

Drug and Alcohol Rehabilitation Services, Inc.

Student Wellness Policy

Effective Date: March 2026

1. Purpose

Drug and Alcohol Rehabilitation Services, Inc. (DARS) recognizes the critical link between student health and academic success. This policy establishes a comprehensive framework to support nutrition, physical activity, and overall wellness for students in residential treatment.

This policy aligns with federal requirements under the Healthy, Hunger-Free Kids Act and Pennsylvania Department of Education (PDE) standards for Local School Wellness Policies.

2. Authority

In accordance with Section 204 of Public Law 108-265 and applicable state regulations, the Board of Directors adopts this Student Wellness Policy to:

- Promote student health and reduce childhood obesity
 - Ensure access to healthy foods and beverages
 - Provide opportunities for physical activity
 - Establish goals for nutrition education and promotion
 - Maintain compliance with National School Lunch Program (NSLP) standards
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3. Evidence-Based Strategies

DARS will review and consider evidence-based strategies and techniques when developing, implementing, and updating all wellness goals and activities.

4. Wellness Leadership & Oversight

Wellness Policy Leader

The Executive Director serves as the designated Wellness Policy Leader responsible for:

- Implementation and compliance
- Oversight of triennial assessments
- Public reporting and transparency
- Reporting annually to the Board of Directors to include the following:
 - Triennial Assessment
 - Evaluation of the food service program
 - Listing of activities and programs conducted to promote nutrition and physical activity
 - Recommendations for policy and/or program revisions
 - Suggestions for improvements of specific areas
 - Feedback received from employees, students, teachers, parents, and volunteers

Wellness Committee

A multidisciplinary Wellness Committee will:

- Include representatives from administration, food service, education, treatment staff, students, parents/guardians, and the public/community to include:
 - Executive Director, Chris Runkle; chris@manoshouse.com
 - Food Service Director, Chakakahn Stewart; missy@manoshouse.com
 - Treatment Director, Cassie Coder; cassie@manoshouse.com
 - Director of Program Development, Joe Friel; joe@manoshouse.com
 - Business Manager, Ashley Coblenz; ashley@manoshouse.com
 - Education Director, Kristi Prime; kristi@manoshouse.com
 - Cook, Jermaine Clark
 - Student, Jeffrey S
- Include individuals with expertise in physical education and/or student health when available
- Meet annually, or more frequently as needed, to support ongoing implementation and evaluation of the Student Wellness Policy
- Review data, assess progress, and recommend improvements for the Student Wellness Policy
- Raise awareness about student health issues

- Make policy recommendations to the Board of Directors related to other health issues necessary to promote student wellness

Stakeholder Involvement

DARS will actively involve students, parents/guardians, staff, and community members in the development, implementation, and periodic review and update of the wellness policy through the following:

- Survey parents/guardians and students
 - Conduct forums or focus groups
 - Collaborate with appropriate community agencies and organizations
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5. Public Notification & Transparency

DARS will:

- Make the wellness policy publicly available on its website, www.manoshouse.com
 - Annually inform the public about:
 - The content of the wellness policy
 - Any updates to the policy
 - The results of the most recent triennial assessment
 - How stakeholders can participate in the wellness policy process
 - Contact information for the Wellness Policy Leader
 - Ensure information is presented in an accessible and easily understood manner
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6. Triennial Assessment

At least once every three (3) years, DARS will conduct an assessment that evaluates:

- Compliance with the wellness policy
- Progress toward achieving policy goals
- Comparison to model school wellness policies

The assessment results will be used to update the local wellness policy as needed. They will also be documented and made available to the public in an accessible and easily understood format.

7. Nutrition Education

The goal of nutrition education is to equip students with knowledge and skills to make informed, healthy food choices that support lifelong wellness. DARS will provide a comprehensive, standards-based nutrition education program that:

- Is age-appropriate and culturally relevant
- Is integrated into academic and treatment programming
- Promotes lifelong healthy eating behaviors
- Connects nutrition to recovery and overall wellness

Staff delivering nutrition education will receive appropriate training.

8. Nutrition Promotion

The goal of nutrition promotion is to foster an environment that encourages healthy eating through engaging campaigns, accessible nutritious options, and positive role modeling. DARS will promote healthy food choices by:

- Reinforcing consistent nutrition messaging across all settings
 - Encouraging participation in gardening and food-based learning
 - Engaging families in nutrition-related education
 - Supporting staff as role models for healthy behaviors
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9. Nutrition Standards for Foods and Beverages

School Meals

All meals will:

- Meet or exceed USDA nutrition standards
- Comply with NSLP requirements

Competitive Foods & Beverages

All foods and beverages available outside of reimbursable meals will:

- Meet Smart Snacks in School standards

- Align with Pennsylvania nutrition standards

DARS does not sell any food or beverages to students or staff.

Food and Beverage Marketing

Only foods and beverages that meet Smart Snacks in School nutrition standards may be marketed or advertised to students on the premises during the school day.

Foods Provided but Not Sold

All foods and beverages provided to students (including celebrations, incentives, or shared foods) will meet Smart Snacks standards. Food will not be used as a reward or punishment.

Additional Requirements

- Free drinking water available at all times
 - Adequate time (minimum 30 minutes) for meals
 - Clean, safe, and supervised dining environment
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10. Physical Activity

The goal of physical activity is to ensure that students participate in regular, enjoyable, and developmentally appropriate physical activities that enhance fitness, strength, and overall health. DARS will:

- Provide opportunities for at least 60 minutes of physical activity daily
 - Include structured and unstructured activities
 - Offer weekend and off-site physical activities
 - Ensure activities are inclusive and developmentally appropriate
 - Prohibit withholding physical activity as punishment
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11. Physical Education

The program will include:

- Standards-based physical education instruction
- Sequential curriculum aligned with PA standards
- Assessment of student progress
- Qualified instructors and appropriate student-teacher ratios

- Safe equipment and facilities
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12. Integration with Treatment Programming

Wellness is integrated into substance use treatment through:

- Physical health assessments upon intake
 - Bio-psycho-social evaluations
 - Ongoing health monitoring
 - Education on the relationship between substance use, nutrition, and physical health
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13. Other School-Based Activities

The goal of other school-based activities that promote student wellness is to integrate programs and initiatives throughout the day that support mental, emotional, and social well-being alongside physical health. DARS will support wellness through:

- Safe and clean eating environments
 - Handwashing access
 - Staff supervision during meals
 - Family engagement opportunities
 - Staff training on wellness practices
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14. Recordkeeping

DARS will retain records to document compliance with the wellness policy, including:

- The written wellness policy
 - Documentation demonstrating that the policy has been made available to the public
 - Documentation of efforts to review and update the policy, including stakeholder involvement
 - Documentation of the most recent triennial assessment
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15. Policy Review & Updates

The policy will be:

- Reviewed annually
 - Updated as needed
 - Formally assessed every three years
 - Approved by the Board of Directors following revisions
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16. Contact Information

For questions or involvement in the wellness policy:

Chris Runkle, Executive Director
Drug and Alcohol Rehabilitation Services, Inc.
1290 Prospect Road
Columbia, PA 17512
