

Wellness policy update

2020-2021

The number of children stayed the same

They still do the same physical activity they always have and we added a few more

Such as Frisbee golf more exercise training.

Strength Training,

We have started doing a lot of fresh veggies and fresh meat we do more fresh fruit.

The national school and Breakfast and Lunch Program are still the same.

1. What changes to nutrition education, physical activity, the nutritional quality of foods available to students, and other aspects covered by the policy occurred in each school as a result of the district wellness policy and the last assessment?

As an accredited residential treatment facility with classrooms and dining facilities on site, Tulsa Boys' Home maintains its own wellness policy. The number of student participants is based on facility capacity and does not change significantly from year to year. Changes in the physical activity programs are minimal. Food service staff, under the guidance of the Food Service Manager, regularly consider changes to available food options. Changes reflect preferences of residents while still following nutritional guidelines.

2. Are the required goals listed in the current Local Wellness Policy implemented?

Yes. Meal offerings follow the standards contained in 7 CFR Part 210 and Part 220 and reflect the chronological age of residents rather than their performance grade level with most residents falling in the Grade 9-12 category.

3. a. Goals for nutrition education.

Posters with nutritional information are periodically displayed in the serving area.

- b. Goals for nutrition promotion.

Food service and lodge staff encourage residents to make healthy choices.

- c. Goals for physical activity:

The Recreation Manager encourages participation in physical activity programs. Supplemental opportunities for participation, such as evening activities, are regularly available.

- d. Goals for other school based activities that promote student wellness:

The school curriculum includes periodic discussions of nutrition.

4. Yes

5. What is the assessment of the current Local Wellness Policy?

The current TBH Wellness Policy works well for Tulsa Boys' Home.

6. Yes. Last revision 2021

7. Yes

8. TBH staff members are encouraged to suggest healthy choices whenever possible.

9. Yes, this review and updates are provided to the community and team collaborators through TBH's PQI program.

10. The current policy and this assessment report are posted in the dining hall.

Triennial Wellness Policy Assessment Report

As required by law, each school Food Authority (SFA) must establish a plan for measuring implementation of the local wellness policy, including designation of one or more persons with operational responsibility for ensuring that the school is meeting the policy. Assessment should be ongoing. Requirements also include permitting community participation [7 CFR Pat 210.31 (d)] and having a team of collaborators responsible (including those from the community) for reviewing the wellness policy and evaluating results [7 CFR Part 210.31(d) (1)].

A sustained effort by each SFA is necessary to assure that new policies are faithfully implemented. Periodically assess how well the policy is being managed and enforced. Reinforce the policy goals with school staff if necessary. Be prepared to update or amend the policy as the process moves on. The school district or individual schools should celebrate policy success milestones.

The regulations require each SFA to compare their local wellness policies with the model local wellness policy [USDA Memo SP24-2017 and 7 CFR Part 210.31 (e) (2) (ii)]. **The model local wellness policy is available through OKDHS School Nutrition Programs.**


Note about the model local wellness policy: It is important to keep in mind the fact that the model local wellness policy is best practice, and exceeds current program requirements.

Evaluation and feedback are very important in maintaining a local wellness policy. You need to document any financial impact to the school foodservice program, school stores, or vending machine revenues.

It is also important to assess student, parent, teacher/staff member, and administration satisfaction with the new policies. A good evaluation plan does not need to be extensive, formal or put additional undue burdens on staff that is involved in the process.

Through the evaluation process, you will be able to answer some basic questions that are very important to policymakers, students, school staff, parents, and the general public:

Designated Person(s) responsible for review and compliance [assessment of the policy and implementation of the policy as required by 7 CFR Part 210.31 (e) (1)]:

Designated Person's Name	Designated Person's Name
	

Date of Review	
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Triennial Wellness Policy Assessment Report

Name and title of committee members participating in assessment [7 CFR Part 210.31(d) (1)]:

Name	Title	Relationship to the SFA
Donna Wickett	Food Service Manager	Employee <i>Donna Wickett</i>
Mike Wise	Rec. Director	Employee <i>[Signature]</i>
Jim Sleeper	Boy Scout Volunteer	Volunteer
Kem Newport	School Counselor / ^{Program} Coordinator	School Employee
Ken Callen	Program Director	DHS Program Director
Janisha Penn-Moore	Program Director	Substance Abuse ^{Program Director}

*The committee members name and relationship to the SFA MUST be listed in the local wellness policy.

1. What changes to nutrition education, physical activity, the nutritional quality of foods available to students, and other aspects covered by the policy occurred in each school as a result of the district wellness policy and the last assessment?

For example:

- Did the number of students participating in nutrition education change?
- Did the students have a different number of minutes of physical activity?
- Did any of the campuses change available food options?
- Did participation in the National School Breakfast or Lunch Program change?

1	it varies on a weekly bases As Boys leave and Newones Come in.
2	it Stayed the Same
3	We are giving more fresh fruit and veggies
4	it Stayed the Same

1. What changes to nutrition education, physical activity, the nutritional quality of foods available to students, and other aspects covered by the policy occurred in each school as a result of the district wellness policy and the last assessment?

As an accredited residential treatment facility with classrooms and dining facilities on site, Tulsa Boys' Home maintains its own wellness policy. The number of student participants is based on facility capacity and does not change significantly from year to year. Changes in the physical activity programs are minimal. Food service staff, under the guidance of the Food Service Manager, regularly consider changes to available food options. Changes reflect preferences of residents while still following nutritional guidelines.

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- c. Goals for physical activity:

The Recreation Manager encourages participation in physical activity programs. Supplemental opportunities for participation, such as evening activities, are regularly available.

- d. Goals for other school based activities that promote student wellness:

The school curriculum includes periodic discussions of nutrition.

4. Yes

5. What is the assessment of the current Local Wellness Policy?

The current TBH Wellness Policy works well for Tulsa Boys' Home.

6. Yes. Last revision 3/20/2019

7. Yes

8. TBH staff members are encouraged to suggest healthy choices whenever possible.

9. Yes, this review and updates are provided to the community and team collaborators through TBH's PQI program.

10. The current policy and this assessment report are posted in the dining hall.

Triennial Wellness Policy Assessment Report

2. Are the required goals (goals for: nutrition education, nutrition promotion, physical activity, and other school based activities that promote student wellness) listed in the current Local Wellness Policy implemented (review policy)?

<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
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If no, what steps are being taken to ensure implementation?

3. Describe the progress toward attaining the following required goals in the local wellness policy [7 CFR Part 210.31 (e) (2) (iii)]:

a. Goals for nutrition education:

<i>Each Lodge Teaches the boys the importance of fresh fruit & veggies and we give them fruit every day and veggies daily</i>

b. Goals for nutrition promotion:

<i>try to serve more fresh fruit and veggies to teach better food choices</i>

Triennial Wellness Policy Assessment Report

c. Goals for physical activity:

d. Goals for other school based activities that promote student wellness:

4. Does the policy provide "a description of the manner in which parents, students, representatives of the SFA, teachers of physical education, school health professionals, the school board, school administrators, and the general public are provided an opportunity to participate in the development, implementation, and periodic review and update of the local school wellness policy [7 CFR Part 210.31 (c) (5)]?"

<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
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5. What is the assessment of the current Local Wellness Policy?

For example:

- Is it making a difference?
- What's working?
- What's not working?

<i>the Boys Love the Frisbee Golf Course</i>
<i>All the Activities work to a point</i>

Triennial Wellness Policy Assessment Report

6. Were recommended revisions in the last assessment adopted into policy?

<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
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If yes, date of last revision	2021
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If no, why weren't the recommended revisions from the last assessment adopted into policy?

7. Has the review team compared policy to other Local Model Wellness Policies as required by USDA mem SP24-2017 and 7 CFR Part 210.31 (e) (2) (ii) (**contact OKDHS School Nutrition Programs for a copy of the model wellness policy**)?

<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
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8. How can the impact of the policy be increased to enhance its effect on student health and academic learning?

Feed the boys more healthy foods 3 times a day and Teaching them the importance of eating healthy and drinking more water, doing more exercise to help with keeping fit

9. Did the school provide this review and updates to the community and team collaborators?

<input type="checkbox"/> Yes	<input type="checkbox"/> No
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Triennial Wellness Policy Assessment Report

10. Is the current local wellness policy and the documentation of the most recent assessment and update to the policy (triennial wellness assessment report) posted publicly?

<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
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****7 CFR Part 210.31 (d) requires the public posting of the current local wellness policy and the triennial wellness assessment report.***

If you need further information on the evaluation process, the following resources are among those available to assist you:

Evaluation Primer: An overview of education evaluation. This material is excerpted from ***Understanding Evaluation: The Way to Better Prevention Programs*** [PDF].

Evaluating Community Programs and Initiatives (chapter 36-39 of the Community Toolbox) developed by the University of Kansas Work Group on Health Promotion and Community Development. This document contains information on developing a plan for evaluation, methods for evaluation and using evaluation to understand and improve the initiative. Available at:
<https://ctb.ku.edu/en/evaluating-community-programs-and-initiatives>

Reference:

Team Nutrition Local School Wellness Policy Page, United States Department of Agriculture. Located at:
<https://www.fns.usda.gov/tn/local-school-wellness-policy>

TULSA BOYS' HOME

WELLNESS POLICY

3/20/19
10-13-2015

As required by law, each school district must establish a plan for measuring implementation of the local wellness policy, including designation of one or more persons with operational responsibility for ensuring that the school is meeting the policy.

A sustained effort by each district is necessary to assure that new policies are faithfully implemented. Periodically assess how well the policy is being managed and enforced. Reinforce the policy goals with school staff if necessary. Be prepared to update or amend the policy as the process moves on. The school district or individual schools should celebrate policy success milestones (and the district team can do the same!).

Evaluation and feedback are very important in maintaining a local wellness policy. You need to document any financial impact to the school foodservice program, school stores, or vending machine revenues.

It is also important to assess student, parent, teacher, and administration satisfaction with the new policies. A good evaluation plan does not need to be extensive, formal or put additional undue burdens on staff that is involved in the process.

Through the evaluation process, you will be able to answer some basic questions that are very important to policymakers, students, school staff, parents, and the general public:

1. What changes to nutrition education, physical activity, the nutritional quality of foods available to students, and other aspects covered by the policy occurred in each school as a result of the district wellness policy?
 - Did the number of students participating in nutrition education change? Only with Boys' graduating and new ones coming in!
 - Did the students have a different number of minutes of physical activity? Yes, we get in at least one hour per day, usually closer to two hours.
 - Did any of the campuses change available food options? Yes, they ask for healthier snacks than Pop tarts for a change!!
 - Did participation in the National School Breakfast or Lunch Program change? No, but we did incorporate a Nutrition Class, counting calories and how to read a Nutrition Label. It includes going to eat, and seeing who can make the healthiest choices. (Evenings and late afternoons, not School Nutrition claimed meals!) And some Shopping for Food.

TULSA BOYS' HOME

Wellness Policy Statements:

The TULSA BOYS' HOME School/RCCI is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

All students in TULSA Boys' Home School/RCCI shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime.

All staff in TULSA BOYS' HOME School/RCCI are encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet these commitments, the TULSA BOYS' HOME School/RCCI adopts this school wellness policy with the following commitments to nutrition, physical activity, comprehensive health education, marketing, and implementation. The intent of this policy is to effectively utilize school and community resources and to equitably serve the needs and interests of all students and staff, taking into consideration differences in culture.

Goals Nutrition Education:

The TULSA BOYS' HOME School/RCCI will strive to achieve the following goals:

- Incorporate more nutrition education for graduation.
- Offer more nutrition education in grades K-8
- Begin conducting nutrition education activities and promotions that involve students, parents, and the community.
- Improve the cafeteria environment so that it promotes health and nutrition education.
- Provide training and education for staff, teachers and other personnel to promote wellness and to educate student in making health lifestyle choices.
- Plan at least 3 nutrition activities per year, to include school foodservice staff, school nurses, health and PE teachers, coaches, and additional staff, as appropriate.
- Provide information at least once a semester to families that encourage families to teach children about health and nutrition.

Nutrition Promotion

The TULSA BOYS' HOME School/RCCI will strive to achieve the following goals:

- Provide positive, motivating messages, both verbal and non-verbal, about healthy lifestyle practices throughout the school setting. All school personnel will help reinforce these positive messages.
- Involve students in planning for a healthy school environment. Students will be asked for input and feedback, and attention will be given to their comments.

- Promote healthful eating, physical activity, and healthy lifestyles to students, parents, teachers, administrators, and the community at school events (e.g., school registration, parent-teacher conferences, PTA meetings, open houses, health fairs, teacher in-services, and other events).
- Eliminate or reduce advertising and other materials on the school campus that promote foods of minimal nutrition value.

Goals Physical Activity:

The TULSA BOYS' HOME School/RCCI will strive to achieve the following goals:

- Provide physical education for all students.
- Offer a planned sequential program of physical education instruction, incorporating individual, and group activities, which are student centered and taught in a positive environment.
- Schedule recess or physical education before lunch times in order to increase food consumed, decrease plate waste, and improve cafeteria behavior.
- Incorporate 5- to 10-minute physical activity sessions in classrooms to teach subject areas and to make transitions between different lessons (e.g., Take Ten!, Mind and Body, etc.).
- Provide staff-monitored recreational activities that promote moderate physical activity during all outdoor and indoor recess times.
- Create wider opportunities for students to voluntarily participate in before- and after-school physical activity programs like intramurals, clubs, and at the secondary level, interscholastic athletics. See Appendix D for physical activity resources.
- Provide information to families that encourage families to teach children about health and physical activities.

The TULSA BOYS' HOME School/RCCI will strive to achieve the following goals:

- Promote physical and nutrition education in after-school programs
- Promote health and nutrition in other school-based activities (such as school events, field trips, dances, and assemblies, fundraisers, and sports events).
- Promote health and wellness by hosting health fairs, theme weeks, and guest speakers promoting a healthy lifestyle.
- Organize and participate in a local health committee comprised of families, teachers, administrators, and students to plan, implement, and improve nutrition and physical activity in the school environment.

The TULSA BOYS' HOME School/RCCI will:

- Offer school meal menus (lunch, breakfast, snack) that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Oklahoma Department of Human Services, School Nutrition Program
- Follow the USDA Smart Snacks in School Standards for all foods sold in school.
- Follow USDA, Child Nutrition Programs policies on competitive foods and extra food sales Promote healthy and nutritious foods as recommended by the USDA Dietary Guidelines for Americans, including foods offered by vending machines, a la carte, beverage contracts, fundraisers, concessions stands, student stores and school parties.
- Add nutritious and appealing options (such as fruits, vegetables, nuts, trail mix, beef jerky, reduced-fat milk, reduced fat-yogurt, reduced-fat cheese, 100% juice, and water) whenever foods/beverages offered at the site.
- Request from food vendors healthy and nutritious alternatives to current food products such as snack and beverage choices
- Provide healthy options to current snack and beverage found on lunch line, in vending machines, student stores and concessions stands.
- Request from food vendors, nutrition information to determine which foods are high in total fat, and saturated fat.
- Involve parents and staff in identifying nutritional and healthier food options.
- Promote healthier food items by advertising in classroom and cafeteria lines.

Wellness Policy Assessment Tool- Maintain, Measure and Evaluate
TULSA Boys' Home
10-13-2015 (2015-2016 School Year)

As required by law, each school district must establish a plan for measuring implementation of the local wellness policy, including designation of one or more persons with operational responsibility for ensuring that the school is meeting the policy.

A sustained effort by each district is necessary to assure that new policies are faithfully implemented. Periodically assess how well the policy is being managed and enforced. Reinforce the policy goals with school staff if necessary. Be prepared to update or amend the policy as the process moves on. The school district or individual schools should celebrate policy success milestones (and the district team can do the same!).

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1. What changes to nutrition education, physical activity, the nutritional quality of foods available to students, and other aspects covered by the policy occurred in each school as a result of the district wellness policy?

For example:

- Did the number of students participating in nutrition education change?
 - Did the students have a different number of minutes of physical activity?
 - Did any of the campuses change available food options?
 - Did participation in the National School Breakfast or Lunch Program change?
- A. We have grown to about 20 since the Boy Scouts joined us this Year
 - B. No, about the same, maybe a little more if any thing
 - C. We shift it around a little to add variety, we always have fruit and healthy snacks available, and some evening's the Nicholas Club orders them Pizza!
 - D. NO

2. Did the policy and implementation address the issues identified in the needs assessment?

For example:

- Is it making a difference?
 - What's working?
 - What's not working?
- A. The Boy Scouts have added Pine Wood Derby that has been a great learning experience.
- B. Running Club, Bowling Club, Basketball team has been a great Add on this year, the Boys' Love it and will work hard to keep their level in order to play!
- C. We tried to fit in Equine Therapy, but it didn't work so well, as the Horseman Ship takes up so much of the Equine Therapists time, but we are going to take another crack at it in the near future!

3. How can the impact of the policy be increased to enhance its effect on student health and academic learning?

Good fun, and proper Nutrition, really helps the Boys' be able to settle down and learn, they look forward to it, and they are making much better grades in order to keep their levels up and get to participate!

If you need further information on the evaluation process, the following resources are among those available to assist you:

Evaluation Primer: An overview of education evaluation. This material is excerpted from *Understanding Evaluation: The Way to Better Prevention Programs* [PDF].

Evaluating Community Programs and Initiatives (chapter 36-39 of the Community Toolbox) developed by the University of Kansas Work Group on Health Promotion and Community Development. This document contains information on developing a plan for evaluation, methods for evaluation and using evaluation to understand and improve the initiative.

Reference:

Team Nutrition, United States Department of Agriculture. *Healthy Schools*. [online] April 2009. <http://teamnnutrition.usda.gov/Healthy/wellnesspolicy_steps.html>

No, all Boys' Participate if and when they wish to. Roughly the same, weather dependent on some outdoor activities, but we make up for it in the Gymnasium, basketball, dodge ball. We have several extracurricular groups here at the Boys' Home. They are as follows:

- ↪ A. Running Club- 1 to twice per week, Levels only.
- B. Bowling Club- 1 time per week Thursday's Levels only
- C. Basketball Team- 5 times per week, Boys' Must stay on level to participate!
- D. Nicholas Club- 1 time every other Tuesday, basketball, football,(flag) dodge ball.
- ↪ E. Fishing Club- 1 time per week at least! (weather dependent) ↪
- F. Boy Scouts-1 time per week.

2. Did the policy and implementation address the issues identified in the needs assessment?
Yes. For example:

- Is it making a difference? A.
- What's working? B.
- What's not working? C.

A. Yes. With all the new programs started by the new Recreation Therapist Mike Wise, it has given the Boys' a reason to try and do better, stay on level, so they can participate. B. So far the past 6 months it has really been working well. C. When the Boys' act out and don't get to participate, that doesn't work and can make for poor attendance. But we talk it out with them and usually they are back next week as every Wednesday the Boys' are evaluated and given their Level for the Week!

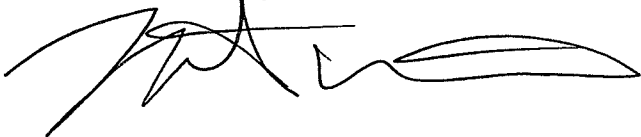
3. How can the impact of the policy be increased to enhance its effect on student health and academic learning? Better Nutrition equals better Brain Activity!!

Team That Make Up our Wellness Policy 2019

Donna Wickett, Food Service Manager



Mike Wise, Recreation Coordinator



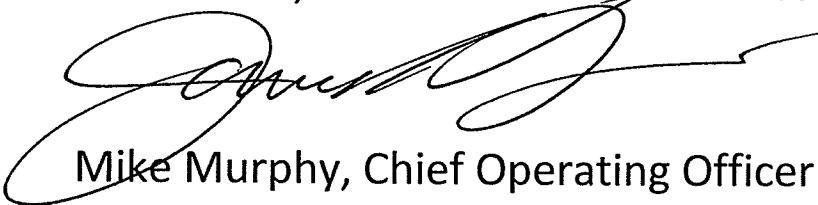
Ken Callen, Program Director



Preston Smith, Resident



Jim Sleezer, Outside Person of interest, and Boy Scout Master



Mike Murphy, Chief Operating Officer



The Tulsa Boys Home Mission Statement

The Tulsa Boys Home provides the highest quality residential care
For young boys needing placement outside their home, for the
Purpose of developing well-adjusted responsible adults, and
strengthening the family.

Checklist for Implementing a Local Wellness Policy

Use the checklist to determine if your School Food Authority (SFA) has a local wellness policy on file. For each no answer, SFAs must takes steps to correct the finding.

	Yes	No
1. Does the SFA have a local wellness policy on file?	✓	<input type="checkbox"/>
2. Has the public been notified about the wellness policy?	✓	<input type="checkbox"/>
3. Is the policy approved by governing official(s) or administrator, signed and dated?	✓	<input type="checkbox"/>
4. Does the policy include each of the goals designed to promote student wellness:		
a. nutrition education;	✓	<input type="checkbox"/>
b. nutrition promotion;	✓	<input type="checkbox"/>
c. physical activity;	✓	<input type="checkbox"/>
d. other school-based activities?	✓	<input type="checkbox"/>
5. Does the policy contain nutrition guidelines selected by the SFA for all foods available on each school campus during the school day with the objectives of promoting student health and reducing childhood obesity?	✓	<input type="checkbox"/>
6. Does the policy contain guidelines for reimbursable school meals, which are no less restrictive than regulations and guidance issued by USDA, Child Nutrition Programs? This requirement implies that districts must ensure that reimbursable school meals meet the program requirements and nutrition standards set forth under the 7 CFR Part 210 and Part 220.	✓	<input type="checkbox"/>
7. Does the policy contain an additional plan for measuring implementation of the local wellness policy?	✓	<input type="checkbox"/>
8. In the development of policy, did the SFA have community involvement, including parents, students, and representatives of the school food authority, the school board, school administrators, and the public in the development of the school wellness policy?	✓	<input type="checkbox"/>
9. Is there documentation on file to support community involvement (list of meeting dates, names and titles)?	✓	<input type="checkbox"/>
10. Does the SFA have designated personnel charged with the operational responsibility for ensuring that each school fulfills the SFA's local wellness policies?	✓	<input type="checkbox"/>
11. Does policy include goals for all buildings and all grade/age groups?	✓	<input type="checkbox"/>
12. Does designated personnel review procedures conducted by other staff, at least annually, to ensure policies are enforced?	✓	<input type="checkbox"/>
13. Does designated personnel review policy annually to evaluate implementation	✓	<input type="checkbox"/>

and to update or improve policy when necessary?			
14. Does the policy's annual evaluation include the following:	a. name and title of designated official;	✓	<input type="checkbox"/>
	b. names and titles of committee members involved in the review;	✓	<input type="checkbox"/>
	c. is the agency/school in compliance with the LWP;	✓	<input type="checkbox"/>
	d. are the goals developed attainable goals;	✓	<input type="checkbox"/>
	15. Has a report on the annual evaluation's outcomes been written?	✓	<input type="checkbox"/>
16. Has the policy's annual evaluation report been made available to the public?	✓	<input type="checkbox"/>	

We are working on the evaluation right now and should have it done by the end of May 2016, at our next meeting.

Summary of updates to local wellness policy

In 2019 we added the bowling club, along with archery, and CrossFit thru PAL. It is working out well and the boys seem to really enjoy the added activities.

We have about 60 percent participation with the new activities and it encourages them to push there self to get better.