the services of a Psychiatric Nurse Practitioner who conducts assessments, medication checks and counseling. There is also a Pediatric Nurse Practitioner on campus two days a week for physical health, consultations with students and the children of our parenting students.

Other School Based Activities Guidelines

HMC shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe and comfortable. There is ample seating in the cafeteria which receives natural light from numerous windows. Students have 47 minutes to eat, socialize and engage in physical activity whether it be in the gym or walking in the courtyard. Picnic benches are placed in shade areas of the grounds for students to enjoy outdoors during non-class time. Water is available to students throughout the day.

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: (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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