



The Children's Home of Easton's Health and Wellness Policy

The Children's Home of Easton recognizes that the residents' wellness and proper nutrition are related to the residents' wellbeing, growth, development and readiness to learn. The Children's Home is committed to providing an environment that promotes wellness, proper nutrition, nutrition education, and regular physical activities as part of their total experience at The Children's Home of Easton.

This policy is based on the recommendations of The Health and Wellness Committee (RISE) and in accordance with state and federal regulations.

To ensure the health and well-being of all residents, The Children's Home establishes that the following will be provided to each resident:

- A nutrition program consistent with state and federal requirements
- Access to free food and beverages that meet established guidelines
- Opportunities for developmentally appropriate physical activities while they are living on campus
- Age-appropriate programs that are designed to educate residents about proper nutrition and lifelong physical activity

The Children's Home of Easton's Health and Wellness Committee (RISE) will be responsible for the implementation and oversight of this policy to ensure that The Children's Home remains compliant with this policy, related policies, and established guidelines of The Children's Home.

The Health and Wellness Committee will report to the Board of Directors annually regarding the following:

- Assessment of the Health and Wellness Policy
- Evaluation of the food service program
- Review of all food and beverages for compliance with established nutrition guidelines
- List of activities and programs conducted that promote nutrition and physical activity
- Recommendations for policy and or program revisions
- Feedback received from staff and residents, parents/guardians, community members and the wellness committee



The Health and Wellness Committee (RISE) will conduct an assessment at least once every three years on the contents and the implementation of the policy as part of our Performance and Quality Improvement requirements. The Triennial Assessment will be available on The Children's Home website and will include:

- Assurance that CHE is compliant with the policies related to Health and Wellness
- Any progress made in attaining the goals of the policy

The Children's Home will inform the public by ensuring that updated policies are listed on the Children's Home website. Parents/guardians and contracting counties will be informed of how to access the Health and Wellness Policy via the intake letter when a resident arrives for placement.

The most recent Triennial Assessment can be accessed on The Children's Home website.

RECORD KEEPING

The Children's Home of Easton retains records documenting compliance with the Health and Wellness Policy which include:

1. The Written Health and Wellness Policy.
2. Documentation that families and counties have been informed of the policy (website and intake letters).
3. Documentation of efforts to review and update policy via Health and Wellness Committee (RISE) meeting minutes
4. Triennial Assessment and wellness policy listed on The Children's Home website.

HEALTH AND WELLNESS COMMITTEE (RISE)

The Children's Home Of Easton's Wellness Committee (RISE) is comprised of a CHE Board Member, CHE administrator, Food Service Manager, Residents and Medical Office Director. Anyone who wishes to be part of the committee is welcome to attend any meetings.

The Wellness Committee continually reviews evidence-based strategies and techniques to continue to establish goals for nutrition education and physical activities and any other activities that promote wellness for the residents.

Residents' needs will be assessed as needed.



Awareness about resident health issues will be discussed in appropriate settings with appropriate staff.

Focus groups will be established when needed in regard to activities, budget, and health, nutritional needs and any other similar topics.

Director of the Medical office will participate in focus group when needed to discuss current residents' needs for medical and dental treatment and concerns.

NUTRITION EDUCATION AND PHYSICAL ACTIVITY

Staff will model, support and encourage healthy eating to residents.

Life Skills will be a part of the daily/weekly routine for all residents and will include, but not be limited to, age-appropriate physical activity, menu planning, healthy cooking, making grocery lists, food safety and food storage.

Residents will be encouraged to participate in planting, maintaining and harvesting in The Children's Home garden.

Residents will participate in cooking items harvested from the garden and locally sourced items as well.

Health and wellness posters and healthy eating and nutritional information is hung in the cafeteria and in the cottages.

Residents are encouraged to be physically active for at least 60 minutes each day. Residents have the opportunity to utilize the on-campus gym for activities. The Children's Home also has a baseball field for outdoor activities. Activities such as roller skating, bowling, swimming, basketball and other activities are done in the community. Residents also engage in walks on the campus and at local community parks. This helps with physical activities and social interaction. All residents are provided the necessary accommodations to participate in all Children's Home activities.

Residents participate in mindfulness and yoga classes throughout the year.

Residents are also provided physical education by a certified physical education teacher while attending community school during the school year.



OTHER

- Residents have access to safe drinking water at all times.
- Residents have a safe, clean space to eat meals.
- Residents are served breakfast in the cottages.
- Residents have a minimum of 20 minutes to sit down and eat meals.
- Residents have access to hand washing before and after meals.
- Access to food service operation is limited to authorized staff.
- Nutritional meal information will be made available to residents, counties and parents as needed.
- Residents have the opportunity to suggest meals and meal selections.
- Physical activity is *never* used or withheld as a form of punishment.
- The Children's Home utilizes funding for Health and Wellness activities.
- The Children's Home residents are not involved in any fundraising activities.
- Residents do not pay for any of their food or beverages.

All food and beverages available to residents are offered with consideration for promoting residents' health and wellness. Food and beverages that are provided through the School Breakfast or Lunch Program comply with established federal nutrition standards.

Fresh fruit and vegetables are available to the residents as well as water, 100% juice and low-fat milk.

Food is not offered as a reward – this is the resident's home; this is where they live.

ALLERGIES

The Children's Home makes every effort to reduce or eliminate the likelihood of severe or potentially life-threatening allergic reactions. All staff are made aware through medical safety plans, allergy lists and emails. Staff are educated to ensure a rapid and effective response in case of severe or potentially life-threatening allergic reaction.

THE CHILDREN'S HOME OF EASTON IS NOT A SCHOOL

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