

LATHAM CENTERS, INC.

PROCEDURE: SCHOOL WELLNESS PROCEDURE
Related Policy: Food Security Policy, PWS Dietary Control Procedure
Focus Area: Children's Services
Approved by: Monique Howard Date(s): 4/23/25
Policy & Procedure Code:

Scope:

Children Services

Rationale:

Latham Centers is committed to supporting the health and well-being of all students. We recognize the strong connection between wellness, academic success, and lifelong health. Our Wellness Procedure provides a structured framework to promote healthy eating, regular physical activity, mental wellness, and a positive, inclusive school environment tailored to the needs of our students.

Procedure:

1. Wellness Goals

A. Nutrition Promotion and Education

- Nutrition education is not food-focused within health classes due to sensitivities and anxiety around food among our student population. Instead, nutrition concepts are introduced through structured, supportive methods.
- Students are introduced to structured menus that include a variety of nutrient-rich foods. Staff explain why these foods are selected, highlighting the benefits they provide to the body (e.g., "This vegetable helps keep your heart healthy").
- Visual aids and daily mealtime discussions support understanding of balanced choices in a safe and non-triggering way.
- Staff model healthy eating behaviors and promote a positive food environment during meals and throughout the school day.

B. Physical Activity

- Students are required to participate in at least 60 minutes of physical activity per day which may include structured PE, movement breaks, outdoor recreation, and therapeutic activities.
- Regular Physical Education (PE) classes are provided and tailored to each student's physical abilities and sensory needs.
- Health classes focus on overall wellness, mental health, and personal development without food-related content that may cause distress.
- Latham Centers proudly participates in the Special Olympics, giving students opportunities to build confidence, teamwork, and athletic skills through inclusive competition.
- Movement and sensory breaks are part of daily routines to promote regulation, engagement, and readiness to learn.
- Physical activity is never withheld and is used positively as a strategy for engagement and wellness.

C. Other School-Based Wellness Activities

- Social-emotional learning (SEL) is embedded into daily routines and individual programming to build emotional intelligence, empathy, and self-regulation.
 - Onsite mental health services, including therapy, behavior support, and crisis response, are accessible to all students.
 - Staff receive annual training in de-escalation strategies.
 - The school maintains a drug-, alcohol-, and tobacco-free environment.
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2. Nutrition Guidelines for All Foods and Beverages

A. Foods and Beverages Sold on Campus

- Latham Centers is a food secure environment and does not sell any food or beverages to students during the school day.
- School meals meet USDA Nutrition Standards and are designed to support the dietary needs of our student population through consistency, familiarity, and nutritional balance.

B. Foods and Beverages Provided to Students

- Food rewards are prohibited.
- Any food provided during classroom events or activities must be pre-approved by administration.
- Each student follows an individualized, medically informed daily calorie allotment based on their diagnosis of Prader-Willi Syndrome (PWS) or other health-related needs. This structured approach is critical for maintaining healthy weight and overall well-being.
- All meals and snacks are provided in a predictable, supportive environment to reduce anxiety around food.

3. Food and Beverage Marketing

Not Applicable to Latham Centers due to our Food Security Policy (CS 6.12 FSS) and our PWS Dietary Control Procedure (CS 6.12 FSS P02).

4. Public Notification and Transparency

- This Wellness Policy is available publicly on the Latham Centers website and can be provided in print upon request.
 - The Wellness Committee meets at least twice a year to assess implementation, gather feedback, and update the policy.
 - Latham Centers welcomes ongoing input from students, families, staff, and community partners.
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