

DCCCA Elm Acres Youth Residential Services Wellness Policy

DCCCA Elm Acres Youth Residential Services in Pittsburg, KS acknowledges and supports the Kansas School Wellness Policy model guidelines. Sedentary lifestyles, poor eating habits and decreased physical activity in our society have posed a significant health risk to youth. Our program strives to provide information and guidance to adolescents in regards to nutrition education and physical fitness. Through KSDE, we offer a nutritious food service program to promote healthy growth and development and lifestyle practices.

Our wellness committee is comprised of administrators, food service staff and direct care staff who have met to develop and implement our local wellness policy. Our goal is to provide a healthy environment and learning opportunity while youth are in our care. The model guidelines are as follows:

Nutrition

Elm Acres meals will comply with USDA and stated policies for the school breakfast, lunch and snack program and meet nutritional requirements. The dining areas will be clean, orderly and inviting. Seating will be adequate and youth will have the opportunity to converse with each other during the lunch period. Supervision will be provided in the dining areas. Youth will be offered nutritious meals. Staff will encourage them to eat nutritious food and understand the importance of good eating habits.

Nutrition Education

Our program emphasizes the need for youth to be educated and to develop healthy habits. These learning opportunities are provided by guest speakers who are health professionals and nutritional specialist and groups are presented by staff on topics that will educate and promote life choice for better health, nutrition and overall wellness. Group education topics include personal wellness, food groups, nutrition, personal goals to achieve good eating habits, eating disorders, tobacco use prevention and help groups related to the negative effects of drug and alcohol use on their health.

Physical Activity

Our residential program offers a safe and enjoyable environment where youth can participate in a variety of physical activities. Youth are given ideas, opportunities and equipment to have appropriate leisure time to promote a physically active lifestyle. We provide education groups on the importance of physical education and exercise, discussing areas of strength training and basic exercises and how this is applicable to an improved body and healthy lifestyle. Our residents participate in activities such as walking, basketball, volleyball, touch football, yard games; are examples of physical activities the youth engage in both on our campus and at the YMCA.