

<b>SARAH A. REED CHILDREN'S CENTER ERIE, PENNSYLVANIA</b>		
<b>Wellness Policy</b>	<b>Date:</b>	<b>Revised Date:</b>
<b>Areas Affected</b>	<b>Approved by: James Mando, President/CEO</b>	
<b>This policy will be reviewed on an annual basis in November.</b>		
<i>Sarah A. Reed Children's Center is committed to adhering to the Sanctuary® philosophy in implementing policies and procedures.</i>		

**Policy & Purpose:**

Sarah A. Reed Children’s Center recognizes that student wellness and proper nutrition are related to clients’ physical and mental well-being, growth, development and readiness to learn. We are committed to providing an environment that promotes student wellness, proper nutrition, nutritional education and regular physical activity. In a healthy environment, clients will learn about and participate in positive dietary and lifestyle practices that can improve their achievement.

To ensure the health and well-being of all students, Sarah A. Reed Children's Center establishes that we will provide to our clients:

- A comprehensive nutrition program consistent with federal and state requirements
- Access to foods and beverages that meet established nutrition guidelines
- Physical education courses and opportunities for developmentally appropriate physical activity
- Curriculum and programs that are designed to educate clients about proper nutrition and lifelong physical activity

SARCC management and the Wellness Committee will conduct an assessment of at least once every three years on the contents and implementation of the Wellness Policy as part of a continuous improvement process to strengthen the policy and ensure implementation. After completion, the assessment will be made available to the public on our website.

For information on how to participate in the development, implementation, periodic review of our Wellness Policy, please contact our agency at 814-838-1954.