

Wellness Policy Introduction

RocVale Children's Home recognizes that wellness, proper nutrition, and regular physical activity are related to children's physical well-being, growth, and development. RocVale is committed to providing an environment in which children can learn about and participate in positive dietary and lifestyle practices.

Wellness Policy Implementation Plan

The goal of the Wellness Policy is to create a plan that creates a slow, systematic approach that builds on the successes of each year. To be successful, staff and administration need to support the policy and any subsequent changes. The policy is divided into four topics: Staff and Administration, Good Nutrition Practices for a Healthy Life, Nutrient Standards and Meal Service and Physical Activity.

Staff and Administration

It is important to create an environment that provides consistent wellness messages and is conducive to healthy eating and being physically active. Appropriate training shall be available to all staff on the components of the Wellness Policy. In every way possible, the administration shall support the efforts of staff to provide a healthy diet and daily physical activity for residents.

Good Nutrition Practices for a Healthy Life

Caregivers are an important influence in a resident's life. Staff shall serve as role models in healthy eating and other healthy lifestyle practices. Nutrition education will be integrated into resident activities. Staff training will include how to create opportunities for residents to have positive food experiences. Lifelong lifestyle balance shall be reinforced by linking healthy food choices and physical activity.

Nutrient Standards and Meal Service

All food choices shall be made with consideration for promoting health and reducing childhood obesity. Also important is to increase the nutrient density of food, to decrease fat and sugar and to provide moderate portion sizes. Meals should be relaxing, a time for conversation, and unhurried as a means of promoting good digestion. Drinking water shall be available at all meals and throughout the day. To the extent possible residents shall be involved in menu selection.

Physical Activity

Residents shall be provided with safe and adequate equipment, facilities and resources for physical activity. Staff shall encourage physical activity in free time and support structured physical activity. Check available neighborhood resources, such as playgrounds, recreation centers and YMCA for programs and use. Help the residents understand the short and long-term benefits to a physically active and healthy lifestyle.