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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

Drug and Alcohol Rehabilitation Services, Inc. (DARS) adopts this Student Wellness Policy in accordance with applicable federal and Pennsylvania requirements governing local school wellness policies, including Section 204 of Public Law 108-265, as amended by Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296), and 7 CFR § 210.31, as applicable to DARS's participation in the National School Lunch Program.

DARS will implement this policy consistent with applicable United States Department of Agriculture (USDA) requirements and Pennsylvania Department of Education (PDE) guidance.

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 School Nutrition Director serves as the designated Wellness Policy Leader responsible for:
- Overall responsibility for implementation and compliance

The Wellness Policy Leader will report the Executive Director and he shall report to the Board of Directors at least annually on policy implementation, progress toward wellness goals, food service practices, wellness activities, stakeholder feedback, and recommendations for improvement. The formal triennial assessment will be completed at least once every three years, and its results will be made available to the public.

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
- School Nutrition Director
- Treatment Director
- Business Manager
- Education Director
- Cook
- Student Representative

- Include individuals with expertise in physical education and/or student health when available
- Meet more frequently if needed, to support ongoing implementation and evaluation of the 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

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

- Will provide opportunities for stakeholders to participate in policy development, implementation, review and updates

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
- Providing food-based learning opportunities
- Engaging families in nutrition-related education
- Supporting staff as role models for healthy behaviors

9. Nutrition Standards for Foods and Beverages

School Meals

All meals will:

- Meals claimed for reimbursement comply with the applicable USDA meal-pattern and nutrition standards
- DARS does not sell food or beverages to students or staff and does not conduct student food or beverage fundraising activities.

Competitive Foods & Beverages

All foods and beverages available outside of reimbursable meals will:
- Meet Smart Snacks in School 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

Foods Provided but Not Sold

All foods and beverages provided to students will meet Smart Snacks standards. Food will not be used as a punishment.

Additional Requirements

- Free drinking water available at all times
- Adequate time of 30 minutes for meals
- Clean, safe, and supervised dining environment

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
- Weekend and off-site physical activities
- Ensure activities are inclusive and developmentally appropriate
- Prohibit withholding physical activity as punishment

11. Physical Education

The program will include:

- Standards-based physical education instruction
- Assessment of student progress
- Qualified instructors and appropriate student-teacher ratios
- Safe equipment and facilities

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

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

14. Recordkeeping

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

- The written wellness policy
-Retain Committee meeting notes
- 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

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

16. Contact Information

For questions or involvement in the wellness policy:
Missy Stewart, School Nutrition Director, Drug and Alcohol Rehabilitation Services, Inc. 1290 Prospect Road Columbia, PA 17512