

# Sierra Summit Children's Academy

Our children will learn how to make healthy choices about food and physical activity as part of their daily lives – building a foundation for a lifetime. Our staff model healthy eating and physical activity.

We strive to work with our parents to promote healthy habits for life.



To achieve these goals, Sierra Summit Children's Academy has adopted the following policies:

## Nutrition & Physical Activity Education

- We provide age appropriate, curriculum based nutrition and physical activity education at least 3 times per year. Children are taught about healthy foods and the pleasure of eating during formal and informal opportunities at least once per day.
- Our staff receives professional development on nutrition for children, physical activity for children, infant feeding, infant nutrition, and promoting and supporting breastfeeding at least once every year. All staff is encouraged to lead healthy lifestyles.
- Education on healthy lifestyles is offered to parents at least twice yearly. Parents will receive copies of the center wellness policy upon enrollment. All families are welcomed and encouraged to participate in program activities and creative ways are used to share messaging to reinforce healthy lifestyles at home.

## Food & Beverage Practices & Behaviors

- We promote breastfeeding and support mothers who provide breast milk to their infant by talking about the benefits and recommendations, providing educational literature, suggesting community resources, providing access to a private area for breastfeeding or pumping, and providing enough refrigerator and/or freezer space for storage.
- During infant meal times, teachers feed infants on their cues and end feedings based on infants showing signs that they are full. Older infants are encouraged to self-feed using appropriate child-sized cups, spoons and forks as well as fingers. Water is not served to infants under the age of 6 months. 100% juice is not provided until one year of age. Cow's milk is not served to children less than one year of age.
- During toddler and preschool mealtimes, teachers sit with children, model appropriate conversations and help children to recognize hunger/fullness cues. Children have the opportunity to prepare the eating areas. They help set the table and clean up after the meal. Meal time is relaxed and calm.
- Safe, fresh drinking water is available and easy to find for children to serve themselves at all times. Teachers offer water to children and model drinking water throughout the day.
- Parents are encouraged to provide healthy meals and snacks for their children. Written instructions are provided to families to guide selection of foods brought from home.
- Food is never used as a reward or punishment.

## Physical Activity & Screen Time

- Infants participate in daily physical activities with teachers and are provided with supervised daily tummy time. Providers play with infants on the ground each day to encourage adult – infant interactions. Infants with special needs have their physical activity needs considered.
- While awake, infants will spend less than 15 minutes at a time in confining equipment such as swings, bouncy chairs, car seats, and strollers.
- Toddler and preschool classrooms have outdoor active playtime at least twice daily, weather and air quality permitting.
- For toddlers: At least 60-90 minutes of active playtime are provided each day including 45 minutes of structured (teacher- led) physical activity and 45 minutes of unstructured (active play) time. For preschoolers: At least 120 minutes of active playtime are provided each day including 60 minutes of structured (teacher- led) physical activity and 60 minutes of unstructured (active play) time.
- Physical education, physical activity, and/ or active play are not withheld as punishment for a child's misbehavior.
- Families are provided with weekly opportunities for their children to participate in extra physical activity with programs such as TumbleBus and Teddy Bear Dancers.
- Children less than 2 years old are not provided any screen time. Preschoolers are allowed 30 minutes of age-appropriate screen time no more than 4 times per year.

## Other Activities

- Birthdays and holidays are celebrated with fun-filled activities that involve learning and physical activity. Activities may include scavenger hunts, arts and craft projects, or trips to local playgrounds or parks, instead of with food. All center events and celebrations that have food include fruits, vegetables and other healthy snacks. Families are provided a list of approved healthy foods and beverages as well as suggestions for non-food activities.
- We participate in local health and wellness events such as health fairs, 5K walks and runs, and community gardens.
- A plan is developed to evaluate the use of these Wellness Policies with an assigned person in charge. Regular review of Wellness Policies is done once a year to determine what, if any, changes are needed.