

**Wellness Policy
Triennial Assessment Report
January 23, 2019**

On January 23, 2019, the McCrossan Boys Ranch Wellness Committee met to complete a triennial assessment of the agency's wellness policy. The committee felt that the agency wellness policy includes the requirements found in the model school wellness policy and that the McCrossan Boys Ranch School is in compliance with the agency's wellness policy. Below is a description of the progress made in attaining the goals of the agency's wellness policy.

	Implemented in the school building(s)?			Comments
	Fully in Place	Partially in Place	Not in Place	
Nutrition Education & Promotion				
Health and physical education courses are offered at the facility school that teach clients about healthy eating.	X			
Posters and displays with nutrition education information are located in the facility dining room.	X			
Nutrition education is taught by staff with appropriate training.	X			
Physical & Leisure Activity				
A minimum of two hours of physical and leisure activities will be provided to clients each day; of those two hours, at least one hour will be a major muscle activity.	X			
Participation in on Ranch physical activities will not be denied as a form of discipline or for classroom make-up time unless allowing a client to participate jeopardizes the safety of the client or others.	X			

Outdoor and indoor physical and leisure activities will be available at the facility and in the community.	X			
Safe, adequate and appropriate indoor and outdoor facilities for physical and leisure activities are maintained on Ranch for clients to use.	X			
Adequate equipment is available for all clients to participate in physical and leisure activities.	X			
Other School-Based Activities				
Beverage and food vending machines are not available to clients in the school building.	X			
Only food and beverages that meet Smart Snacks in School nutrition standards may be marketed or advertised in the school and dining room during the school day or at school-sponsored activities held at the facility.	X			
Healthy food choices and/or non-food items for activities such as classroom rewards and celebrations, school-sponsored events, concession stands at school-sponsored events, and school-sponsored fundraisers are encouraged.	X			
Teachers and others who want to provide food and/or beverages for classroom rewards and celebrations during the school day will be given a list of foods and beverages that meet Smart Snacks in School nutrition standards.	X			
Access to hand washing or hand sanitizing will be provided before meals or snacks in the facility dining room.	X			
There is enough space and serving areas to ensure all clients have access to meals with minimum wait time.	X			

Drinking fountains are available in the school, dining room, and living units where clients do not have access to a kitchen.	X			
Drinking water is available for clients at meals served in the facility dining room.	X			
After sitting down, clients will have at least 10 minutes for breakfast and 20 minutes for lunch.	X			
Nutrition Standards				
Reimbursable school meals and snacks meet the program requirements and nutrition standards set forth under the National School Lunch Program and the School Breakfast Program.	X			
Nutrition information for all foods and beverages served during reimbursable school meals and snacks is readily available.	X			
A nutritionist or certified dietician will approve planned menus and the nutritional value of the food served.	X			
A record of menu substitutions will be kept.	X			