
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

Emily Acker- CEO

Donna DeCaille- Hillside Dietitian- Chair of the Wellness Committee

Grace Parfitt - Recreational Therapy Manager

Christina Kennedy- Education Director

Laura Sellers- VP of Quality Improvement

Phillippe D'Orleans- Sage Dining Food Services Director

How to get involved

All stakeholders are able to participate in the development, review, update, and implementation of the Hillside School Wellness Policy. Please contact the school office for more details.