



MCHS Family of Services Wellness Policy

Introduction

MCHS Family of Services supports the health and well-being of all young people and staff by promoting nutrition, physical activity, and mental health at all ages and professional levels. This policy aligns with the best practice recommendations and federal, state, and local guidelines.

Purpose:

The purpose of this wellness policy is to ensure that young people and staff are provided with a supportive and healthy environment that fosters their physical, mental, and emotional well-being. The policy promotes practices and actions that help young people develop healthy behaviors and habits that can be carried into adulthood.

Implementation

A detailed implementation plan will ensure oversight and regulation. MCHS family of Services may phase in the adoption of its guidelines, funding, and space constraints. Compromises might be necessary while striving to reach the ideal wellness policy.

Minimum Federal Requirements:

- Goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.
- Nutrition guidelines for all foods available on each school campus during the school day are consistent with USDA's meal pattern requirements and the nutrition standards for competitive foods and are designed to promote student health and reduce childhood obesity.
- Designate one or more Local Educational Agency (LEA) or school official(s), as appropriate, to ensure that each school complies with the local school wellness policy.
- Permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and periodic review and update of the local school wellness policy.

- Periodically measure and make available to the public an assessment of the implementation of the local school wellness policy, with specific information to be included.

Goals

Nutrition Education and Promotion

Goal: MCHS Family of Services aims to promote access to various nutritious foods and beverages that support balanced diets. This initiative will focus on providing educational resources and programs that highlight the importance of healthy eating habits. Through workshops, cooking demonstrations, and nutrition classes, we will empower the youth to make informed choices about their diets. Additionally, we will collaborate with local farmers and suppliers to ensure that fresh, high-quality produce is readily available in our community. Our efforts will also include informational campaigns that share the benefits of a balanced diet, such as improved energy levels, enhanced immune function, and overall well-being.

Physical Education /Activity

Goal: MCHS Family of Services will provide students with a variety of opportunities for daily physical activity and quality physical education. The district's physical activity component will provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short- and long-term benefits of a physically active and healthy lifestyle.

Key Components:

Exercise Routine:

- Daily structured physical activities (e.g., group fitness classes, yoga, walking groups, or strength training).
- Personalized exercise plans based on individual needs and fitness levels.

- Encourage outdoor activities to promote fresh air and sunlight exposure (e.g., nature walks, outdoor games).

Nutrition:

- Provide balanced, nutritious meals with options that cater to dietary restrictions (vegan, gluten-free, etc.).
- Educate residents on healthy eating habits and encourage mindful eating practices.
- Offer cooking workshops or demonstrations to teach healthy meal prep and cooking skills.

Rest and Sleep Hygiene:

Promote the importance of 7-9 hours of quality sleep each night.

- Provide education on sleep hygiene practices (e.g., creating a calming nighttime routine, limiting screen time before bed).
- Design quiet spaces where residents can relax or nap.

Mental Health and Emotional Well-Being

Goal: Provide a comprehensive array of resources and innovative programs designed to foster mental well-being, enhance stress management techniques, and cultivate emotional resilience. These initiatives aim to empower individuals with the tools and support needed to navigate life's challenges effectively, promoting a healthier and more balanced mindset.

Key Components

Mindfulness & Relaxation Practices

- Daily mindfulness sessions (e.g., meditation, deep breathing exercises, or progressive muscle relaxation).
- Stress management workshops that teach relaxation techniques and emotional regulation.

Therapeutic Support:

- Access to individual counseling or therapy sessions to address personal challenges or mental health concerns.
- Group therapy or support groups focused on specific topics (e.g., addiction recovery, grief, trauma healing).

Creative Expression:

- Art therapy, journaling, or music therapy to encourage self-expression and emotional processing.
- Workshops on the therapeutic use of writing or painting as a method for stress relief.

Monitoring & Evaluation

Goal: To ensure the wellness plan remains effective and responsive to the needs of residents. MCHS will develop a plan for measuring the implementation of the wellness policy, including the designation of one or more people with operational responsibility for ensuring that schools are addressing the policy

Key Components:

Regular Check-ins:

- Monthly check-ins with residential staff to assess residents' progress and well-being.
- Conduct surveys or focus groups to gather feedback and make necessary adjustments to the plan.

Progress Tracking:

- Set clear, measurable goals for residents (e.g., fitness goals, emotional well-being milestones) and track their progress.
- Utilize wellness tracking tools (journals, apps, or meetings) to help residents self-monitor their health and progress.

Policy Review:

The Wellness Committee shall identify a strategy and schedule to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that process, MCHS shall review health and physical education, mental health, and physical activity policies; new research and evidence on health trends and effective programs; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The Wellness Committee shall, as necessary, revise the wellness policy and develop work plans to facilitate their implementation.

Assessment:

- At least every three years, MCHS must undertake a progress assessment and update of the wellness policy and report to the public, including:

The Extent to which MCHS is in full compliance with all the requirements of the wellness policy.

How MCHS policy compares with model policies.

Description of the progress made in attaining the goals of the local wellness policy.

- The assessment will be based on specific benchmarks for progress decided by the Wellness Committee. These benchmarks may include, but are not limited to, participation frequency and duration of physical activity sessions and the number of staff and residents participating in wellness programs.

Compliance Records:

- MCHS must maintain compliance records. Compliance records shall include documentation of a written wellness policy, documentation of compliance with community involvement requirements, annual progress reports for each residential facility, results of triennial assessment of policy, and documentation of compliance with public notification requirements.