



# PhoenixCenter

Prevent • Treat • Recover

## Section III – Treatment Policy H – Adolescent Residential Services

### Wellness Policy

#### Policy

White Horse Academy is committed to providing an environment that protects and promotes residents' health, well-being, and ability to learn by supporting healthy eating and physical activity.

#### Curriculum Design: Health and Wellness education

The health education curriculum will reflect the south Carolina academic standards for health and safety education and will include age-appropriate instruction in the areas of:

- Alcohol, tobacco, and other drugs
- Human growth/development and sexual health/responsibility
- Injury prevention and safety
- Mental, emotional, and social health
- Personal and community health
- Physical activity and nutrition

#### Procedure

- A. The nutrition program complies with federal, state, and local requirements and is available to all residents.
- B. Qualified staff provides all residents with access to nutritious and appealing foods that meet their health and nutrition needs.
- C. All food and beverages prepared and served on site comply with current USDA Dietary Guidelines for Americans as well as food safety and security guidelines.
- D. The environment is safe, comfortable, and pleasing and allows ample time and space for eating meals.
- E. Nutrition education is offered as a part of health education designed to provide residents with the knowledge and skills necessary to promote and protect their health. Nutrition education may also be integrated into other areas of the curriculum.
- F. Residents are provided opportunities for physical activity during the school day through daily fitness, recreation periods and integration of physical activities into the program. Whenever possible, fitness for residents is scheduled before lunch so that residents come to lunch less distracted and ready to eat.
- G. Food and beverages are never withheld as a consequence for behavior.
- H. Participation in fitness is not withheld as a form of discipline.
- I. Opportunities for ongoing professional training and development are provided for food service staff and teachers on the importance of physical activity for adolescence and the relationship of physical activity and good nutrition to academic performance and healthy lifestyles.
- J. Local wellness policy goals are considered in planning program-based activities.
- K. Dietary, medical and clinical staff meets no less than annually as a program health committee to assess, plan, implement and monitor wellness policies and practices.

Committee members shall serve three-year terms, except for district staff, students, and board members; the unexpired term of a committee member who resigns shall be filled using the process set forth above. The superintendent or designee effectively delivered and understood.

Last review: 10/9/18