

Maryhurst Academy Wellness Policy

Maryhurst. Inc. is committed to the optimal development of every client and will provide an environment that promotes and stimulates the learning and development of wellness behaviors. This agency believes that in order for our clients to achieve personal, academic, developmental and social success, there must be a positive, safe, and health promoting environment at every level and in every setting.

Nutrition Standards, Guidelines, and Marketing

The following nutritional guidelines for food available on school campuses will be adhered to:

- Meals served through the National School Lunch and School Breakfast Program will be appealing and meet, at a minimum, nutrition requirements established by state and federal law
- Foods provided outside the reimbursable meal programs will follow nutrition guidelines set by the Wellness Committee.
- Only marketing and advertising of foods and beverages that meet the Smart Snacks in school nutritional standards on campus will be allowed.

Nutrition Education and Promotion

- Clients will be provided with nutrition education that is designed to provide clients with knowledge and skills necessary to promote and protect their health.
- Clients will have the opportunity to enjoy developmentally-appropriate, culturally relevant, and participatory activities, such as cooking demonstrations or lessons, promotions and taste testing.
- Nutrition education will extend across all aspects of living and across all education settings where it is appropriate.
- Staff will emphasize a healthy balance between food intake and caloric intake.
- Staff are discouraged from using food or withholding food from a client as a form of punishment or as a way to modify or manipulate behavior.
- Staff will engage in promoting nutrition that:
 - includes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices; and
 - links with other meal programs and nutrition related community services

Physical Activity

- Engage clients in physical activity Physical Activity and exercise groups during school day by Maryhurst school staff unless medically authorized special needs are verified
- Provide opportunities outside of the school day and other structured exercise groups for clients to get exercise and physical activity.
- Include clients with disabilities, special health care needs, and provide other alternatives if deemed medically necessary
- Encourage classroom teachers, as well as direct care staff, to provide opportunities for physical activity throughout the day, as appropriate

Staff are not to use physical activity (e.g. running laps, push-ups) or withhold opportunities for physical activity (e.g. recess, physical education) as punishment.

Wellness Team

The Maryhurst, Inc. wellness team is comprised of members from direct care staff, program supervisors, clients, and school staff. The purpose of the wellness team is to form a group supporting, encouraging, and promoting good nutrition, physical activity and overall wellbeing for clients. This committee is responsible for the implementation of the Wellness Plan and making recommendations to improve the wellness of the students. The Wellness plan will be reviewed at least every three years and approved by the Wellness Committee.

- The Wellness team will establish goals for enhancing and promoting nutrition education, encouraging physical activity, and other school and milieu activities to continuously promote client wellness.
- The goals established by the wellness team will be integral to our client's health and lifelong wellbeing.
- Make the policy and updated assessment of the implementation available to the public. This information shall include the extent to which Maryhurst, Inc. is in compliance with policy and a description of the progress being made in attaining the goals for the policy.
- The wellness policy is reviewed every 3 years and is updated as needed by the members of the Wellness Committee

Reviewed by Wellness Committee on: 7/21/20

Approved by Executive Team on: 7/28/20

Triennial Assessment Completed 3/2025

Policy Assessment: Maryhurst Triennial Assessment (3/2025)

District: Maryhurst Inc

Congratulations! You have completed the WellSAT Policy Assessment. You can see your Policy scores for each item below. Please note if you are missing any of the federal requirements in Section 1. Items with a rating of "0" (item not addressed in the policy) or "1" (weak statement addressing the item) can be improved by referring to the links at wellsat.org/resources.

Section 1. Federal Requirements

FR1	Includes goals for nutrition education that are designed to promote student wellness.	2
FR2	Assures compliance with USDA nutrition standards for reimbursable school meals.	1
FR3	District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	1
FR4	Free drinking water is available during meals.	1
FR5	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	2
FR6	Addresses compliance with USDA nutrition standards (Smart Snacks) for all food and beverages sold to students during the school day.	NA
FR7	Regulates food and beverages sold in a la carte.	NA
FR8	Regulates food and beverages sold in vending machines.	NA
FR9	Regulates food and beverages sold in school stores.	NA
FR10	Addresses fundraising with food to be consumed during the school day.	NA
FR11	Regulates food and beverages served at class parties and other school celebrations in elementary schools. Use N/A if no elementary schools in district.	1
FR12	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	NA
FR13	Addresses how all relevant groups will participate.	2

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FR14	Identifies the officials responsible for compliance with all components of the local wellness policy in each school.	1
FR15	Addresses making the wellness policy available to the public.	1
FR16	Addresses the assessment of district implementation of the local wellness policy at least once every three years.	1
FR17	Addresses making triennial assessment results available to the public and specifies what will be included.	1
FR18	Addresses a plan for updating policy based on results of the triennial assessment.	2

Section 2. Nutrition Environment and Services

NES1	Addresses access to the USDA School Breakfast Program.	2
NES2	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	2
NES3	Specifies how families are provided information about determining eligibility for free/reduced price meals.	2
NES4	Specifies strategies to increase participation in school meal programs.	1
NES5	Specifies marketing to promote healthy food and beverage choices.	2
NES6	Addresses the amount of "seat time" students have to eat school meals.	2
NES7	 Addresses purchasing local foods for the school meals program.	1
NES8	USDA Smart Snack standards are easily accessed in the policy.	NA
NES9	Exemptions for infrequent school-sponsored fundraisers.	NA
NES10	Addresses foods and beverages containing caffeine at the high school level.	0

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NES11	Addresses nutrition standards for all foods and beverages served (not sold) to students after the school day, including before and aftercare on school grounds, clubs, and after school programming.	1
NES12	Addresses nutrition standards for all foods and beverages sold (not served) to students after the school day, including before and aftercare on school grounds, clubs, and after school programming.	NA
NES13	Addresses food not being used as a reward.	1
NES14	Addresses availability of free drinking water throughout the school day.	0

Section 3. Nutrition Education

NE1	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	1
NE2	All elementary school students receive sequential and comprehensive nutrition education.	NA
NE3	All middle school students receive sequential and comprehensive nutrition education.	2
NE4	All high school students receive sequential and comprehensive nutrition education.	1
NE5	Nutrition education is integrated into other subjects beyond health education.	1
NE6	Links nutrition education with the food environment.	1
NE7	 Nutrition education addresses agriculture and the food system.	0

Section 4. Physical Education and Physical Activity

PEPA1	 There is a written physical education curriculum for grades K-12.	1
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	1

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PEPA3	Physical education promotes a physically active lifestyle.	1
PEPA4	Addresses time per week of physical education instruction for all elementary school students.	0
PEPA5	Addresses time per week of physical education instruction for all middle school students.	0
PEPA6	Addresses time per week of physical education instruction for all high school students.	0
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	0
PEPA8	Addresses providing physical education training for physical education teachers.	0
PEPA9	Addresses physical education exemption requirements for all students.	1
PEPA10	Addresses physical education substitution for all students.	0
PEPA11	 Addresses family and community engagement in physical activity opportunities at all schools.	0
PEPA12	 Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	1
PEPA13	Addresses recess for all elementary school students.	NA
PEPA14	 Addresses physical activity breaks during school.	1
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	NA
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	NA
PEPA17	 Addresses using physical activity as a reward.	1
PEPA18	Addresses physical activity not being used as a punishment.	1

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PEPA19	Addresses physical activity not being withheld as a punishment.	1
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Section 5. Employee Wellness

EW1	 Addresses strategies to support employee wellness.	1
EW2	Encourages staff to model healthy eating and physical activity behaviors.	1

Section 6. Integration and Coordination

IC1	Addresses the establishment of an ongoing district wellness committee.	1
IC2	Addresses the establishment of an ongoing school building-level wellness committee.	1

Overall District Policy Score

Total Comprehensiveness	District Score 87
Total Strength	District Score 16