



**WELLNESS COMMITTEE
TRIENNIAL ASSESMENT 2022/2023**

The FUMCH Wellness Committee met on 8/5/2022 and again on 3/8/23 to complete the triennial assessment and annual review of the wellness policy. Per guidelines from the FDACS Nutrition Specialist, specific areas of the wellness policy needed to be updated to meet the requirements of the Local School Wellness Policy (LSWP) Compliance Checklist. The committee agreed to use the RCCI Model Local School Wellness Policy with minor amendments to match the operations of our organization.

During the 3/8/23 meeting, the revised Local School Wellness Policy was shared and committee members were given the chance for input. The FDACS Nutrition Specialist was sent a copy of the policy and initial approval was given, pending organizational approval. The Director of Compliance and Quality Assurance is reviewing the policy and will forward to the CEO for final approval. Once this is achieved, FDACS will approve the document and send a signed copy to FUMCH.

A copy of the approved Local School Wellness Policy along with this Triennial Assessment will be uploaded to the FUMCH website, the FUMCH Intranet, and through the Admission process for new residents. The Triennial Assessment will also be reported during a General Team Meeting such that internal stakeholders will be advised of the results.

The following are descriptions of the areas within the FUMCH Wellness Policy that are attaining the goals of the RCCI Model Local School Wellness Policy:

Nutrition Promotion

- Posters will be in the cafeteria area of the gym to promote healthy eating. Food Services staff will have a theme of the month that is promoted in the service line area.
- Food Services staff will offer taste testing for children to experience new healthy eating ideas. Surveys will also be given regarding menu options.
- When available nutrition brochures or information will be provided to students through the lunchroom, classroom, or posted in the residential cottages.

Nutrition Education Goals

- Fitness assessment at LSA for all children during PE class—will be assessed twice per school year
- Curriculum in Science and PE regarding nutrition and healthy eating
- ASSP educational topics are reported monthly by Recreation staff and many are related to health and well-being. The Wellness Services Coordinator or team member will conduct the ASSP topic one time per week (Wednesday) to provide health related topics.



- LSA monthly newsletter by the journalism students is published one time per month and has a nutrition and fitness section. The newsletter is reviewed by students during SEL class.

Physical Activity Goals

- Physical fitness/recess minutes per week for LSA and residential care—after lunch students are provided 10 minutes of free time in the gym and encouraged to be active. During snack time free time is given for physical activity.
- Residential outings to parks, events, marathons, etc. promoting physical activity.
- Weekly residential schedule is provided for recreation/physical activity opportunities.
- Opportunities for staff health and wellness—access to fitness room, gym, and pool with 45 minutes paid time Monday, Wednesday, and Friday to work out. Additional access to these areas is offered while staff members are not on shift as well.

Other RCCI-Based Activities

- Every Kid Healthy Event was held prior to COVID for the children following the non-profit Action for Health Kids program. The event is held after school with activities and stations in the gym to promote health and wellness. FUMCH will revisit having this event again.
- FUMCH is compliant with drug, alcohol, and tobacco-free policies per organizational policies HR 17.0 Drug Free Workplace and HR 18.0 Non-Smoking/Tobacco-Free Workplace.
- Youth are provided with adequate time to consume their meals after receiving them.

Employee Wellness

- Wellness staff offers consulting on health education as well as blood pressure checks. Recreation staff offers consulting of use fitness equipment and workout plans.
- HR department holds an annual Benefits fair that includes vendor booths for health and wellness.
- Recreation holds an annual FUMCH Marathon for staff participation.
- Employees have access to fitness room and pool.

Health Services

- Wellness Department assessment within 30 days of admission for all residents and then continued tracking of health and wellness at least annually. Labs are completed twice per year. The Wellness Department handles all immunizations and medical appointments.

Behavior Management

- Classroom parties—no candy for rewards and sweets should only be served after lunch.