

## Jasper Mountain Wellness Policy

Jasper Mountain is a 501(C) (3) non-profit organization that provides residential psychiatric treatment for young children. The children are served in the agency's two residential and academic treatment programs (Jasper Mountain Center and SAFE Center).

The students enrolled at Jasper Mountain are some of the most vulnerable in the nation's population. The majority of the children serviced through our program are in or have been a part of the foster care system and many of our students have suffered from early childhood neglect and abuse. Given our population, it is particularly important that our agency provide consistent, healthy meals to our residents as well as promote and model a healthy lifestyle through physical exercise, a highly nutritious diet, and education.

Jasper Mountain's nutrition and wellness program is implemented to be consistent with state and federal requirements for schools sponsoring the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and National School Lunch Program After School Snack Service.

Key elements to Jasper Mountain's wellness policy:

- Physical Exercise
- Nutritious, Child-Friendly Meals
- Nutrition and Wellness Education

Implementation of these elements aid in the treatment of our residents as well as keeps them healthy and safe. We aim to act in the best interest of our residents and to set them up for success throughout life.

### Key Elements

**Physical Exercise:** Jasper Mountain engages students in a wide variety of physical activities and exercise daily. During the school year, students engage in daily recess and physical education. During poor weather conditions both facilities have covered structures and large indoor spaces for activity to take place.

After school, residents participate in a variety of forms of physical activity and exercise. These activities can include outdoor play, aerobic activity, group games and sports, and special offsite activities. After school exercise focuses on building proficiency in aerobic activity, coordination, skill development, and cooperative group activity.

During summer and spring break periods, residents participate in daily running program in addition to their regular physical activity. Residents track their miles and learn about the benefits of regular cardiovascular exercise. During winter break periods, residents participate primarily in indoor physical exercise such as group games, aerobic exercises, indoor sports, etc. These activities not only help kids in developing social skills but also teach students a variety of methods to stay fit and healthy.

**Nutritious, Child-Friendly Meals:** Jasper Mountain participates in the School Breakfast Program, the National School Lunch Program, and the Afterschool Snack Program through the USDA. As participants in these programs, our meals are whole-grain rich, use low-fat dairy, and are low sodium. Our meals are also rich with fruits and vegetables as well as low fat proteins as designated through each program's requirements. We strive to meet all the nutritional standards set forth by the USDA while making a menu that is child-friendly.

Our program does not use or distribute foods of low nutritional value such as candy, soda, or gum to students. In the same vein, our program does not distribute fast food to our students. These products are also not offered for sale on any of our campuses. We aim to promote healthy dietary options to our students and encourage our staff to do the same by modeling healthy eating options.

To encourage healthy eating habits, students are given sufficient time to finish eating meals before going to school or participating in other activities. If there are patterns of tardiness or difficulty in transition, students have adjusted meal plans implemented so that they are still able to participate in their regular activities and maintain a healthy relationship with their meal times. It is important that students do not view meal times as rushed or stressful.

It is also essential that we do not use food as a reward or incentivizing element in our program. Additionally, no meals are to be withheld from students as a punishment for behavioral or academic issues. All students are given the same meal options as every other student unless designated otherwise in an approved medical plan.

**Nutrition and Wellness Education:** Our students receive nutrition and wellness education in many forms. In physical education, our students not only learn about exercise and healthy activity for their body, but they also learn about how their bodies process nutrients. Students learn about the components that make a healthy meal and why each and every one of those components is essential to helping them grow stronger.

We also utilize our garden spaces at each campus to grow our own vegetables during the summer and fall months. During this time, students learn about the farm-to-table process as well as about nutrition. Students are active participants in the gardening process and take a lot of pride in the food that they help grow. Not only can this education be healing but it also sets them up for lifelong success by encouraging them to try new things.

Additional elements to Jasper Mountain's wellness policy:

- Wellness Policy Goals
- Implementation, Monitoring and Assessment
- Record Keeping

## Additional Elements

### **Wellness Policy Goals**

1. Above all else, student health and safety are our top priorities. If there are concerns about the implementation of the wellness policy conflicting with this goal, the wellness policy is to be reevaluated by the Food Service Coordinator and Program Directors. When required, the policy will be updated for presentation to the Board of Directors for approval.
2. Using the nutritional standards set forth by the USDA, the program will implement a largely vegetarian diet. The program will also use fish or poultry to help fulfill the protein requirement as articulated by the USDA. Occasionally, during special occasions and celebrations, hamburgers, hotdogs, or ham may be served in conjunction with vegetables and fruit. The use of alternative protein options is strongly encouraged.

3. The programs will utilize local vendors whenever possible. Programs will source local products and produce to use in meal preparation and to aid in farm-to-table education for students.
4. Students will have consistent access to opportunities for exercise and physical activity throughout the school year and during break periods.
5. The Food Service Coordinator will take into consideration the ethnic, cultural, and religious diversity of students in the meal planning process and strive to create a menu that is inclusive of all students.
6. Staff will help to create and maintain a clean, comfortable, and safe space for students to eat meals that meets the standards of the Oregon Health Authority.
7. All programs will participate in the available federal meal programs to the greatest extent possible.
8. SAFE Center and Jasper Mountain Center will both strive to follow the monthly menus created by the Food Service Coordinator to the best of their ability and to their greatest capacity.

### **Implementation, Monitoring, and Policy Evaluation**

Implementation of the wellness policy is administered by the Food Service Coordinator and individual Program Directors. Feedback options are available for all direct care staff, including but not limited to, nutrition service team members, treatment team members, support service team members, teachers, and school nurses. Any immediate concerns should be brought to the attention of the Food Service Coordinator and Program Directors as soon as possible. Any non-urgent feedback can be left on the Food Feedback forms posted in each of the sites' kitchens to be collected at the end of the month.

Access to the wellness policy is available to all staff members as well as student and resident guardians. Staff may access the policy either through the agency shared file system or through the agency website. Guardians may access the policy either upon request or through the agency website.

This Policy will be reviewed annually by the Food Service Coordinator, updated, and re-submitted for Board approval as needed.

## Jasper Mountain Wellness Policy

Progress Assessments will be made on the same schedule as the Jasper Mountain Quality Assurance Program, 2.I.4.c Short Term or Annual Planning Process. The assessment will evaluate compliance with the wellness policy and a progress report will be prepared and presented to the Board. The Progress Assessment will be made available to regulators, all staff members, and student and resident guardians.

### **Record Keeping**

Jasper Mountain will retain the following records to document compliance with the wellness policy:

- The written wellness policy;
- Documentation demonstrating the policy has been made available to regulators, all staff members, and student and resident guardians;
- Documentation of efforts to review and update the policy, including who was involved in the update and process used to make stakeholders aware of their ability to participate;
- Documentation to demonstrate compliance with annual notification requirements;
- The most recent assessment on implementation of the policy;
- Documentation that the assessment has been made available to regulators, all staff members, and student and resident guardians.

Adopted 2/8/2022  
Jasper Mountain Board of Directors