

Wellness Policy Review Process

Neal E. Wade Outdoor School complies with the Board Policy of Stanislaus County Office of Education (SCOE). SCOE own and operates the Neal E. Wade Outdoor School.

This policy is posted for public review in the Dining Hall, visible to all participants.

The current SCOE Board Policy contains goals for nutrition promotion and education, physical activity, and other school based-activities that promote student wellness, and nutrition guidelines for all foods and beverages available on school campus during the school day.

Foothill Horizons Outdoor School, a program of Neal E. Wade Outdoor Education School, will continue to review and adapt SCOE Board Policy to create a meaningful and effective Wellness Policy for Foothill Horizons.

How we solicit input from stakeholders:

- Weekly meetings with visiting school teachers, nurses, parents and para professionals to solite input on meals and fitness
- Weekly meeting with the kitchen staff- sought input from kitchen staff, modified meals, special diets and salad bar implementation.
- Meetings with fund development specialist to seek funding for salad bar and healthy nutrition and fitness programs
- Meetings with staff yearly to determine finical goals, discussed were healthier, fresher meals

Wellness Implementation based upon community input

1. Revised menu Sept. 2018—revised diner meals to healhier options, more kid friendsy and reducing special diet requirements
2. Revised special diet policy and procedures (Feb. 2017; Dec. 2018)
3. Purchased salad bar and implemented for dinners with funds from Sutter Health June 2017
4. Launched healthy clubs: 2018-19

Additional funding from Sutter heath we launched the following healthy challenges:

- Mile club: hike one mile a day, as recorded on pedometer to join the mileclub
- Hecka-hydrated: drink 64 oz of water in a day to join the hecka hydrated club
- Eat the rainbow club: eat one colored fruit/ veggies from each color of the rainbow and join the Eat the rainbow club.

We are promoting this program with new posters in prominent areas, a journal page and by making it a “club” that our students want to join.

5. Improving teaching garden. 2016-17
 - a. Community volunteers renovated our educational garden. We also used funding from the Sutter Health to include signage in the student garden labeling veggies and fruit, composting and waste and to provide materials for gardening.

For the Triennial Assessment:

- One month prior, the Principal will solicit key stakeholders from the following groups: Naturalists, Food Service Staff, Administration, Visiting Classroom teachers, Parents, Alumni staff, SCOE Administration or school administration.
- In a collaborative on-site meeting, key stakeholders will review the policy and develop assessments to determine the effectiveness of changes including nutritional value, variety, food waste, student preference, teacher preference and demographic data.
- After each review, the policy will be updated and posted as an online resource for our community to review and comment upon.

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