



## **RICA-BALTIMORE**

### **DEPARTMENT OF DIETETIC SERVICES**

#### **WELLNESS POLICY**

##### **Policy:**

The Wellness Policy is established to promote a healthy school environment that will promote and protect the students overall health and ability to learn by meeting developmental needs, and supporting and promoting healthy eating and physical activity.

##### **Responsibility:**

The Wellness Policy Leadership Group consists of representation from Administration, School Staff, Registered Dietitian and Medical Staff and are responsible to develop, implement and review this policy.

##### **Purpose:**

To maintain an evidence based process to support the health and development of all students by providing for their nutritional, physical, and developmental needs.

##### **Procedure:**

1. Nutrition education will be consistent with the Dietary Guidelines for Americans.
2. Nutrition Education will be provided at least twice a year in both the cafeteria as well as in selected classrooms with coordination between dietary department staff and school staff.
3. Nutrition education will promote fruits, vegetables, whole-grain products, low fat dairy products, healthy food preparation methods and accurate portion sizes.
4. Nutrition education will be provided to staff and families through a nutrition focused newsletter four times a year. The newsletter will be sent to staff via email and will be printed for staff that do not have easy access

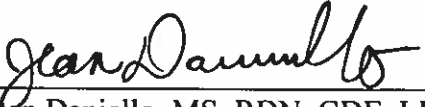
to email. The newsletter will be sent home with students for their families or distributed at parent teacher night.

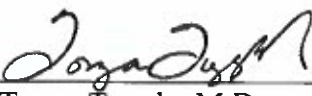
5. Menus provided to students will be developed by a Registered Dietitian/Nutritionist and are consistent with the Federal regulations for the National School Lunch Program (NSLP) and School Breakfast Program (SBP) as mandated by the U.S. Department of Agriculture (USDA).
6. The RICA Baltimore Café offers a salad bar Monday through Friday, low fat salad dressing, whole grain rich or whole grain breads, whole wheat pasta, brown rice, and whole grain or whole grain rich cereals at all meals and snacks and fresh fruit at all meals. Breakfast cereals are free from artificial colors.
7. Dietary staff will participate in training on the RICA menus so they can properly advise students as to the meal components needed to make a nutritionally balanced meal.
8. Dietary staff will participate in training on USDA meal requirements needed to continue participation in the National School Breakfast and National School Lunch Program.
9. Dietary Staff will participate in training that is offered by Maryland State Department of Education, School and Community Nutrition Programs Branch as they are made available to Residential Child Care Institutions.
10. Students will be provided an opportunity for input on school menu items by providing opportunities for taste testing and meal satisfaction survey's at least biannually.
11. Students will be provided at least 15 minutes to eat breakfast and 30 minutes to eat lunch.
12. Students, staff and visitors will be served meals in a clean and pleasant setting.
13. Students, staff and visitors will have access to hand washing/hand sanitizing facilities. Supervisory staff and dietary staff will remind students to use them.
14. Students, staff and visitors will have access to free, safe, fresh drinking water at all times. The cafeteria has a filtered water dispenser that is maintained twice a year.

15. Students will be supervised by staff to promote appropriate behavior consistent with school rules and expectations in the dining room and this will be reflected on student point sheets.
16. Parents will be notified of the availability of Community Summer Food Programs operated by the Maryland State Department of Education.
17. RICA Baltimore follows the State of Maryland Health Education Curriculum Standards for Middle School and High School. The standards will include nutrition knowledge to adopt healthy eating behaviors and lifelong wellness protection.
18. RICA Baltimore follows the State of Maryland Physical Education Standards and promotes physical literacy. All Middle School students have daily Physical Education classes, 5 days per week. High School students follow their county guidelines and take either a half credit (one semester) or full credit (one year) Physical Education course, depending on graduation requirements. Whether it is for one or two semesters, High School students take daily Physical Education classes, 5 days per week.
19. Students are provided with nutrition education in Family and Consumer Science class based on the Baltimore County Public School curriculum. The indicators for this unit are:
  - Apply safety procedures and principles of sanitation to prevent injuries and food-borne illnesses from occurring.
  - Apply nutrition information to make appropriate dietary decisions when planning menus/ meals for optimum health.
  - Analyze the factors that affect eating to make decisions about food consumption that are in the best interest of personal and family development.
  - Use principles of resource management to extend food resources for self, family and society.
  - Analyze the nutritive, economic and environmental consequences of food consumption at different points on the food chain to make responsible consumer choices.
  - Investigate global issues that impact the world food supply and identify viable options for reducing disparities.
  - Analyze factors that affect nutritional needs throughout the life cycle.
20. Foods and beverages available to students in the school store but outside the meal programs will meet Maryland Nutrition Standards for “All Foods Sold in Schools”.

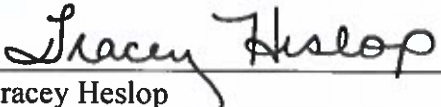
21. Staff working with students when in the cafeteria are expected to be role models including selecting healthy beverages and foods. Staff may purchase lunch tickets at the RICA reception desk at a cost of \$4.00 per meal.
22. Clinicians, activity staff and other staff members will provide opportunities for students to experience nature by walking outside on the beautiful RICA campus, utilizing RICA garden spaces in the school courtyards and, planning trips to parks for outdoor experiences.
23. Wellness opportunities for staff are offered through the State of Maryland Department of Human Resources. Notifications of these events are sent to all staff via email.
24. A nutrition curriculum will be developed in coordination with the "School Garden Project".
25. RICA Baltimore offers a Horticulture program and maintains a greenhouse that provides students opportunity to learn to grow edible plants including vegetables such as tomatoes, green peppers and herbs such as basil and oregano.
26. School parties, celebrations, meetings and other school sponsored events will maximize the use of healthy food choices;
27. School incentives used to reinforce positive behaviors involving food will occur no more than one time a month.
28. Use of non-food rewards for school accomplishments will be promoted.
29. Withholding meals as punishment is strictly prohibited.
30. The Wellness Leadership Group will establish wellness goals based on the Wellness Policy and will develop a plan for implementation, monitoring and assessing the school wellness policy goals.
31. The Wellness Leadership Group will work with Administration, School staff and others to plan ways to promote activities that all students may participate in that will give them an incentive to become involved in physical activities.
32. The Activities staff will coordinate with school dietary staff to plan events to promote healthy nutrition including/but not limited to taking residential students on supermarket tours with a Registered Dietitian and healthy cooking activities.

33. The public will be notified about the school wellness policy annually to include information about any updates to the policy.
34. The Wellness Policy will be reviewed every 2 years per RICA policy review schedule.
35. Wellness goals will be updated based on the triennial assessment.
36. The Wellness Policy Leadership Group will seek out funding grants and opportunities to promote wellness to students and staff.
37. The Wellness Policy will be a standing agenda item on school administrative meetings.
38. The Wellness Policy will be provided to each student at time of admission or at the beginning of the school year.

  
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**Approved:** 04/18 Executive Board

**Reviewed:** 01/20,

**Revised:**

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[Washington, D.C. 20250-9410](#);
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