

Woodward Academy Wellness Policy

October, 2017

This Wellness Policy for Woodward Academy supports wellness, good nutrition and physical activity as part of the total learning experience.

Physical Activity

An important part of the activities of each day is the development of healthy daily living habits for each student including eating, sleeping, exercising, personal care, hygiene and grooming. This schedule is reviewed regularly. Consideration of the needs of the individual and of the group is an essential part of the planning for each day.

All students will have physical within one week of admission. No physical training will be allowed until cleared by the physician.

Upon clearance by the physician the student will be administered an Initial Physical Fitness Test. The baseline results will be recorded and posted. Staff will refer to these results to assess the student's level of ability. Students with lower results will not be expected to perform at high levels during physical training. Staff will encourage all students to work hard and give good effort and will take into account each student's level of ability.

Students are tested periodically and assessed for improvement. When participating in group activities, students testing at low levels will not be expected to perform at the same level as students at higher levels. These students will be allowed to perform at a level that reflects their abilities. If participating on long runs the staff will allow for lower category peers to fall back to a pace that is equal to their abilities.

If a student receives a sports injury, or the physician has identified an injury, an individualized plan will be developed to meet the guidelines outlined by the physician.

Students in the Sex Offender program do not participate in intensive physical training. These students participate in therapeutic recreation and intramural activities. Sex Offender students will also have a physical within the first week of admission. Individualized plans will be developed if the student cannot participate in the therapeutic recreation or intramural activities.

While at Woodward Academy, students will have the opportunity to meet their basic education and recreational needs. In addition, students have access to recreational opportunities and equipment, including regular outdoor exercise, unless prohibited by severe weather conditions.

Nutrition

Woodward Resource Center (WRC) is an ICF/MR (intermediate care facility/mentally retarded). The facility provides full time residential and support services for individuals who are developmentally disabled. In addition, it provides meals for individuals in the Woodward Academy program, which is housed on the WRC grounds.

School age students attend school through the Woodward Academy Day School. Woodward Academy students attend classes in their own school facility on the WRC grounds.

Services provided by Campus Food Service support the students of the WA Community School District.

1. Campus Food Service provides meals for WA students who attend school on the WRC campus.
2. Breakfast and lunch menus are planned to meet the guidelines of the Federal Child and Nutrition Program. All facility menus are planned to be heart healthy and to meet the guidelines of My Plate. Therapeutic diets are provided for individuals with medically identified needs.
3. Students receive nutrition education as part of their curriculum in science, nutrition and life skills.
4. Students do not have access to vending machines during school hours.
5. WA School District staff participate in the development of plans for school age children.
 - a. The scope of the plans includes meals, snacks, reinforcers, exercise and physical activities, behavior management, and nutrition education.

Policy Review

This policy will be reviewed every three (3) years by the Quality Assurance committee to assess progress and determine areas in need of improvement. This committee will revise the wellness policies and develop work plans to facilitate their implementation.

Approved _____ Reviewed _____ Revised _____