

FRANCISCAN CHILDREN'S WELLNESS POLICY

Based on the Alliance For A Healthier Generation Model Wellness Policy

Update September 2016

Franciscan Children's is committed to the optimal development of every child. Franciscan Children's believes that for children to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks.^{1,2,3,4,5,6,7} Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.^{8,9,10} In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically.^{11,12,13,14} Finally, there is evidence that adequate hydration is associated with better cognitive performance.¹⁵

This policy outlines Franciscan Children's approach to ensuring environments and opportunities for all children to practice healthy eating and physical activity behaviors throughout the program/school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures so that:

- Children have access to healthy foods throughout the day – both through reimbursable school meals and other foods available throughout the campus– in accordance with Federal and state nutrition standards;
- Children receive quality nutrition educational support that helps them develop lifelong healthy eating behaviors;
- Children have opportunities to be physically active throughout the day;
- The Organization promotes nutrition, physical activity and wellness;
- Staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of the facility;
- The community is engaged to support the work of Franciscan Children's in creating continuity between our facility and other settings for children and staff to practice lifelong healthy habits; and
- Franciscan Children's establishes and maintains an infrastructure for management, oversight, implementation, communication and monitoring of the policy and its established goals and objectives.

This policy applies to all program/school children and staff at Franciscan Children's. Specific measureable goals and outcomes are identified within each section below.

School Wellness Committee

Committee Role and Membership

Franciscan Children's will convene a representative Wellness Committee that meets at least four times per year to establish goals for and oversee school program health and safety policies and activities, including development, implementation and periodic review and update of this district-level wellness policy (heretofore referred as "wellness policy").

The Wellness Committee membership will represent all school age levels (elementary and secondary) and include (to the extent possible), but not be limited to both program/school parents and caregivers; children; nutrition program representatives, physical education providers; health educators/professionals, mental health and social services staff, administrators, board members, Supplemental Nutrition Assistance Program Education coordinators and community representatives reflective of the community's diversity.

Leadership

The Superintendent or designee(s) will convene the Wellness Committee and facilitate development of and updates to the wellness policy, and will ensure each program/school's compliance with the policy.

The designated official for oversight is Jennifer Fexis, Vice President of Education at jfexis@franciscanchildrens.org.

The name(s), title(s), and contact information (email address is sufficient) of this/these individual(s) is (are):

Name	Title / Relationship to the School or District	Email address	Role on Committee
Katherine May	Program Manager	kmay@franciscanchildrens.org	Community Based Acute Treatment Program Coordinator
Bonnie Paulino	Program Director	bpaulino@franciscanchildrens.org	Kennedy Day School Wellness Policy Coordinator

Each program/school designates a school wellness policy coordinator, who will ensure compliance with the policy.

Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

Franciscan Children's will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each program/school; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. The [Healthy Schools Program online tools](#) can be used to complete a school-level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation and generate an annual progress report.

This wellness policy and the progress reports can be found at: franciscanchildrens.org.

Recordkeeping

Franciscan Children's will retain records to document compliance with the requirements of the wellness policy in the office of the Vice President of Education and/or on Franciscan Children's central computer network. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods Franciscan Children's uses to make stakeholders aware of their ability to participate on the wellness policy;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

Annual Notification of Policy

Franciscan Children's will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. Franciscan Children's will make this information available via Franciscan Children's website and/or district-wide communications. Franciscan Children's will provide as much information as possible about the school nutrition environment. This will include a summary of Franciscan Children's events or activities related to wellness policy implementation. Annually, Franciscan Children's will also publicize the name and contact information of Franciscan Children's officials leading and coordinating the committee, as well as information on how the public can get involved with Franciscan Children's Wellness Committee.

Triennial Progress Assessments

At least once every three years, Franciscan Children's will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which Franciscan Children's each program/school is in compliance with the wellness policy;
- The extent to which Franciscan Children's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of Franciscan Children's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is Jennifer Fexis, Vice President of Education at jfexis@franciscanchildrens.org.

The Wellness Committee, in collaboration with the individual program/school, will monitor Franciscan Children's' compliance with this wellness policy.

Franciscan Children's will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The Wellness Committee will update or modify the wellness policy based on the results of annual and triennial assessments and/or as Franciscan Children's priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

Community Involvement, Outreach and Communications

Franciscan Children's is committed to being responsive to community input, which begins with awareness of the wellness policy. Franciscan Children's will actively communicate ways in which representatives of the Wellness Committee and others can participate in the development, implementation and periodic review and update of the wellness policy. Franciscan Children's will inform parents of the improvements that have been made to meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. Franciscan Children's will use electronic mechanisms, such as notices on Franciscan Children's website, as well as non-electronic mechanisms, such as notices and information sessions to ensure that all families are actively notified of the content, implementation and updates of the wellness policy, as well as how to get involved and support the policy. Franciscan Children's will ensure that communications are culturally and linguistically appropriate to the community, in ways similar to other Franciscan Children's and individual program/school important communication with parents.

Franciscan Children's will notify the public about the content of or any updates to the wellness policy annually and will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

Nutrition

School Meals

Franciscan Children's is committed to serving healthy meals to children, that include many fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *transfat* per serving (indicated within nutrition labels or manufacturer's specifications); and to meeting the nutrition needs of school age children within their calorie requirements. The school meal programs aim to improve the diet and health of school age children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

Franciscan Children's participates in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). Franciscan Children's is committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. Franciscan Children's offers reimbursable school meals that meet [USDA nutrition standards](#).
- Promote healthy food and beverage choices using the following [Smarter Lunchroom techniques](#):
 - Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans).
 - Sliced or cut fruit is available daily.
 - Daily fruit options are displayed in a location in the line of sight and reach of children.
 - All available vegetable options have been given creative or descriptive names.
 - All staff members, especially those serving, have been trained to politely prompt children to select and consume the daily vegetable options with their meal.
 - White milk is placed in front of other beverages in all coolers.
 - A reimbursable meal can be created in any service area available to children.
 - Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
 - Student artwork is displayed in the service and/or dining areas.
 - Daily announcements are used to promote and market menu options.

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all children on campus throughout the day. Franciscan Children's will make drinking water available where school meals are served during mealtimes.

Competitive Foods and Beverages

Franciscan Children's is committed to ensuring that all foods and beverages available to program/school children on campus support healthy eating. If foods and beverages are sold and served outside of the school meal programs (e.g., "competitive" foods and beverages), these will meet the USDA Smart Snacks in School nutrition standards and requirements. Smart Snacks aim to improve health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.foodplanner.healthiergeneration.org.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to children on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards, or the state policy if stronger. These standards apply in all locations and through all services where foods and beverages are sold to children.

Celebrations and Rewards

Foods offered to children during the program/school day should meet or exceed the USDA Smart Snacks in School nutrition standards, or the state policy if stronger, including:

1. Celebrations and parties. Franciscan Children's provides healthy party ideas to parents and staff, including non-food celebration ideas. Healthy party ideas are also available from the [Alliance for a Healthier Generation](#) and from the [USDA](#).
2. Classroom snacks brought by parents. Franciscan Children's offers a [list of foods and beverages that meet Smart Snacks](#) nutrition standards.
3. Rewards and incentives. Franciscan Children's provides teachers and other relevant staff with access to [alternative ways to reward children](#). Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the program/school campus during the school day. Franciscan Children's will make available to parents and staff a list of healthy fundraising ideas. [

Nutrition Promotion

Franciscan Children's promotes healthy food and beverage choices for children throughout campus and participation in school meal programs, using [Smarter Lunchroom techniques](#) and USDA Smart Snacks nutrition standards. Nutrition promotion and education positively influence

lifelong eating behaviors by using evidence-based techniques and nutrition messages, creating food environments that encourage healthy nutrition choices, using a comprehensive and multi-channel approach by staff, parents, children and the community.

Nutrition Education

Franciscan Children's will teach, model, encourage and support healthy eating by all children. Each program/school will provide nutrition education support and promote knowledge and skills necessary to promote and protect health across content areas. This may include:

- enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing and school gardens;
- promotion of fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- an introduction to the interrelationship between food intake and energy expenditure through physical activity and exercise;
- nutrition promotion activities and nutrition-related community services;
- media literacy with an emphasis on food and beverage marketing; and
- nutrition education for all members of the learning community.

Healthy Eating/Health Education topics may include:

Franciscan Children's health education embraces healthy eating topics related to the:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants

Food and Beverage Marketing in Schools

Franciscan Children's is committed to providing a school environment that ensures opportunities for all children to practice healthy eating and physical activity behaviors throughout the day while minimizing commercial distractions. Franciscan Children's strives to teach children how to make informed choices about nutrition, health and physical activity.

Any foods and beverages marketed or promoted to children within the program/school will meet or exceed the USDA Smart Snacks in School nutrition standards, such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to children.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product.¹⁵ This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items are not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is in financially possible over time so that items are in compliance with the marketing policy.)
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by Franciscan Children's.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As Franciscan Children's/school nutrition services reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by Franciscan Children's wellness policy.

Physical Activity

Children and adolescents most typically benefit from 60 minutes or more of physical activity every day. A substantial percentage of children's physical activity can be provided through a comprehensive campus based physical activity program. Comprehensive physical activity programs reflect strong coordination and synergy across components, including physical education; intermittent physical activity opportunities throughout the day; staff involvement; family and community engagement and Organizational commitment to providing these opportunities. Franciscan Children's promotes these varied physical activity opportunities to augment, rather than substitute for, physical education. *Let's Move! Active Schools* (www.letsmoveschools.org) is one resource to help support these endeavors.

Physical activity throughout the day, including recess, physical activity breaks or physical education **will not be withheld** as punishment for any reason. Positive behavior supports are consistently provided.

Franciscan Children's is committed to maintaining grounds and facilities that are safe and equipped to support active engagement. Franciscan Children's will conduct necessary. Franciscan Children's works to ensure that inventories of physical activity supplies and equipment are known and, when necessary, will work with community partners to ensure sufficient quantities of equipment are available to encourage physical activity for as many children as possible.

Physical Education

Physical education is age-appropriate, sequential and consistent with national and state standards. Physical education promotes the benefits of a physically active lifestyle and can help children develop skills to engage in lifelong healthy habits, consistent with health education concepts. Franciscan Children's support these interrelated components of health and physical education.

All physical education requirements for students are reflected within the school. Appropriate accommodations allow for equitable participation in the school's adapted physical education classes, with corresponding adaptive equipment as appropriate.

Non-school programs provide appropriate physical activity supports that may reflect some school-based components.

School students receive physical education for at least 60 minutes per week throughout the extended school year. The school's adapted physical education program promotes student physical fitness and engagement, using focused assessments and supports, reflected in Individualized Education Program (IEP) plans.

Essential Physical Activity Topics in Health Education

Health education is integrated into learning activities for all children throughout the day. This includes topics on physical activity, such as:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to the academic learning process
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

Recess

Each program/school will offer at least **20 minutes of recess** on all days during the school year. If recess is offered before lunch, each program/school will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and children are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before children enter the cafeteria.

Outdoor recess will be offered when weather is feasible for outdoor play.

In the event that the program/school must conduct **indoor recess**, staff will follow indoor recess guidelines that promote physical activity for children, to the extent practicable.

Recess will complement, not substitute, physical education class. Staff will encourage children to be active, and will serve as role models by being physically active alongside the children whenever feasible.

Classroom Physical Activity Breaks

Franciscan Children's recognizes that children are more attentive and ready to learn and interact if provided with periodic breaks when they can be physically active or stretch. Thus, children will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. Franciscan Children's recommends teachers provide short (3-5-minute) physical activity breaks to children during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

Franciscan Children's will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through [USDA](#) and the [Alliance for a Healthier Generation](#).

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

Franciscan Children's will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the children whenever feasible.

Before and After School Activities

Franciscan Children's offers opportunities for children to participate in physical activity either before and/or after the school day (or both) through a variety of methods. Franciscan Children's will encourage children to be physically active before and after school.

Active Transport

Active transport is not an option for children attending either program/school at Franciscan Children's. Children may reside on the program campus or commute from over 30 different cities and towns each day.

Other Activities that Promote Student Wellness

Franciscan Children's will seek to integrate wellness activities across the entire setting, not just in each program/school cafeteria, including other food and beverage venues and physical activity facilities. Franciscan Children's will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and/or other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting well-being, optimal development and strong educational outcomes.

Each program/school in Franciscan Children's is encouraged to coordinate content across curricular areas that promote health, such as teaching nutrition concepts in mathematics.

Relevant efforts to obtain federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to potential involvement of the Wellness Committee.

Franciscan Children's events seek to be consistent with wellness policy guidelines. Wellness events will include physical activity and healthy eating opportunities when appropriate.

Community Partnerships

Franciscan Children's will seek to develop relationships with community partners in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be reviewed relative to their consistency with the wellness policy and its goals.

Community Health Promotion and Family Engagement

Franciscan Children's will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

Franciscan Children's will use electronic as well as non-electronic mechanisms, to actively notify families of opportunities to participate in Franciscan Children's sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion

The Wellness Committee will support efforts to address staff wellness issues and disseminate wellness resources. Franciscan Children's will continue to support staff in actively promoting and modeling healthy eating and physical activity behaviors.

Professional Learning

When feasible, Franciscan Children's will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors on campus. Professional learning will help staff understand the connections between core concepts and health and the ways in which health and wellness are integrated into ongoing improvement plans and efforts.

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Franciscan Children's
Wellness in Action
Wellness Program Assessment
Activities Monitoring and Evaluation
2018

Franciscan Children's recognizes the importance of promoting wellness in all aspects of the environment. At the Franciscan Children's, wellness activities are designed to provide ongoing opportunities to become informed and enthused about healthy choices. Interrelated physical and mental health needs are supported through the collaborative efforts of members of program staff and specialized support services, in conjunction with families and identified community-based resources. Personal management and interpersonal considerations are examined to reduce risk and promote effective communication and safety for all. Specific areas of consideration include body systems, physical development and care, nutrition, physical activity and fitness, social skills development and safety. Staff members coordinate efforts on behalf of children in all age groupings from preschool through high school. Direct and/or consultative services mold and support these endeavors and may include Health Care Services, Adapted Physical Education, Family Resources and Feeding Team Support.

Wellness is fostered in a collaborative environment that celebrates each of us, inclusive of our differences and commonalities. Throughout the campus and incorporated within all areas of educational planning, Franciscan Children's seeks to:

- inform young consumers,
- promote nutrition and nutritional meal planning,
- foster healthy food choices and eating practices,
- encourage participation in a variety of fun and exciting physical fitness activities,
- reduce stress,
- promote social awareness and friendship and
- holistically advocate safe practices.

Annual professional staff development and training include identified topical needs in:

- physical health,
- personal care and nutritional support,
- curriculum and instruction,
- supervision and safety,
- sensory, motor and mobility considerations,
- behavioral health strategies and
- social skills support.

Parents assist programs in identifying under/unmet needs, as well as new and/or under utilized resources relative to the wellness initiative. Families are able to offer a broad view of related community-based resources and opportunities and share unique perspectives, strategies and experiences regarding their endeavors to support and advocate on behalf of their children.

Franciscan Children's draws upon expertise and support from many disciplines to enhance wellness endeavors. Individually and collaboratively, Human Resources, Employee Health and Inservice Education promote positive wellness practices among all employees, including School

preparation to guard against potential cross contamination and (3) temperature control in cooking, chilling and defrosting of food.

Standards Based Physical Activity and Fitness Education: The Massachusetts Curriculum Frameworks provide standards for physical activity and fitness education. Learning experiences are geared to help children acquire and refine a variety of manipulative, locomotor and non-locomotor movement skills and to utilize principles of training and conditioning related to biomechanics and exercise physiology, in order to support wellness throughout their lives. To enhance motor skills, students may:

- Orient toward and make physical contact with adapted physical education, fitness and recreation materials for increasing periods of time.
- Manipulate materials to explore and gain important sensory information and utilize to engage in an adapted physical education.
- Request activity continuance in accordance with preferences and anticipate turn taking as a group member or when presented with materials
- Choose among presented materials/activity alternatives and extend length of time and/or number of consecutive trials of an activity
- Match materials to corresponding activities and follow activity steps sequentially
- Apply movement concepts by throwing and catching different objects, kicking and hitting a target and using a variety of manipulative, locomotor and non-locomotor skills as individuals and in teams
- Perform rhythm routines, including dancing, to demonstrate fundamental movement skills
- Evaluate personal performance and levels of satisfaction relative to an activity
- Engage in adapted physical education, fitness and recreation activities in and out of the school venue

Monitoring and Evaluation: The Director of Dining Services at Franciscan Children's seeks to join with each Program Director and with Franciscan Children's health care specialists to support Wellness initiatives, in compliance with applicable federal and state mandates, so that the policy may be fully implemented. Psychologists and resource support coordinators provide crucial input relative to all aspects of Wellness Program development, monitoring and evaluation.

Franciscan Children's seeks to utilize the following wellness monitoring and evaluation measures:

- Quarterly consultation with Franciscan Children's Nutritionist to review menu, food offerings, and any alterations/changes indicated
- Annual internal feedback relative to staff inservice education offerings related to wellness
- Annual review of Franciscan Children's nutrition promotion, education, wellness and physical activity program elements
- Annual curriculum material/resource review
- Annual identification of new and ongoing wellness initiatives

These assessments are most beneficial when results are shared with children, staff, families, colleagues and community constituents and utilized to help review policy compliance, assess progress, and determine areas of the Wellness Program in need of further development.

This institution is an equal opportunity provider.

USDA Nondiscrimination Statement

For all other FNS nutrition assistance programs, State or local agencies, and their subrecipients, must post the following Nondiscrimination Statement:

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.