

THE NEW ENGLAND CENTER FOR CHILDREN (NECC)  
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\*\*\*\*\* Local Wellness Policy \*\*\*\*\*  
Updated 9/21/24

Committee:

Phil Leonard, MS	Director of Administration
George Moser	Director of Food Services
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Kristen Sidman, MS, OTRL	Director APE/OT/PT

According to Federal Regulations Section 204 of Public Law 108-265 June 30, 2004. All schools that participate in the National School Lunch Program are required to create and implement a Local Wellness Policy for their district.

The New England Center for Children's Team Policy Committee will be supported by:

- Director of Administration
- Director of Facilities
- Director of Food Services
- Director of Health Services
- Nursing Consulting Dietician
- APE Specialists
- Occupation Therapists
- Program Directors
- Student Council of NECC

Committee's Policy Intent / Rationale:

Our purpose and goal of establishing a Wellness Policy is to encourage all students and staff to nurture their mind and body by offering a wide range of opportunities that allow them to build a lifestyle that meets their needs. This is accomplished by the Food Services Department through offering healthy and nutritious foods, the Adapted Physical Education and Occupational Therapy Departments through opportunities to engage in physical activity, and with the support of the entire NECC Community.

GOALS

- Monitor and evaluate implementation
- Meet four times annually
- Revise our policy as needed

Reviewed: Phil Leonard Director of Administration 9/2024

NECC Food Services department works together with the Director of Administration, health services, and registered nutritionist to promote and develop a residential menu for all residential homes. This menu consists of well-balanced food items that are offered for breakfast, lunch, and dinner that is acceptable to The Nutritional Service Program as well as The Dietary Guidelines for Americans. We encourage teachers to be role models and encourage our students to make the healthier choices.

NECC cafeteria is set up for noticeable and convenient access to all healthy choices. Assorted beverages consist of fat free, 1%, and low-fat milks, 100% orange or apple juice, and assorted water options. Low-fat yogurt, whole grain cereal, and fresh fruits are available for snack and lunch time. The food service department employs workers who are prepared to serve appealing and ensure healthy choices for snacks, reinforcers, and lunch time and to ensure a comfortable, pleasant, and clean eating environment for students and staff.

The Food Service Department offers healthy snacks and encourages staff to order fresh veggies prepared daily to offer to students (e.g., tomatoes, cucumbers, green peppers, broccoli, carrot and celery Sticks, baby corn, and pickles).

WHAT'S IT ALL ABOUT information is located and posted in the cafeteria. In addition, activity sheets, reading materials, food pyramid, and nutritional poster are in the cafeteria. Teachers are encouraged to take and share with students and to take time to refer to package labeling, reading what nutritional value and putting into effect the correct portions will lead to better eating habits.

VENDING MACHINES are only located in staff areas for staff use.

NECC Adapted Physical Education and Occupational and Physical Therapy Department provides a comprehensive health and wellness program in the least restrictive environment for students to learn and maintain lifetime recreational skills to enhance their physical and mental well-being. Adapted Physical Education is the development of social and functional motor skills through structured exercise, leisure activities and community recreation. Physical education training occurs at the school and in the community with modifications made to student programs to accommodate specific settings and individual needs.

Adapted Physical Education allows for full participation in an exercise routine or motor activity where the emphasis promotes one's ability and personal preferences while exposing students to a variety of group and individual exercises, sports, and recreational activities. Exercise routines include age-appropriate activities that provide suitable physical challenges.

Students are provided with weekly sessions of structured exercise in the school's gymnasium. They receive systematic training in the areas of cardiovascular conditioning, strengthening, flexibility, eye-hand coordination and both team and individual sports. Students with foundational gross motor delays are assessed through the occupational and physical therapy departments and, where appropriate, participate in an individually designed program to meet their specific developmental gross motor needs. Sessions follow as specific format to include

opportunities for both group and individual exercise, cooperative games and social interactions. Game formats and materials are often adapted to meet the students' needs. In all cases, student performance is measured and monitored using a data-based model.

Additionally, NECC students are provided with the opportunity for instructional and recreational swim sessions in the Dukakis Aquatics Center at NECC. Sessions are scheduled on a rotating basis. All sessions, both instructional and recreational, are strictly monitored by certified American Red Cross lifeguards.

During the school day, students are also provided with opportunity to visit the school's playgrounds for recreational physical activity within their day. Equipment on each playground is designed to be age appropriate to the students who use it. These sessions allow for less structured but necessary physical activity.

NECC serves special needs student's ages 3-22 years old. Many of our students have developmental motor delays that can interfere with their ability to participate in physical activity and/or their ability to feed themselves and consume nutritious foods. Students with motor delays are referred to an Occupational Therapist at NECC for an evaluation to determine if adapted equipment is needed at mealtimes or if exercises should be prescribed to strengthen muscles necessary for erect sitting posture when eating. If a student's gross motor skills are delayed and prevent him/her to participate in the Adapted Physical Education programs, the Occupational Therapist prescribes exercises to strengthen the areas of weakness leading them to greater independence to pursue recreational activities of the interest.

The goal of the NECC Health Services Department is to promote health and welfare so that each student can achieve his/her individual potential. The objectives are to provide primary health care for our residential students addressing health maintenance, care of acute and chronic health problems and coordination of specialty services. The health services staff and network include three board certified nurse practitioners who oversee and supervise all aspects of primary health care for the residential students in cooperation with the consulting medical team, a team of primary care RNs, evening/weekend RNs, consulting physicians (school pediatrician, psychiatrist, neurologist), other specialists, and hospitals that provide dental care and emergency medical services. A comprehensive description of NECC's school health and medical services may be found in Health Services Policies and Procedures Manual.