

<b>GLENWOOD, INC.</b>			
Policy Number:	<b>9066</b>		
Policy Title:	<b>Health and Safety: Individual Wellness Policy</b>		
Responsible Committee:	<b>Health and Safety Subcommittee</b>		
Final Approval Committee/Group	Policy and Practices Committee	Approval/Revision Date:	10/23/2025
Regulation Reference:	<b>CARF HS- 1.H.2; DMH Factor Five 580-5-33-.08</b>		

**POLICY:**

Glenwood is committed to providing a school and residential environment that enhances learning and the development of lifelong wellness practices.

**GOALS:**

- I. Child Nutrition programs and adult nutrition programs comply with federal, state and local regulation requirements.
- II. Sequential and interdisciplinary nutrition education is provided and promoted.
- III. Patterns of meaningful physical activity connect to students’ lives outside of physical education.
- IV. All food made available on campus adhere to food safety and security guidelines.
- V. Food and/or physical activity are not used for punishment.
- VI. Glenwood provides ample opportunities for staff to practice health and wellness on campus.
- VII. The community is engaged in supporting Glenwood in creating continuity between settings for individuals served to meet their wellness goals.
- VIII. Glenwood will coordinate the wellness policy with other aspects of management, including the agency’s Performance Improvement Plan, when appropriate.

**PROCEDURES:**

- I. **Child Nutrition programs and adult nutrition programs comply with federal, state and local regulation requirements.**
  - 1. All schools will provide breakfast through the USDA School Breakfast Program and lunch through the USDA National School Lunch Program.
  - 2. Meals provided under the Child Nutrition Program will comply with the current USDA Dietary Guidelines for Americans:
    - a. Seasonal four-week menu cycle

- b. Classroom Snacks
  - c. Residential Snacks
  - d. Lunches for Field Trips/Outings
  - e. Menus for School parties
  - f. Menu for individual classes cooking activities in the Allan Cott training kitchen
3. The meals provided under the Child Nutrition Program will meet several nutritional requirements:
- \* Calorie Limits:  
 Snack items <\_ 250 calories  
 Entrées 500-750 calories
  - \* Sodium limits:  
 Snack items <\_ 200mg per item  
 Entrée items <\_ 480mg per item
  - \* Fat limits:  
 Total fat: <\_ 35% of calories  
 Saturated fat: <\_ 10% of calories  
 Trans fat: zero grams
  - \* Sugar limit:  
 <\_ 35% of weight from total sugars in food
4. Glenwood's food providers will offer a variety of age-appropriate healthy foods and beverages for day students and residential individuals served.
5. After obtaining food, all individuals will have at least 20 minutes to eat meals.
6. Nutrition information for products offered will be provided as requested.
7. Modified menus are provided to clients after a registered dietitian has completed a nutrition assessment and the physician orders appropriate diet.
8. Glenwood collects data on all students/individuals served that include monthly weights, heights, and blood pressures. Students/individuals served, who are on low cholesterol/low fat diets as ordered by their medical physician, have blood work collected as ordered by the physician. The physician will order diet changes as recommended by the licensed dietitian or as indicated by data.
9. Snacks provided will meet Federal and State regulations. Glenwood currently does not use Smart Snacks food program.
10. School meals will include fresh, locally grown foods in school meals whenever possible.
11. Food rewards or incentives shall not be used in classrooms to encourage student achievement or desired behavior.

### Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school/habilitation day and throughout all agency programs. Drinking water will be available where school/habilitation meals are served during mealtimes and during mealtimes at residential programs. All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards.

## **II. Sequential and interdisciplinary nutrition education is provided and promoted.**

1. Occupational therapy is utilized at Glenwood to encourage clients to have better relationships with their foods and develop deeper understanding of how food impacts one's body. Glenwood's occupational therapists work to foster a healthy, educational food environment daily with clients and provide biweekly safe food classes for clients in need.
2. Nutrition education will be integrated into appropriate areas of the curriculum whenever possible to provide knowledge and skills necessary to promote health.
3. The adult program garden will be used as an educational tool whenever possible to integrate agriculture and the food system into nutritional education.
4. The staff responsible for nutritional education will be adequately trained by the Food Service Director and Dietician.
5. Nutrition/wellness letters and current food guide will be part of admission package to parents and/or guardians. Nutrition education will involve sharing information with families to positively impact students and the health of the family.
6. The school cafeteria will display posters and information to promote healthy and nutritious food consumption.

## **III. Patterns of meaningful physical activity connect to students' lives outside of physical education.**

1. Physical education goals are incorporated into individualized education plans for each client. These goals are tailored to the unique physical needs of every client
2. Glenwood will ensure that its grounds and facilities are safe and that equipment is available for students to be active. Glenwood will conduct necessary inspections and repairs.
3. Adaptive equipment is available for all students to participate in physical education. Physical activity facilities on campus include a gym and weight room, swimming pool, and a playground equipped with basketball goals, a walking trail, swings, climbing equipment, a balance beam, and a slide.
4. Physical activity will be integrated throughout the school day and used as a reward whenever possible.
5. A Recreational Instructor on staff develops a comprehensive developmentally appropriate physical education program for individuals served.
6. A supervised daily recess period is provided.
7. The school and residential programs provide a physical and social environment that encourages safe and enjoyable activities for all students and individuals served.
8. Physical activity during the school day (including but not limited to recess, classroom physical activity breaks, or physical education) will not be withheld or used as punishment for any reason.

**IV. All food made available on campus adhere to food safety and security guidelines.**

Director of School Nutrition along with Food Service Staff follow USDA guidelines for food safety and security. The accurate adherence to these rules and regulations is monitored by state inspectors. Health inspectors visit Glenwood periodically (typically every 3 months) and give a score out of 100 to our facilities.

**V. Food and/or physical activity are not used for punishment.**

Glenwood's Behavioral Programming Review Committee, Interdisciplinary Behavior Support Committee, and Human Rights Committee all review behavioral programming to ensure compliance with this standard.

**VI. Glenwood provides ample opportunities for staff to practice health and wellness on campus.**

1. A staff member gym is available for all employees
2. Weight-lifting classes are offered to staff weekly
3. Hiking trails, waterfront activities, intramural sports, and pool times are available for staff to schedule

**VII. The community is engaged in supporting Glenwood in creating continuity between settings for individuals served to meet their wellness goals.**

1. The community is encouraged to be involved in activities at Glenwood through a volunteer program. Volunteers are utilized during company events, recreational activities for additional support and supervision, and during fundraising.
2. Parents are encouraged to visit campus and stay involved in the many activities hosted by Glenwood for clients.
3. Shareholders and community members are encouraged to participate in the wellness committee and triennial assessment.

**VIII. Glenwood will coordinate the wellness policy with other aspects of management, including the agency's Performance Improvement Plan, when appropriate.**

The Leadership Committee has recommended that performance improvement be a standing agenda item at program level staff meetings. This includes program updates, improvement opportunities and new plans and developments. Outcomes information is shared with the Individual's Served, internal and external stakeholders written in a manner tailored in an understandable language. An overview of Glenwood's PI model and philosophy is included in new employee orientation and annual refresher training. Glenwood will make any updates to Wellness Policy available to public.

## **Policy Review- Triennial Progress Assessment**

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

1. The extent to which Glenwood programs are in compliance with the wellness policy
2. The extent to which Glenwood's wellness policy compares to the standards of practice related to the individuals served
3. A description of the progress made in attaining the goals of the Glenwood's wellness policy.

As part of that review, Glenwood will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. Glenwood will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

The positions/persons responsible for managing the triennial assessment and contact information is the Director of Health Services, along with the Director of School Nutrition. Glenwood will make any updates to Wellness Policy available to public and actively notify households/families of the availability of the triennial progress report.