



Preschool Wellness Policy

Christine Duncan Heritage Academy

MISSION & IMPACT

Mission:

Christine Duncan Heritage Academy will create the healthiest possible environment for the children in our care, and for our faculty and staff. All students will develop healthy habits by doing physical activity, developing healthy eating habits, building self esteem and promoting family engagement.

Vision:

Healthy kids, Healthy Minds!

Impact:

Benefits for children

Enhances motor/social skills and brain development, promotes emotional well-being and self-esteem, shapes positive eating and physical activity behaviors, and helps children sleep better.

Benefits for families

Supports healthy family behaviors, eliminates confusion for parents by setting consistent standards, and strengthens partnerships between the school and the families.

Benefits for our facility and staff

Creates a healthy environment, eliminates confusion for staff by setting consistent standards, and enhances licensure status.

PROCEDURES & LEADERSHIP: WELLNESS TEAM, IMPLEMENTATION & ASSESSMENT

WELLNESS TEAM

To lead, plan, implement, and evaluate our Wellness Policy, we have appointed a Wellness Team, consisting of the following members:

Director, Special Education Director, Pre- K Teachers



Preschool Wellness Policy

Christine Duncan Heritage Academy

IMPLEMENTATION

- All staff members and families are given a current copy of the Preschool Wellness Policy (PWP) in the Student and Parent School Handbook..
 - All staff members participate in a 1-2 CEU hour training on implementing our PWP.
 - This may be obtained through completion of a webinar or on-site training by a TTAP trainer through Healthy Kids Healthy Preschool.
- Wellness Team Meetings are held 12 times per year.
- At Wellness Team meetings, we:
 - Use the PWP Action Planner from the last meeting as a guide, discuss PWP implementation since the last meeting.
 - Special Education Director takes meeting notes on feedback from staff, and saves it for annual review.
 - Complete new action planner for implementation of PWP until next meeting
 - § Assign action tasks and deadlines.
 - § Set the next meeting date.

ASSESSMENT

- We send home a questionnaire for feedback on our PWP from families at the beginning and at the end of the school year.
- At our annual PWP Assessment + Revision meeting, held in summer, we:
 - Review feedback gathered from staff at Wellness Team meetings throughout the year by the Special Education Director..
 - Review feedback gathered from families via questionnaire.
 - Identify policies that need updating.



Preschool Wellness Policy

Christine Duncan Heritage Academy

- Make revisions during the meeting.
- Get revised PWP Approved after meeting.

POLICY COMPONENTS

- Nutrition
- Screen Time & Handheld Devices
- Physical Activity
- Staff Wellness
- Parent Engagement

POLICY

NUTRITION

Menu Planning & CACFP Compliance

- We use a menu cycle of 4 weeks or longer, seasonal variation and minimal repetition of foods.
 - CACFP offers a great model cycle of 4 week menu cycle plans for each season with complete recipes & shopping lists
 - <https://healthymeals.nal.usda.gov/hsmrs/Wisconsin/cacfp-menu-planning.pdf>
- Our menu follows the CACFP meal pattern, offering a greater variety of fruits and vegetables than in previous years.
- Our center will not prepare foods by deep-fat frying.
- Our Center does not serve fried or pre-fried (French fries, hash browns, tater tots) potatoes. Comparable items will be homemade and baked.
- Our menu includes a variety of whole or whole-grain rich food items served daily, and 50% of the grains served are whole grains.



Preschool Wellness Policy

Christine Duncan Heritage Academy

- **Our menu includes foods from a variety of cultures.**
- Our center will develop and implement a plan to integrate local produce into meals served as part of the program. The plan will identify specific strategies and goals to increase the use of local produce.
- Our goal is to have at least 20% of produce purchased and served to be locally grown fresh produce.
- Our school does serve fresh fruit smoothies at least 3 times per week.
- Our school provides fresh produce and meat several times per year.
- Beverages
- **Water is available at all times and offered to younger children several times a day, both inside and outside.**
- **For children 2 years old and older, only unflavored skim or 1% milk is served.**
- Soda and other vending machines are not located on-site.

Meals

- **The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component to allow children to be exposed to a variety of vegetables each day.**
- **For breakfast**
 - **½ cup serving of a fruit or vegetable is required.**
 - **Whole fruits or vegetables are preferred.**
 - **Frozen fruits or vegetables are permitted.**
 - **Canned fruits or vegetables should be served in their own juice, not syrup.**
 - **Fruit juice is not an acceptable substitute.**
- **For lunch and dinner**
 - **The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component.**



Preschool Wellness Policy

Christine Duncan Heritage Academy

- **Both a fruit AND vegetable component are offered at lunch.**
- Most of our meals are cooked from scratch.

Nutrition Education

- **Staff and parents receive training on nutrition at least once a month.**
- **Children receive nutrition education at least once a month.**
- We use CACFP, HKHP, and CHILE nutrition education curricula in our centers.
- Once a month NEW food tastings are used as a nutrition education experience.
 - We recommend the CHILE plus curriculum for these activities.
- Teachers will be encouraged to incorporate the garden as part of curriculum to enrich children's learning opportunities on food, nutrition, and the environment.
- Teachers will be encouraged to work together to provide nutrition education to highlight local foods and may include hands-on activities such as taste tests of local fruits and vegetables, gardening, and visits to farms or farmers markets or visits by local farmers.

Nutrition Environment

- **Meals are always served Family Style so that children learn to serve themselves.**
- We will serve a variety of foods in creative ways that are appealing to children.
- We will encourage, but never force, children to try and taste new foods.
- We will intentionally make mealtimes an enjoyable experience.
- Staff members model behaviors for healthy eating and positive body image in the presence of children, and refrain from consuming unhealthy foods and beverages in front of children.
- Teachers will use the Farm to School program to promote awareness of how food choices affect our health, communities, and environment.
- Center will work to establish an edible garden.



Preschool Wellness Policy

Christine Duncan Heritage Academy

Food from Home

- Our school provides all the meals while the children are in our care, therefore, there is no food allowed from outside.

Celebrations & Parties

AND/OR

- We allow families to bring a treat to share for children's birthdays, as follows:
 - Pre-coordinate the treat with your child's teacher at the beginning of the school week or at least the day before the birthday.
- Treat must be store bought, package unopened, with ingredients labeled (for food safety & health code).
 - Please read the labels or choose ingredients as follows:
 - § Low sugar (no artificial sweeteners)
 - § Whole grain & whole food ingredients
 - § Raw or cooked whole fruits & vegetables are great.
 - § Include nut, gluten and/or dairy free options for children with any food sensitivities (ask your teacher)

PHYSICAL ACTIVITY

- **Children ages 3-6 will participate in 100 minutes of physical activity daily.**
- 50 of these minutes will be teacher-led structured physical activity.
- We limit the time children are seated to no more than 30 minutes.
- Children will have at least two opportunities for outdoor play daily, unless bad weather is present.

SCREENTIME & HANDHELD DEVICES



Preschool Wellness Policy

Christine Duncan Heritage Academy

- Children and parents are not allowed to bring personal handheld devices into our Center.
- We encourage families to limit home screen time to 2 hours per day maximum.

STAFF WELLNESS

- **Staff will be given a current copy of and trained on the implementation of our PWP.**
- We believe the health and wellbeing of every staff member is important.
- We believe that staff members are a powerful influence in modeling healthy choices to the children in our center; our staff act as positive role models of wellness in our center.
- We encourage our staff to be actively involved in our PWP by participating in our meetings and check-ins about our policy.
- We promote & provide activities & resources to our staff to support & practice a healthy active lifestyle.
 - Staff wellness retreats once a season
 - Sports Programs available to parents and staff after school
 - An on site wellness room with yoga balls, fitness equipment, relaxation recordings, Essential oils, books and more that staff can use up to 30 min per day
 - Staff wellness fitness challenges (walk it out)
 - Collect recipes and turn them into a center cookbook
 - Staff members are consistently offered at least 15-30 minutes per day for physical activity.
 - We serve healthy snacks, practice fit breaks, and set personal wellness goals at our staff meetings.

FAMILY ENGAGEMENT

- Upon enrollment in our program, parents will be informed of and given a copy of our PWP.
- We send a monthly newsletter and/or handouts throughout the month home to families to share the lessons we teach on healthy eating & physical activity.
- We post healthy eating and active living activities and resources on our bulletin board.



Preschool Wellness Policy

Christine Duncan Heritage Academy

- We do family events 3 times per year, in which we engage, inspire and educate our families in healthy eating and active living practices.
- ○ Family 5-2-1-0 challenge
 - § We host the Family 5-2-1-0 challenge in the Spring
 - § Families track 21 days of best practices for wellness at home!