Callier Child Development Program Wellness Policies

**Structure**

In partnership with families, the Callier Child Development Program seeks to promote children’s health through our policies and practice. The policies outlined within this document are intended to create a school environment that protects and promotes the health and well-being of our students.

The Callier Child Development Program utilizes the High Scope curriculum, Program for Infant/Toddler Caregivers, the Texas Essential Knowledge and Skills (Kdg), and the National Association for the Education of Young Children criteria as a basis for its wellness policies.

Additional references and resources include:

Texas Department Family and Protective Services Minimum Standards for Child Care

Healthy and Active Preschoolers Nutrition Learning Center

<http://www.healthypreschoolers.com/>

These policies were reviewed and approved by the Callier Parent Association and program stakeholders.

**Nutrition Education and Promotion**

**The following strategies provide education and promotion to families, children and staff:**

* Children receive a consistent nutrition message throughout their daily activities.
* Lunch rooms and classroom eating areas have pictures or posters of nutritious food displayed.
* The pretend center includes items such as plastic food models depicting healthful foods and kitchen equipment such as pots, pans, utensils, and measuring spoons.
The book area includes books about food, eating, or gardening.
* The curriculum includes food-related participatory events and gardening activities.
* Nutrition awareness is integrated into mealtimes through the use of teacher supported discussion on choosing an appropriate lunch or breakfast.
* Nutrition awareness promotes fruits, vegetables, low-fat dairy, appropriate portion size, and making healthy food choices.
* Nutrition education is provided to families via posters, bulletin board, and at school events. The monthly school menu is posted online and sent via email to families.
* Staff is encouraged to model healthy food choices for children. Chips, candy, sodas and foods high in sugar are considered inappropriate foods to eat in the presence of children. Soft drinks or coffee may only be consumed outside of teaching time.
* Families who choose to provide a packed lunch are given guidance for packing healthy lunches through the program parent handbook. The parent handbook will include website references.
* Additional information on making good food choices can be found at

[ChooseMyPlate.gov](http://choosemyplate.gov/)

* Callier is a nut free zone. Parents and staff are asked not to use peanut butter or peanut products in preparing food sent from home.

**Physical Activity**

Children are given opportunities for energetic play and physical exercise that promote good health and large muscle development.

* Children have daily outdoor play when weather permits.
* Indoor play options are available when weather does not allow for outdoor play. Indoor play will be scheduled when:
* The temperature or wind chill is below 32 degrees with the exception of infant classrooms who will have a shorten length of play when the wind chill is between 33-39 degrees.
* The temperature or heat index is above 100 degrees for the main building classrooms and 96 degrees for the Infant/Toddler Building. Shortened lengths of play when heat index is between 96-99 degrees for the main building and 90-95 degrees for the Infant/Toddler Building.
* The Current Air Quality Index for the Callier zip code is Orange or higher.
* Raining
* Five outdoor and two indoor play spaces, designed to accommodate play for different age/developmental levels are provided.
* Motor/music rooms with space sufficient for large muscle movement are available for older students.
* High Scope Key Developmental Indicators (KDI) in the area of physical development and health are targeted weekly and incorporated into lesson plans for each part of the day.
* A weekly information page that includes information on the Preschool KDIs and related materials and activities is sent home weekly to families as well as posted on the parent bulletin board near each classroom .Infant/Toddler weekly lesson plans indicate nutritional and physical activities.
* The Child Observation Record, the High Scope assessment tool, is utilized to record and monitor children’s physical development.
* Family reports which include information on physical development are developed and provided to parents two times a year and discussed at parent conferences.
* Teachers supervise/facilitate outdoor and indoor play through assigned zones of responsibility.
* Outdoor play areas are designed with play components that foster large muscle development, balance, strength, and coordination.
* Outdoor play areas are inspected annually by a Certified Playground Inspector
* Play areas are also inspected during routine visits by Texas Child Care Licensing.
* Play areas are inspected by teaching staff prior to each play session. Any potentially unsafe or hazardous component is either repaired or removed prior to use.
* Teaching staff follows written safety and use guidelines for each play area.

**Other Wellness Policies**

The Callier Child Development Program follows policies and guidelines in additional areas important to the health, safety and well-being of children. Policies in each of the areas listed below are found in the Parent Handbook.

<http://www.utdallas.edu/calliercenter/child-development/>

Teaching staff requirements and guidelines for implementation of all wellness policies are included in the Education Staff Handbook. Information and training in these policies is included in teaching staff orientation and regularly scheduled professional development.

Annual training is required in the following areas: National School Breakfast and Lunch Program and Handwashing, Sanitation, Universal Precautions and Civil Rights

The Callier Child Development Program also receives support from the following health consultants:

* Medical Director, Callier Center for Communication Disorders
* Staff Nurse, Dallas ISD Health Services

**Disease Prevention**

* Immunization Policies
* Sanitation and Hand washing Policies
* Illness Policies
* Medication Policies

**Oral Health**

* Tooth brushing

**Sun Safety**

* Hats
* Sunscreen Lotion

**Nutrition guidelines for food and beverages served on school grounds**

School meals include a variety of healthy choices while accommodating special dietary needs and ethnic and cultural food preferences. The Callier Child Development Program participates in the National School Breakfast and Lunch Program. More information on this program as well program applications are available in the school office and on the following website: <http://www.squaremeals.org/>

In addition:

* All reimbursable meals meet nutrition standards mandated by the USDA and the Texas Department of Agriculture.
* The school meals program is administered by the Callier Food Service Manager and the Callier Business Manager is collaboration with the Callier Child Development Program.
* Teaching staff responsible for offer vs. service meals is provided training on USDA/TX Dept. Agriculture meal plans/reimbursable meals so they can appropriately supervise children as to the meal components they may or must take to meet the nutritional guidelines for a school breakfast or lunch.
* Teaching staff also receives training in appropriate/required sanitation practices. Cafeteria staff receives additional training in sanitation and food safety related to food preparation and handling.
* Families complete an annual program evaluation that includes evaluation and comments on the food service program. Information from the parent evaluations is incorporated into menu development/revision for the upcoming school year.
* Child preference for menu items is reported by teachers to the food services manager. Teacher feedback of child preferences is incorporated into menu development and/or menu cycle revision during the school year.
* Menu development is done through Nutrikids, a USDA approved meal planning software to ensure compliance with applicable nutrition and portion guidelines.
* Meals are served in a clean and pleasant environment in either the designated children’s lunch room or in the classroom, depending on student age group. Rules for safe behavior are consistently enforced.
* All meals are served family style following offer vs. serve guidelines.
* Students have access to hand washing/hand sanitizing facilities before meals and snacks. Teachers are responsible for ensuring hand washing/hand sanitizing practices are implemented.
* Participation in the school meals program is promoted. Parents are notified of the availability of breakfast and lunch and are encouraged to determine eligibility for free or reduced cost meals.
* Breakfast is served within the classroom or cafeteria and teachers utilize various strategies to encourage student participation in breakfast.

**Access to drinking water**

Students and school staff members have access to free, safe, fresh drinking water at all times throughout the school day. Water pitchers and cups are available in eating areas during meal times. Water fountains are available in each school building and on each playground. School staff is encouraged to model water consumption and is permitted to drink water in classroom areas during time with children.

**Food used as reward or as other disciplinary means**

The use of food as a reward, the withholding of food as a negative consequence; or a requirement to taste, eat, or finish any food is strictly prohibited.

**Stakeholder Engagement**

The following stakeholders are included in developing and implementing the School Wellness Policies:

* Director of Education
* Director of Business Operations
* Callier Parent Association (all parents are a member)
* Program representatives (Program Managers)
* Nutrition staff

**Triennial Assessment and Publication of Assessment Results**

The Wellness Policies are reviewed, evaluated and updated at least every three years by the stakeholders. Changes are incorporated into the policies and published on the website by August of the review year. An annual Program Improvement Plan is developed to include all health and wellness areas of concern and strategies for improvement,

**Marketing**

No marketing is conducted as no additional food or drink are offered for sale on campus to the students.

**Assigned Responsibilities**

The following staff is assigned to be responsible for managing the following:

* The Education Director drafts the wellness policy updates/revisions. Participants in the development and approval of the plan are the following:
* Education Director
* Preschool Program Manager
* Infant Toddler Program Manager
* Food Services Manager
* Business Manager (CE Administrator for NSLBP)
* Callier Parent Association (CPA)
* Staff members access the Callier Child Development Wellness Policies via the website.
* The Wellness Policy is available to families on the Callier Child Development Program website.
* The Child Development Program overall program evaluation completed by staff and parents in May of each school year includes evaluation of outdoor play areas, food service and health and safety. Parent and staff input are used as part of the wellness plan evaluation.
* The evaluation is utilized to set annual program goals that include program goals related to wellness policy areas.

**Records Retention**

1. According to UT Dallas and the state of Texas, all state and federal funded projects must maintain all records and documentation for a minimum of three (3) years. Program staff files any paper documentation in a secure campus storage closet and all electronic documentation is stored on the UT Dallas secured data system.

*In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.*

*Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.*

*To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint\_filing\_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:*

*(1)      mail: U.S. Department of Agriculture
                   Office of the Assistant Secretary for Civil Rights
                   1400 Independence Avenue, SW
                   Washington, D.C. 20250-9410;*

*(2)      fax: (202) 690-7442; or*

*(3)      email: program.intake@usda.gov.*

*This institution is an equal opportunity provider*

**Wellness Resources for Parents and Staff**

Healthy and Active Preschoolers

<https://www.healthypreschoolers.com/>

USDA Choose Plate

<https://www.choosemyplate.gov/>

Zero to Three

<https://www.zerotothree.org/resources?q=nutrition&topic=&type=&rformat=&age_range>=

Caring for Our Children: National Health and Safety Performance Standards Guidelines for Early Care and Education Programs, third ed. 2011