



## **WELLNESS PROGRAM GUIDELINES**

### **Purpose**

The purpose and goal of the Wellness Program is to ensure that each youth develops a healthy lifestyle through proper nutrition, education and physical activity. The present and future health, safety and well-being of the residents of George Junior Republic are the focus of this policy and program.

As a caretaker of the youth, George Junior Republic has the responsibility to remediate the social, moral and legal challenges of the youth entrusted in our care. Maintaining a healthy lifestyle is especially pertinent when working with high risk youth. George Junior Republic will make every effort to educate the residents of our program in a safe environment, minimizing environmental risk, and establishing a lifestyle which promotes wellness through nutrition, exercise, and other recreational activities. This program will focus on the following.

- Each residential unit and all common building and activity areas will provide a safe and healthy environment for the youth and staff.
- All students will be informed regarding proper nutrition and exercise as a means to establish and maintain personal health.
- Each unit will focus on quality meals, exercise and safety.
- George Junior Republic administration, in conjunction with a consulting dietitian, program department, athletics, and health services, will provide for the healthy nutrition, education and physical health of each individual resident.

To ensure the proper health and well-being of each resident, George Junior Republic will provide each individual with the following:

- Quality, well-balanced meals and snacks which meet the standards of the school lunch program.
- A minimum of six hours per week of physical activity in which each resident will perform active physical exercise to promote the health and conditioning of each resident.
- Information and input into the development of menus, food items and preparation of the meals served to them.

### **Responsibility of the implementation of the Wellness Program**

The School Lunch Director, along with the administrative staff, will ensure that the Wellness Program is implemented, monitored and amended as needed. Additionally, the dietitian will work with the School Lunch Director to ensure that the menu items meet the criteria for a healthy and nutritional program as defined by the school lunch program. Through monthly meetings with the food preparation personnel, the development of a menu within the guidelines

of the School Lunch Program, and meeting with the administrative staff, the dietitian will ensure nutrition, safe food handling and the quality of the meals.

The Program Director, through the scheduling of activities, will ensure that each youth receives the opportunity to participate in a minimum of six hours of events per week. Events will provide times for physical activity.

## **Guidelines**

### **Wellness Committee**

The School Lunch Director/Director of Development will appoint a wellness committee comprised of the following:

- 1) The School Lunch Director
- 2) The Registered Dietitian, Molly Snyder
- 3) The School Lunch Monitor, Lou Jean Seidel
- 4) A Representative from Food Preparation (Cook)
- 5) The Purchasing Agent, John Whitney
- 6) A Student Representative
- 7) Other staff as needed (i.e. Counselor Parent, mental health provider, Director of Nursing)

The Wellness Committee will serve as an advisory committee regarding health and safety. The School Lunch Director will be responsible for facilitating quarterly meetings. Wellness Committee members will serve as an advisory committee regarding health and safety and will develop a policy which will be presented to the CEO for approval.

The Wellness Committee will make recommendations and report findings, as needed, to the CEO.

### **Nutrition**

Academic performance and life quality are affected by proper nutrition. As defined by the Child Nutrition Programs, a healthy diet supports physical growth, the ability to learn, and social and psychological well-being.

George Junior Republic will offer meals that meet the guidelines of the Child Nutrition Programs. The Registered Dietitian will develop menus which conform to the Child Nutrition Programs. These menus will include the ingredients and the food value of each item. The Registered Dietitian will work with the Purchasing Agent to support the ordering of food items. The School Lunch Monitor and the Registered Dietitian will ensure the quality of the meals and the safe preparation and delivery of meals to the students.

There are no competitive foods available for students during the school day. Competitive foods include a la carte, vending machines, school stores, food fundraising and classroom parties.

### Health Education and Life Skills

Healthy eating habits and physical activity will be taught to the youth both through example and through the educational programming provided by Grove City Area School District.

Staff will be trained in safe food handling and proper nutrition. The training will be conducted through scheduled meetings with the dietitian, registered nurses, School Lunch Director and the School Lunch Monitor. Training will also include education on disease prevention and control, blood borne pathogens and food safety.

### Physical Education and Activity

The Program Department will ensure each youth is provided with a minimum of 6 hours of activity time each week through our scheduling of daily activities. These activities include the following:

1. Basketball
2. Swimming
3. Weight Lifting
4. Jogging
5. Baseball or Softball

These activities will encourage participation and the development of physical exercise into the daily routine. Each youth will be encouraged to develop his skills and knowledge of a healthy lifestyle.

Each activity will provide for at least a minimum amount of physical conditioning or exercise.

Each student will be provided with a variety of activities and events in which to participate.

### Healthy and Safe Environment

All residential, common buildings and facilities will be monitored to provide each student with a safe and healthy environment.

George Junior Republic will maintain a safety committee which inspects each unit quarterly.

The medical, child care, security, food preparation, human resource, administration and staff training departments of George Junior Republic will be represented on the safety committee. Findings of the safety committee will be presented to the CEO and Facility Manager.

All buildings will be maintained at the highest level possible and exceed the requirements of the Department of Human Services, Labor and Industry and the Office of Mental Health and Substance Abuse Services.

George Junior Republic is a drug free facility.

Through training, monitoring and supervision, George Junior Republic will maintain a safe and harassment free environment for both staff and students.

### Social and Emotional Well Being

Through the hiring of Masters Level therapists each youth shall be provided with individual and group therapy where the students' concerns, issues and problems are heard. Students will be encouraged to express themselves in a socially appropriate manner. Students will be encouraged to learn tolerance, emotional regulation and relationship building skills.

### Health

Through the operations of the Medical Department each student will be provided with complete health screening and treatments. The services offered within this department are as follows:

1. A complete physical exam by a pediatrician upon admission and each year thereafter.
2. A complete dental exam and follow-up visits every six months as indicated.
3. Psychiatric exam upon admission and subsequent exams and updates as indicated.
4. A complete eye exam by an optometrist upon admission.
5. Updates of immunizations as needed by a registered nurse.
6. Hearing Screening

All students admitted to George Junior Republic will receive a physical. A physician or physician designee is available daily for ongoing ailments and treatment. Medication administration is done by nursing staff and / or physician.

George Junior Republic will maintain referral agreement with local clinics, hospitals, and treatment centers to ensure quality of inpatient care.

All admission and annual health screens will include the Body Mass Index to identify students who are over or under weight. Nursing staff will assist the food preparation staff in establishing diets which are healthy and appropriate for clients who are either over or under weight. Additional special diets, consultations and monitoring will be done for any student with special dietary considerations such as diabetes or food sensitivities or allergies.

### Family and School Partnerships

Families will be informed of any medical or health concerns regarding their son. Parents will be encouraged to promote a healthy lifestyle to their son and support the efforts of George Junior Republic.

George Junior Republic will coordinate with Grove City Area School District in the monitoring of the student's physical needs. The nursing staff will identify and communicate any special needs of students to school personnel.

Staff Wellness

Staff members may use the recreational facilities with prior approval and have the opportunity to participate annually in the 5K held on campus. Through partnerships with local gym facilities, employees have the option of joining one of many local gyms and receiving a discounted membership based on their employment at George Junior Republic (i.e. IXL and YMCA). A comprehensive listing of employee benefits is outlined in the Employee Handbook.

Richard L. Losasso 9/1/16  
Date  
Richard L. Losasso  
Chief Executive Officer

Susan Boland 9/1/16  
Date  
Susan Boland  
School Lunch Director

Jim Anderson 9/1/16  
Date  
Jim Anderson  
Principal

Molly Snyder RON, MON 9/1/16  
Date  
Molly Snyder  
Dietitian

Sandy Dillon-Dick 9/1/16  
Date  
Sandy Dillon-Dick  
Vice President of Treatment

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Washington, D.C. 20250-9410
2. Fax:  
(202) 690-7442; or
3. E-mail:  
[program.intake@usda.gov](mailto:program.intake@usda.gov)

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