The Tri-County Commission on Alcohol and Drug Abuse (TCCADA) is committed to providing a school environment that promotes and protects children’s health, well-being and ability to learn by supporting healthy eating and physical activity. This is a treatment facility or temporary housing facility and many sections of the Local Wellness Policy are not applicable to this facility; however, students are also governed by the Local Wellness Policy in their respective districts.

Therefore, it is the policy of the board to ensure the following:

School Wellness Committee:

The School Wellness Committee will meet at least 4 times a year to establish goals and oversee the progress and completion of these goals. Sabrina Johnson, Executive Assistant (sjohnson@tccada.state.sc.us) and Jennifer Shaw, Inpatient Treatment Director (jshaw@tccada.state.sc.us), will be responsible for ensuring the implementation and compliance with this policy. The Committee members are: Jennifer Shaw, Inpatient Treatment Director, Sabrina Johnson, Executive Assistant, Julie Rice, Certified Nursing Assistant, Catherine Young, Dietary Supervisor, Dennis Green, Recreational Therapist, Missy Castelloe, parent and Heather Sumner, Clinical Counselor.

Public Notification:

- The Wellness Policy is available on our website (www.tccada.com) including any updates or modifications on an annual bases, at a minimum, and will be posted to the website.
- The Wellness Policy is presented and reviewed with the parent/guardian during the admission process. Any questions or concerns regarding the policy should be addressed with the primary counselor and/or members of the Wellness Committee.

Nutrition Education:

Catherine Young, Dietary Supervisor and supporting dietary staff will adhere to the food safety and security guidelines.

- Dining area will be safe, comfortable and pleasing and will allow ample time and space for eating meals.
- Fresh fruits will be offered daily.
- Meal will be prepared that meet the USDA nutritional requirements.
- Weekly menu’s will be posted that list portion sizes.
- 1% low fat milk, chocolate non-fat, 100% natural fruit juice and water will be available and offered at all reimbursable meals.
- To promote hydration, free, safe and unflavored water will be available to students throughout the day.
- Menus will be created and reviewed by a Registered Dietician or certified nutrition professional.
• Lunch will be served at a reasonable and appropriate time of the day
• Registered dietician teaches healthy eating habits

Nutrition Promotion:
• A meal pattern is displayed which provides a visual aid of the recommended daily food groups
• Upon admission to our facility the parent/guardian is given a Flyer that explains that how TCCADA is committed to helping the student meet the goals of a healthier lifestyle by engaging the students in daily exercise, fruits for snacks, a nutritionist meets with our students to provide instruction about healthier eating habits and our meals are prepared by the standards set by the National School Lunch Program. By participating in daily exercising and replacing junk food with fruit and vegetables will lower risk of heart attacks, stokes, reduce cholesterol, manage weight and reduce overall health problems. 1 in every 7 (31.7%) of S. C. High School Students are overweight or obese. Complications include: High Blood Pressure, Asthma, Depression, Poor self-esteem and type 2 diabetes. (prepared by the S. C. Department of Health and Environmental Control, Feb. 2011)

Celebration Food and Beverages:
• Celebratory parties will be allowed during school hours for academic achievement (GED), fall festivals and Christmas. Foods served may not meet the standards and nutritional guidelines. Meal(s) will not be counted towards reimbursement

Marketing and Promotion:
• Any food marketed or promoted will be Smart Snack compliant

Physical Activities:
• The Recreational Therapist is responsible for offering an array of physical activities that will meet the needs, interest, and abilities of all students (boys & girls 7th – 12th grades) to include those who may have physical and/or health limitations with a minimum of 1 ½ hours daily. There is a 15 student to 1 teacher ratio
• Students will participate in planting a box garden of vegetables such as herbs, strawberries, squash or tomatoes

Other School Based Activities:
• Dr. Dorothy Kendall, Medical Director will be responsible for administering a psychiatric evaluation for each student
• All school nutrition program directors, managers and staff will meet USDA’s Professional Standards continuing education/training requirements
• Food or beverages will not be withheld as a punishment for any reason, such academic performance or behavior
• When planning school-based activities such as field trips the meal should meet the required USDA’s, federal and SC standards and nutritional guidelines
• A Working Well program encourages staff to engage in daily physical activities and better eating habits. Healthy snack choices are available in the vending machines and poster in the break rooms that list the nutritional values of some food/beverages to assist with better choices

**Triennial Assessments:**

Assessment of the Wellness Policy as a part of the general areas of administration review every three years, at a minimum. This assessment will determine:

• Compliance with the Wellness Policy
• How the Wellness Policy compares to model wellness policies
• Progress made in attaining the goals of the policy

Approved and Effective on this Date: 11-27-19

Van Gaffney, Chairman
TCCADA Board of Directors