



Alice C. Tyler Village of Childhelp East, 23164 Dragoon Road, Lignum, Virginia 22726

# ChildHelp/Alice C Tyler Village Wellness Policy 2021-2022

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Department: Dietary & Village Academy



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Research shows that two components: good nutrition and physical activity before, during and after the school day are strongly correlated with positive student outcomes.

- Students attending Village Academy have access to healthy foods throughout the school day in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating habits;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- School Wellness Committee members will meet throughout the year to oversee school health and safety policies and programs, including implementation and periodic review and update of the policy;
- School Day is the time between midnight the night before to 30 minutes after the end of the instructional day.

<b>Policy Component: Nutrition Guidelines</b>		
<b>Goal #1 School meal program is consistent with State and USDA requirements.</b>		
<b>Activity 1.1:</b> Plan and prepare menus to comply with established nutrition standards.		<b>Responsibility</b>
		Dietary Staff
Steps	Expected Outcome	Monitoring
<ol style="list-style-type: none"> <li>1. Identify menu items.</li> <li>2. Conduct nutrient analysis. (6 cent tool)</li> <li>3. Review nutrient analysis.</li> <li>4. Make required changes in menu items to meet standards.</li> <li>5. Follow all HACCP procedures during preparation of meals.</li> </ol>	<p>Nutrient profile of meals will improve.</p> <p>Meals meet USDA school meals requirements.</p>	<p>USDA review results and standards.</p> <p>Monthly QI results meet/exceed thresholds.</p>
<b>Activity 1.2:</b> Provide dietary personnel with regular professional development on School Meals Programs, nutrition/ health education, and wellness.		<b>Responsibility</b>
		Dietary Supervisor
Steps	Expected Outcome	Monitoring
<ol style="list-style-type: none"> <li>1. Identify training needs of staff (review</li> </ol>	Dietary personnel will be more	Copies of training agenda, topics,

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<p>of competencies).</p> <ol style="list-style-type: none"> <li>2. Provide opportunities for appropriate training to staff.</li> <li>3. Attend USDA trainings offered to include, “train the trainer” modules.</li> <li>4. Encourage SNA Certification.</li> </ol>	<p>knowledgeable about the role of school meals in health and wellness. Increase the number of SNA certified staff. More staff will attend regional USDA trainings.</p>	<p>dates and competencies. Number of trainings per year. Number of SNA certified members. Pre and post test scores. Interviews with staff.</p>
<p><b>Activity 1.3: Provide food safety training to all staff involved in feeding of children.</b></p>		<p><b>Responsibility</b> Dietary Supervisor</p>
<p><b>Steps</b></p>	<p><b>Expected Outcome</b></p>	<p><b>Monitoring</b></p>
<ol style="list-style-type: none"> <li>1. Offer Serv-Safe training to all dietary staff.</li> <li>2. Offer annual food safety training update.</li> <li>3. Offer regular food safety recertification classes.</li> <li>4. Conduct monthly audits of food safety practices.</li> <li>5. Conduct food safety self-inspection process.</li> </ol>	<p>Dietary Manager will be Serv-Safe certified. Staff will be more focused on food safety Dietary staff will acquire certification. QI results will maintain at or above the set threshold. Maintain citation free health inspections from all inspectors.</p>	<p>Number of certified managers. Number of certified staff. Pass/Fail rate. Self-Inspection results. Auditor’s comments. Health Department inspections.</p>
<p><b>Goal #2                      Increase meal satisfaction rates by offering quality, accessible, and appealing meals.</b></p>		
<p><b>Activity 2.1: Provide students an opportunity for input on school menu items.</b></p>		<p><b>Responsibility</b> Dietary Staff</p>
<p><b>Steps</b></p>	<p><b>Expected Outcome</b></p>	<p><b>Monitoring</b></p>
<ol style="list-style-type: none"> <li>1. Conduct a food satisfaction survey for the children.</li> <li>2. Develop a monthly nutrition activity on the bulletin board.</li> <li>3. Establish a comment card system for the school meal program.</li> </ol>	<p>Children will have more input on school meals. Children will have opportunities to be selected to plan a meal for the school based on the five food groups. Children’s satisfaction with school meals will increase.</p>	<p>Number of surveys conducted, collected and scored. Monthly QI results meet/exceed threshold. . Variety of children involved in monthly nutrition activity. Number of suggestions.</p>
<p><b>Activity 2.2: Feature menus with healthy choices that are flavorful and attractively</b></p>		<p><b>Responsibility</b></p>

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presented.		Dietary Staff
Steps	Expected Outcome	Monitoring
<ol style="list-style-type: none"> <li>1. Provide freshly prepared food as available.</li> <li>2. Use locally –grown foods when available.</li> <li>3. Provide appropriate variety and consider seasonal or international themes.</li> <li>4. Make meal presentation and meal items attractive.</li> <li>5. Change preparation techniques to reduce sodium and fat content and increase fiber and flavor.</li> <li>6. Provide raw vegetables and/or cut fruit at least three times per week.</li> <li>7. Offer a salad bar on the tray line.</li> </ol>	<p>Perception of meals will be enhanced by offering appealing foods.</p> <p>Locally-grown foods will be offered in school meals.</p> <p>Staff will take on additional initiatives to support food quality.</p> <p>Plate waste will be reduced.</p> <p>Children will select more raw vegetables and/or cut fruit.</p>	<p>Monthly QI results meet/exceed threshold</p> <p>Amount of locally-grown food purchased.</p> <p>Meal satisfaction surveys.</p> <p>Plate waste observation.</p> <p>Self-review of service line set up and presentation.</p>
<p><b>Goal #3 Parties/ Celebrations/ meetings and any school-sponsored events should maximize the use of healthy food choices and/or non-food rewards for accomplishments.</b></p>		
<p><b>Activity 3.1: Inform appropriate staff about this key element of the Wellness Policy.</b></p>		<p><b>Responsibility</b></p> <p>Registered Dietitian</p>
Steps	Expected Outcome	Monitoring
<ol style="list-style-type: none"> <li>1. Meet with Director of Education.</li> <li>2. Present to nurses.</li> <li>3. Share with students at classroom events.</li> </ol>	<p>All staff will have the background, information and knowledge necessary to implement the policy.</p> <p>Develop school action plans and goals to implement and monitor policy.</p> <p>All school staff complies.</p> <p>Provide staff with examples of non-food rewards.</p>	<p>Number of parties/celebrations and meetings.</p> <p>Type of food rewards requested.</p> <p>Comment cards.</p>
<p><b>Policy Component: Nutrition Education</b></p>		

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<b>Goal #1: Teachers will integrate health information into the physical education curriculum.</b>		
<b>Activity 1.1:</b> Teachers will implement into lesson plans My Plate and Food Pyramid instruction		<b>Responsibility</b> Education Director
<b>Steps</b>	<b>Expected Outcome</b>	<b>Monitoring</b>
<ol style="list-style-type: none"> <li>Teachers will use the food pyramid, and My Plate activity chart in instruction.</li> <li>Teachers will provide access for students to utilize primary and secondary resources to research and obtain information regarding healthy food choices.</li> </ol>	<p>Students will have an understanding of healthy food groups and choices.</p> <p>Students will be able to recall, retell and list healthy food choices</p>	Lesson plan submission
<b>Activity 1.2: Nutrition education is aligned with VDOE standards in Health &amp; Physical Education.</b>		<b>Responsibility</b> Education Director
<b>Steps</b>	<b>Expected Outcome</b>	<b>Monitoring</b>
<ol style="list-style-type: none"> <li>Teachers will utilize the scope and sequence, curriculum framework blueprints, and pacing guides to draft lesson plans.</li> </ol>	Students will receive instruction to standard that will be transferrable to any county school attended.	Lesson plan and student work samples.
<b>Goal #2: The Academy will work collaboratively with the Dietary Department to ensure classroom activities involving food/eating have nutritional value to standard as required by the FDA.</b>		
<b>Activity 2.1: Communication with the school Nutritionist prior to and during lesson planning</b>		<b>Responsibility</b> Education Director
<b>Steps</b>	<b>Expected Outcome</b>	<b>Monitoring</b>
<ol style="list-style-type: none"> <li>Plan and incorporate food items and student reactions (allergies) into the lesson plan.</li> <li>Follow-up with after action reporting informing of allergic reactions if any, remediation/corrections to planning.</li> </ol>	Cohesive collaborative plans are drafted, implemented and followed up upon.	Review and participation in collaborative planning participating with teacher and Nutritionist.

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<b>Policy Component:    Physical Education/ Physical Activity</b>		
<b>Goal #1: Provide a program of physical fitness available to all students with the goal of 150 minutes/week.</b>		
<b>Activity 1.1: Provide instruction in physical education that is aligned to the VDOE state standards.</b>		<b>Responsibility</b>
		Education Director
<b>Steps</b>	<b>Expected Outcome</b>	<b>Monitoring</b>
<ol style="list-style-type: none"> <li>1. Draft lesson plans utilizing the standards of learning scope and sequence, curriculum framework and blueprints.</li> <li>2. Implement standards during physical education class and during instruction where kinesthetic activities are utilized.</li> </ol>	<p>Teachers will become increasingly knowledgeable about the benefit to students for kinesthetic learning activities.</p> <p>Students will benefit from the benefits of movement behaviorally and academically. Increase in P. E. scorecard scores.</p>	Review of lesson plans and student physical education score cards.
<b>Activity 1.2 Given appropriate instruction, the student will be able to perform required physical activity indicators to standard.</b>		
<ol style="list-style-type: none"> <li>1. On command, student will perform skill level indicators.</li> <li>2. Teacher and student will be able to reevaluate and adjust skill level to correct and perform to standard.</li> </ol>	The student will achieve “C” or better on report cards.	Instruction, Instructor, review lesson plans, training (professional development), review score cards.