

AMIKids Sand Hills, Inc.
2381 Campbell Lake Road
Patrick, South Carolina 29584

Introduction:

Federal law requires that each educational agency participating in the National School Lunch Program shall establish a school wellness policy. AMIKids Sand Hills recognizes the need to assist our students by encouraging healthy eating habits and physical activity, and has established this Lifestyle Challenge as its' Wellness Policy. This policy includes guidance for nutrition awareness and physical goals, standards of nutrition and food availability, and school based physical activity opportunities designed to promote wellness. It also provides a plan for measuring policy implementation.

Overview:

By facilitating learning through support and promotion of good nutrition and physical activity, AMIKids schools contribute to the basic health of the youth we serve. Thereby, optimizing their performance potential and ensuring that no child is left behind. It promotes a lifestyle of wellness behaviors, thus helping in the reduction of childhood obesity, diabetes, and heart disease.

This policy provides framework for all students at AMIKids Sand Hills to be given the opportunity to possess the knowledge and skills necessary to make nutritious and enjoyable food choices. In addition, all school staff is encouraged to model healthy eating behavior as a valuable part of daily life. School leaders shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and promote wellness.

1. Lifestyle Challenge Nutrition Education Goals

- AMIKids Sand Hills shall promote health education curriculum standards and guidelines to include nutrition and healthy lifestyle development provided by Certified Dietician Nutritionist Jessica Grace Plank, LDN.
- Nutrition education is offered in the school dining room as well as in the classroom. The school kitchen should serve as a “learning laboratory” enabling students to apply skills taught in the classroom.
- Schools make an effort for students to receive consistent nutrition messages throughout classrooms, cafeterias, homes, community and media. Current nutrition education materials shall be prominently displayed in the dining area.
- AMIKids Sand Hills links food and nutrition education within the school education program.

- AMIKids Sand Hills Staff that provide nutrition education have appropriate and current training.

2. Lifestyle Challenge Physical Activity Goals

- AMIKids Sand Hills shall promote a positive environment for physical activity by providing an environment that encourages safe and enjoyable activities for all students, such as basketball, flag football, horseshoe, corn-hole toss, and volleyball.
- AMIKids Sand Hills Students are given opportunities and time for various physical activities during the school day.
- AMIKids Sand Hills Students are given opportunities to train and participate in the AMIKids Sand Hills Annual Experiential Challenge Events such as the summer and winter Olympics.
- AMIKids Sand Hills is encouraged to work with the community to create physical opportunities for students.
- AMIKids Sand Hills encourages parents and guardians to support their children's participation in physical activity and to be physically active role models.
- AMIKids Sand Hills provides training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among students.

3. Lifestyle Challenge Established Nutrition Standards and Guidelines

All foods available on school campus during the school day will comply with the following:

- Meals served at AMIKids Sand Hills must meet the meal patterns and nutrition standards established by the USDA National School Lunch Program, National Breakfast Program, and After School Snack Program.
- AMIKids Sand Hills Menu planning shall take into consideration students' cultural and regional norms. Menus are planned, analyzed and approved by South Carolina Department of Education and Office of Health and Nutrition.
- AMIKids Sand Hills Food Service Staff shall practice nutrition guidelines that require the use of approved menus, products, and cooking techniques which comply and are consistent with the 2010 Healthy, Hunger-Free Kids Act of 2010.
- AMIKids Sand Hills Food preparation should focus on reduced fat, lower sodium and sugar as per the 2010 Dietary Guidelines for Americans. Whole grains, lean meats, low-fat milk, fresh fruits and vegetables shall be emphasized in menu planning.
- AMIKids Sand Hills shall ensure an overall school environment that encourages students to make healthy food choices. "Bid Store" treats must not be offered during meal times.

- AMIKids Sand Hills will provide a food service program that employs trained staff who efficiently serve a variety of appealing and nutritious foods. AMIKids Sand Hills will provide opportunities for on-going professional training and development for foodservice staff and teachers in the areas of food and nutrition. These trainings will include HACCP (food safety) standards and guidelines. AMIKids Sand Hills Kitchen Manager of Day/Residential Programs shall hold a current ServSafe certification for managers. AMIKids Sand Hills Day Program Staff shall hold a current ServSafe certification for Food handlers.
- AMIKids Sand Hills Nutrition policies and guidelines for reimbursable meals shall not be less restrictive than federal and state regulations require.
- AMIKids Sand Hills Special Diets shall be provided to students as prescribed by appropriate medical or dental personnel or when food substitutions are requested due to religious beliefs. Parents may also request food substitutions for their son/daughter when food intolerances are indicated by the parent/guardian.
- AMIKids Sand Hills foods and smart snacks served in school must meet local and state standards in regard to food safety, storage, preparation, serving, and workplace safety. AMIKids Sand Hills must request a semi-annual State Health Inspection. Smart snacks and healthy foods are promoted by posters displayed in the cafeteria, as well as in the education department.

4. Lifestyle Challenge Goals and Program Overview

Site specific school-based activities to promote student wellness

AMIKids Sand Hills Lifestyle Development:

AMIKids Sand Hills will incorporate their Lifestyle Challenge activity to include the following;

- AMIKids Sand Hills shall incorporate a Lifestyle Challenge activity specific to students needs.
- AMIKids Schools shall encourage and provide opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining.
- AMIKids Schools shall encourage all students to participate in school meals program, i.e. the National School Lunch and Breakfast Programs, by providing every family the opportunity to complete a Free & Reduced Meal Application, and to also protect the identity of students who eat free and reduced priced meals.
- AMIKids Schools shall encourage parents, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.

AMIKids Sand Hills Dining Environment

- AMIKids Sand Hills shall provide clean, pleasant and safe eating areas for students and staff
- AMIKids Sand Hills will provide adequate serving space and efficient methods of service will be used to ensure students have access to school meals with a minimum amount of waiting time.

- AMIKids Sand Hills will provide adequate seating, tables, utensils, napkins and supervision at meal times.
- AMIKids Sand Hills will provide adequate drinking water is in the cafeteria at meal times.

- AMIKids Sand Hills will provide adequate second helpings, when offered to all students in a fair and non-discriminatory manner. AMIKids Sand Hills will not use food as a reward or a punishment.

AMIKids Sand Hills Meal Scheduling

- AMIKids Sand Hills will ensure an adequate time for students to enjoy eating healthy foods.
- AMIKids Sand Hills will ensure a minimum of 15 minutes for breakfast and 25 minutes for lunch.
- AMIKids Sand Hills' students shall be encouraged to start each day with a healthy breakfast. AMIKids Sand Hills will schedule breakfast as near the beginning of the day as possible and through 10:00am if necessary.
- AMIKids Sand Hills will schedule lunch time as near the middle of the school day as possible; serving times 12:00PM through 1:30 PM.
- AMIKids Sand Hills Afterschool Snacks must be served after the normal school day ends, and can be served before bed time.

5. Lifestyle Challenge Measurement and Evaluation

Evaluation of the Lifestyle Challenge policy recommendations includes the following;

AMIKids Sand Hills participates in the NSLP and will integrate a site specific Lifestyle Challenge activity into their program.

AMIKids Sand Hills is encouraged to educate and facilitate health and wellness in school. The following programs may be utilized;

1. After school training sessions
2. Healthy choices initiatives
3. Incorporation of education material into life skills classes
4. Community events, fundraising events and or group activity

AMIKids Sand Hills will provide support in developing their Lifestyle Challenge. AMIKids Sand Hills uses activities currently in place in their school for the Lifestyle Challenge Activity.

- AMIKids Sand Hills will develop a check list of action steps
- AMIKids Sand Hills offers health and lifestyle information via Staff Newsletters and posters.
- AMIKids Sand Hills offers a framework for community involvement and development with the assistance of networking.
- AMIKids Sand Hills offers a forum for Lifestyle Challenge ideas and possible activities via our website

AMIKids Sand Hills Lifestyle Challenge development resources available to schools may include:

- Commonalities between programs and best practices
- Resource List and assistance with searching for additional resources
- Nutritional training including lead by example, best practices and training forums
- Aid in funding development and enhancement
- Youth specific activities and learning environments
- Training sessions specific to youth interest and needs

AMIKids Sand Hills Measure and Evaluate the Lifestyle Challenge.

- This policy will be reviewed, evaluated and revised annually to enhance and update the Lifestyle Challenge implementation at AMIKids Sand Hills.
- If changes are to be made, Jerome Platt, Executive Director AMIKids Sand Hills and Mr. Rickie Hardy, Regional Directors approval is required for addendums.
- The effectiveness of the Wellness Policy and recommended revisions, if necessary, will be reported to the governing board at the AMIKids Sand Hills Executive Committee for their approval.
- The Committee Members are:
Jerome Platt, Executive Director,
Earlene, Williams, Director of Education
Jake Johnson, Shift Supervisor
Judie Thomas, Kitchen Director
Lynn Henry, Business Manager

AMIKids Sand Hills Methods to Review policy

Review mechanisms may include the following;

1. NSLP changes in standards
3. Student and Staff comments and surveys
4. Yearly on-site NSLP reviews

Mr. Jerome Platt, AMIKids Sand Hills Executive Director along with Mr. Rickie Hardy, Regional Director, AMIKids SC will ensure that AMIKids Sand Hills is meeting the Wellness Policy goals by using one of the above review mechanisms that are conducted at least on a yearly basis.

Wellness Policy Documentation Approval

By signing this form, you confirm that you reviewed and approved the Lifestyle Challenge/Wellness Policy.

WE HEREBY ACKNOWLEDGE ON THIS DATE OF _____.
WE HAVE REVIEWED AND APPROVED THE LIFESTYLE CHALLENGE/WELLNESS POLICY.

Regional Director

Executive Director

AMIKids Sand Hills Board Chairman

Wellness Policy Documentation Approval

By signing this form, you confirm that you reviewed and approved the Lifestyle Challenge/Wellness Policy.

WE HEREBY ACKNOWLEDGE THIS DATE OF _____, WE HAVE
REVIEWED THE REVISIONS, AND APPROVED THE LIFESTYLE CHALLENGE/WELLNESS POLICY
FOR AMIKIDS, INC.

CEO/President

Vice President Operations

AMIKids Board Chairman