

---

## HILLSIDE POLICY & PROCEDURE

---

To help combat childhood obesity and improve children's health, the Child Nutrition and WIC Reauthorization Act of 2004 (PL#1 08-265) requires each local educational agency that receives funding for U.S. Department of Agriculture (USDA) Child Nutrition Programs to establish a local school wellness policy beginning of 2014-2015 school year. The Healthy, Hunger-Free Kids Act of 2010 expanded the wellness policy guidance to develop regulations that provide a framework and guidelines for local wellness policies. This policy establishes how Hillside will create a healthy environment for the clients of Hillside for the prevention of childhood obesity and for combating problems, like Type 2 Diabetes, that are associated with poor nutrition and physical inactivity.

### ***HILLSIDE IS COMMITTED TO PHYSICAL ACTIVITY BY:***

- Providing physical education for all students.
- Offering a planned sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment.
- Participating in a yearly fitness test for students/patients (i.e. President's Challenge to Physical Fitness).
- Establishing or enhancing physical activity opportunities for patients and staff (i.e. walking club, fitness challenge and bike riding).
- Enforcing safety equipment use by patients, staff, and other participants.
- Providing staff-monitored recreational activities that promote moderate physical activity during all outdoor and indoor recess times.
- Promoting lifelong physical activities.
- Creating wider opportunities for patients to voluntarily participate in physical activity programs around campus like intramurals, clubs, and relays.

### ***HILLSIDE IS COMMITTED TO COMPREHENSIVE HEALTH EDUCATION BY:***

- Offering comprehensive health education to all patients through the Conant school and through Nursing, Horticultural Therapy and Nutrition services.
- Health education should emphasize good health practices and prevention of disease.
- Nutrition education activities and promotions will be implemented at least twice per year through the food service, nursing, horticulture and/or school programs.

### ***HILLSIDE IS COMMITTED TO MARKETING A HEALTHY CAMPUS ENVIRONMENT BY:***

- Providing positive, motivating messages, both verbal and non-verbal, about healthy lifestyle practices throughout the school setting. All Hillside staff will help reinforce these positive messages.
- Involving patients in planning for a healthy campus environment. Students will be asked for input and feedback through the use of student surveys and attention will be given to their comments.
- Promoting healthy eating, physical activity and healthy lifestyles to all staff and clients at Hillside Inc.
- Encouraging families to continue to participate in good nutrition and active lifestyles with their children once Hillside patients are discharged back into the community.
- Eliminating advertising and other materials on the campus that promote foods of minimal nutritional value.

## ***HILLSIDE IS COMMITTED TO IMPLEMENTATION OF THIS WELLNESS POLICY BY:***

- Establishing a plan for implementation of the school wellness policy.
- Designating one or more persons to insure that the school wellness policy is implemented as written.
- Conducting a review of the progress toward campus wellness policy goals each year to identify areas for improvement.
- Preparing and submitting a yearly report to the President & Chief Executive Officer and Board of Directors regarding the progress toward implementation of the school wellness policy and recommendations for any revisions to the policy as necessary.

## ***HILLSIDE IS COMMITTED TO BUILDING GOOD NUTRITION HABITS BY:***

- Offering two meals and one snack that meet the meal patterns and nutrition standards established by the USDA and the Dietary Guidelines for Americans.
- Operating a nutrition program with staff that is properly qualified according to current professional standards. Hillside will employ the services/nutritional consultation of a Registered and Licensed Dietitian.
- Meeting high standards of food safety as per the Rules and Regulations for Food Service of the Georgia Department of Public Health. Will ensure the Food Service Contractor/Director will be ServSafe certified. All food service employees will be taught the principles of the ServSafe program.
- Establishing guidelines for all foods available on Hillside's campus during the school day and for special activities with the objective of promoting client health and reducing childhood obesity.
- Providing adequate time, at least 30 minutes, for students to eat and enjoy meals.
- Continually striving to serve healthy and fresh whole foods that meet nutrition guidelines for all foods and beverages available through the National School and Breakfast Program.
- Establishing dining room environments conducive to a positive dining experience with socializing among patients and between patients and staff; with supervision of eating areas by adults who model proper conduct and voice level; and with adults who model healthy habits by eating with patients.
- Adding nutritious and appealing snacks that meet the USDA's Smart Snack guidelines (such as fruit, vegetables, nuts, seeds, trail mix, low-fat dairy products, 100% juice, or water) whenever foods/beverages are sold or otherwise offered at school, in the kids club, academic events, parties, celebrations, social events or other functions.
- Eliminating use of foods as rewards for student accomplishment and the withholding of food as punishment (i.e. restricting a child's selection of flavored milk at mealtime clue to behavior problems).
- Providing learning/teaching gardens (Farm to School) and activities that include taste testing of school garden produce, cafeteria promotions of local fresh foods, and encouraging children to partake in healthy choices.

### **Hillside Wellness Policy Team 2019-2020**

Emily Acker- CEO

Donna DeCaille- Hillside Dietitian- Chair of the Wellness Committee

Ellen Smullen- Recreational Therapist

Christina Kennedy- Education Director

Laura Sellers- VP of Quality Improvement

Shenet Nelson- Sage Dining Food Services Director

### ***How to get involved***

We encourage the local community and parents to volunteer and support our healthy campus.

If you would like to volunteer please visit our website at [hside.org/get-involved/volunteer-program/](https://hside.org/get-involved/volunteer-program/)