

Callier Child Development Program Wellness Policies

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, 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/learning-center>

Nutrition education and promotion

- 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 such as the field trip to the Dallas Farmers Market 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 school menu will be posted online monthly.
- 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
- Callier is a peanut free zone. Parents and staff are asked not to use peanut butter or peanut products in preparing food sent from home.

Nutrition standards for food and beverages served on school grounds

School meals will 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.fns.usda.gov/cnd/lunch/>

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 in 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. serves guidelines.
- Students have access to hand washing/hand sanitizing facilities before meals and snacks. Teachers are responsible for ensuring that 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.

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 32-40 degrees.
 - The temperature or heat index is above 100 degrees for the main building classrooms and 96 degrees for the CD Building. Shortened lengths of play when heat index is between 96-99 degrees for the main building and 90-95 degrees for the CD 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 KDIs and related materials and activities is sent home weekly to families as well as posted on the parent bulletin board near each classroom.
- 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 three 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 may be found in the Parent Handbook.

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

Disease Prevention

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

Oral Health

- Tooth brushing

Sun Safety

- Hats
- Sun Lotion

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, and Universal Precautions.

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

Evaluation Plan

- The Education Director is responsible for the implementation and monitoring of the Callier Child Development Wellness Policy.
- Preschool Coordinator, Infant Toddler Coordinator, and Food Services Manager will work cooperatively with Education Director to track and document goal progress throughout the school year.
- An end of year review will be completed by June 30 of each year.

Process for Wellness Plan Development and Approval

- The Education Director drafts the wellness policy updates/revisions. Participants in the development and approval of the plan are the following:
 - Education Director
 - Associate Director
 - Preschool Coordinator

- Infant Toddler Coordinator
- Food Services Manager
- Business Manager (CE Administrator for NSLBP)
- Staff members access the Callier Child Development Wellness Policies via the Education Department shared computer drive.
- The Wellness Policy is available to families at the annual International Food Fair and is also available 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 annual evaluation.
- The annual evaluation is also utilized to set annual program goals which include program goals related to wellness policy areas.

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Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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