

Wellness at the Education Center and the Northwest Children's Home School year of 2018- 2019

We have a nutrition committee which is working to:

- Educate staff and students/residents about nutrition and physical activity.
- Encourage staff to act as role models for healthy choices in regards to food and activity.
- Improve quality of snacks offered to students/residents. Reduce the practice of offering food as a reward for behavior.
- Increase the amount of physical activities that our students/residents participate in.
- Increase the variety of physical activities by teaching lifetime sports and activities.
- Incorporate nutrition and physical fitness into other areas of the curriculum.
- Teach healthy life choices about nutrition and exercise.
- Provide healthy snack choices.

The following summary of our Wellness program for the school year includes previous activities as well as new activities initiated by the nutrition committees at both the Ed Center and Children's Home at the monthly meeting held at the administration building.

Nutrition and Physical Education at the Ed Center:

The Education Center teaches nutrition to all students, incorporating lessons into Health, PE, math, adult living and teen living curriculum throughout the school year. A comprehensive nutrition class will be taught on a rotating basis to all classrooms. The curriculum includes teaching basic food groups, important nutrients and their benefits, decision making in regards to food, and the new USDA MyPlate/Food Pyramid. Older students are also taught how to create a healthy meal plan, for a family and basic cooking skills. The program also introduces students to a variety of fruits, vegetables and whole grains that they may otherwise be unfamiliar with. Depending on the age group, the course lasts one to two quarters.

In addition to teaching the students better nutrition, the staff continues to offer nutritional snacks. The Ed Center also provides a cultural fair highlighting healthy cuisine from different regions (ex. Nez Perce, Indian, Southern, African, etc.). This year our Geography classes also provide snacks from each of the countries studied. Our garden provides students with fresh cucumbers, tomatoes and zucchini.

Physical Education courses taught by a certified teacher are offered on a rotating basis to the classrooms at the Ed Center. They are offered traditional P.E., a Fitness Class and non-traditional ways to include P.E in other classes. For example, using exercise during a science lesson on respiration rates.

Nutrition and Physical Education at the Northwest Children's Home:

Our residents go to school at the Ed Center so all nutrition classes taught there apply to our residents. In addition, the staff at the Children's Home, teach classes about Independent Life Skill (ILS) as part of our program. There are sections of ILS that

pertain to meal planning, food buying, cooking, nutrition, sanitation. Part of ILS teaches healthy life choices including Physical Activity (Mighty Milers, local fitness centers, Yoga, crossfit and Zumba). The residents are offered nutritional drinks and vitamins. Nursing monitor's weight, height, blood pressure and a blood draw which includes cholesterol readings and educates the residents on their health, weight, diets, and offers advice regarding diet, such as decreasing portion sizes, eating more fruit and vegetables with a reminder that most vegetables have less calories than fruit.. The Children's Home has special diets based on the Doctors' and Nurses' findings. Step 1 diets are used for residents that need to lose weight or have higher cholesterol readings. The step 1 diet allows the residents to have one serving of the full meal but seconds only on fruits and vegetables. The step 2 diet is for residents that have high levels of cholesterol. The step 2 diet is more severe and restricted for saturated fat and cholesterol. The residents on Step 2 diet will be given food that is lower in saturated fat and cholesterol and receive fruits and vegetables for seconds. Based on needs we offer vegetarian diets, gluten free diets, diabetic diets, and allergy sensitive diets. LMA is required for all residents for minimum of one hour per day.

Another resource that residents have, are the activities planned for them. Frequently residents are able to go canoeing, hiking, rock climbing, to the Aquatics Center, biking, on jet boat fishing trips, and local fishing. On campus our facility has a swimming pool, tennis court with basketball hoops, grounds to play football, softball, kickball, skateboarding, roller skating, soccer and a volleyball court. We are connected to a park that offers a track and playground equipment. The residents have areas to ride bikes, skateboard, and rollerblade. The residents are given challenges that are healthy. There is a summer program that they are encouraged to participate in where they run or walk laps for prizes. About 80% do not involve food and what food is given out is healthy. In the winter, residents are taken sledding, snowshoeing and cross country skiing. Most of these activities can be life long. Along with exercise they are encouraged to drink plenty of water.

Meals and Snacks:

A part of the wellness committee's responsibilities is to evaluate the foods offered as snacks. Snacks will be used less often for rewards. Snacks offered will be considered based on their nutritional value.

Meals and snacks from the Food Service at the Northwest Children's Home will be based on the dietary guidelines of the Idaho State Department of Education's new nutritional standards and Child Nutrition Program.

Meals will emphasize healthy choices, offering choices of fresh fruits and vegetables.

Gardening:

A garden has been grown on site at the NCH Campus by the Ed Center and dining staff and students. We have been fortunate to have the garden several years now. It has been very successful with an abundance of produce. Everything from the traditional carrots, three varieties of lettuce, potatoes and corn, tomatoes, cauliflower, broccoli, cabbage, beets, cucumbers, lemon cucumbers, yellow, round and green zucchini, butternut and delacota winter squash, onions, peppers, three varieties of beans, Indian corn, three varieties of beans, pumpkins to the untraditional kohlrabi, Swiss Chard, and

Kale and some herbs were planted. We incorporate produce grown in the garden into meal planning with the cafeteria, ILS, and snacks. Residents are more excited to try and learn to enjoy the fruits of their labor. It has been a great learning tool.

Staff wellness:

Staff is included in the wellness program for the children's home. Through our health insurance we receive incentives to exercise, eat correctly, make good life choices, and maintain a healthy weight. They have a program to help us through the processes. On campus, the staff has some use of the gym at the school and access to the track. The staff is offered discounts to local gyms and fitness programs like Simply Living Better. As an agency, we offer Cross Fit and Zumba twice a week, and Yoga once a week for the staff. Meals based on the new nutritional guidelines are offered to the staff as well as the residents. Staff takes part in ILS by preparation, cooking and providing recipes.

In conclusion:

The Lewiston Ed Center/Northwest Children's Home has several checks and balances in place to keep focused on being physically and nutritionally fit. The Ed Center has a team of staff members and parents that have built a curriculum that emphasizes fitness and nutrition. The Children's Home has programs to teach and build life skills that will give the residents a foundation of nutrition education and fitness life skills. Kim (Ed Center Administrator) attends Northwest Children's Home monthly meetings. Bruce (community volunteer) also attends this meeting. Other staff attending this meeting are the administrative team, program managers, dietary manager, nursing, and support staff. The resident's wellness program is discussed at these meetings.