Cinnamon Hills

SCHOOL HEALTH & WELLNESS POLICY

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Contents

Introduction 1
Nutrition 3
Nutrition Education 4
School Food Culture 4
Eating Time 4
Celebrations and Rewards, Promotion and Marketing 5
Special Diets 5
Physical Activity 5
Physical Education 5
Health Promotion 6
Air quality 6
Sun Safety 6
Health Screenings 6
Substance Misuse Prevention and Intervention 7
Injury Prevention 7
Staff Wellness 8
Chronic, Infectious & Acute Disease Management 8
Medication Management 8
Mental Health 9
Prevention 9
Monitoring and Evaluations 9
Assessment Resources: 9

Introduction

Cinnamon Hills is committed to the optimal health and wellness of every student. We believe that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create a positive, safe, and health-promoting learning environment.
This policy outlines Cinnamon Hill's approach to ensuring an environment and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students have access to healthy foods throughout the school day through reimbursable school meals—in accordance with federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active during, and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of Cinnamon Hills in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- Cinnamon Hills establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

This policy applies to all students and staff at Cinnamon Hills. All Cinnamon Hills' students are eligible for and have access to free meals in the School Breakfast Program and in the School Lunch Program.

Research shows that students who are physically, mentally, emotionally, and socially healthy during and after the school day have positive outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and test scores, lower absenteeism, and better performance on cognitive tasks. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high quality physical education, and extracurricular activities perform better academically.

Research also shows that some chronic diseases can be prevented by eating well, being physically active, avoiding tobacco and excessive drinking, and getting regular health screenings. When systems support policy and create safe and healthy environments, students shall excel in their academic learning.

Mental and physical health are equally important components of overall health and well-being. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Mental illnesses are conditions that affect a child's thinking, feeling, mood or behavior. Depression, anxiety, bipolar disorder, attention deficit disorder, and schizophrenia are conditions that may be occasional or chronic and affect the child's ability to relate to others and function during the school day.

I. School Wellness Committee

Committee Role and Membership

The School will convene a representative school wellness committee (SWC) that meets at least once per year to establish goals for and/or oversee periodic review and update of this school-level wellness policy. The SWC membership will represent all students, and include (to the extent possible), but not be limited to: caregivers; representatives of the school nutrition program; physical education teachers; health education teachers; school nurse, therapists, school principal, and the Program Board of Directors. To the extent possible, the SWC will reflect a diversity of this community.

Leadership

The Program Administrator or designee(s) will convene the SWC and facilitate development of and updates to this wellness policy, and will ensure the school's compliance with the policy. The School has designated a school wellness policy coordinator, who will ensure compliance with the policy. Contact information of this/these individual(s) is:

Title	Role	Contact Information
Compliance Specialist	Policy Coordinator	800-782-2888

II. Wellness Policy Implementation, Monitoring, Accountability, and Public Engagement

Implementation Plan
This Wellness Policy is implemented per policy and Program requirements and is automatically sent to parents annually, with a description of the triennial assessment being sent every 3 years.

Recordkeeping
The School will retain records to document compliance with the requirements of this wellness policy onsite and/or the computer network. Documentation maintained will include but will not be limited to:

- This written wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit SWC membership from the required stakeholder groups; and (2) These groups' participation in the development, implementation, and periodic review and update of this wellness policy;
- Documentation of the triennial assessment of the policy;
- Documentation demonstrating compliance with public notification requirements, including: (1) Methods by which this wellness policy, and triennial assessments are made available to its public; and (2) Efforts to actively notify families about the availability of wellness policy.

Nutrition Services Staff Required Annual Training Requirements
Per Federal Requirement, nutrition services staff members are required to complete the minimum hours (between 4 and 12 hours) of training annually based on their position/job duties. Training hours specific to food services are monitored by Compliance Specialist.

Community Involvement, Outreach, and Communications
Cinnamon Hills will maintain an infrastructure for management, oversight, implementation, communication, and monitoring of the policy. Cinnamon Hills' community (including parents, food service professionals, physical education teachers, school health professionals, and administrators) shall be encouraged to participate in the development and assessment of the wellness policy. Cinnamon Hills may utilize a self-evaluation or planning tool to assess the effectiveness and quality of the policy.

The School is committed to being responsive to its' public input (parent/guardian/referring agency), which begins with awareness of this wellness policy. The School will actively communicate ways in which representatives of its public can participate in the development, implementation, and periodic review and update of this wellness policy through a variety of means appropriate. The School will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs, including the fact that all students at Cinnamon Hills automatically qualify. The School will send information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to this wellness policy, as well as how to get involved and support the policy. A parent/guardian's input regarding the Health and Wellness Policy is welcome at any time during their child's stay at Cinnamon Hills and will be taken into consideration during any routine review the Policy and/or during the Triennial Assessment. The School will ensure that communications are culturally and linguistically appropriate to its public, and accomplished through means similar to other ways that the Program is communicating other important information with parents.

Nutrition

Cinnamon Hills is committed to providing meals to students that offer an abundance of fresh fruits and vegetables, whole grains, and fat-free or low-fat dairy products, provide zero grams of trans-fat per serving, and limit saturated fat and sodium; and to meet the nutrition needs of students within their calorie requirements. Meal programs at Cinnamon Hills shall seek to help children develop lifelong healthy eating behaviors, support healthy choices, and improve overall student health and well- being through the following policies and practices.

Nutrition Education

- Nutrition education is taught as part of the Utah Core Standards for Health Education consistent with R277-700.
- Nutrition curriculum is based on the Utah Core Standards for Health Education, which includes culturally and developmentally appropriate material.
- Nutrition education is incorporated into classroom instruction beyond health in subject areas such as mathematics, social sciences, language arts, and science and in the Skills Development sessions.
- The cafeteria is used to provide opportunities for students to apply lessons from the classroom and adopt healthy behaviors.

The School will include in the health education curriculum the following essential topics on healthy eating:

- The relationship between healthy eating and personal health and disease prevention
- Food guidance from MyPlate
- Reading and using USDA's food labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Influencing, supporting, or advocating for others' healthy dietary behavior
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers, and culture
- How to find valid information or services related to nutrition and dietary behavior

School Food Culture

- Fresh fruits and vegetables, whole grains, and fat-free or low-fat dairy products are featured in school menus, are displayed in an attractive manner, and prepared appropriately.
- St. George is not a farming community and thus, local foods are not available in such quantities sufficient for our School Meals Program. Whenever possible however, Utah based companies will be used to source 'local' products such as dairy and bread products.
- Food items available to children through school meals, school store, events, celebrations, etc., support healthy food choices and the goal of improving student health and well-being.
- Cinnamon Hills shall provide an environment that ensures students have the best opportunity to practice healthy eating behaviors with minimal distractions.

Eating Time

- Cinnamon Hills recognizes mealtime as an integral time that allows students to enjoy eating, explore and try healthy options, as well as socialize. Students shall be provided at a minimum 10 minutes for traditional breakfast and 20 minutes for lunch, which excludes time to arrive at the cafeteria and waiting in line[1].
- Students are served meals at an appropriate and reasonable time of day.
- Considerations shall be made for students with documented special medical needs.
- For proper hydration, free water is always available in the cafeteria. In addition, students are allowed to visit the drinking fountains or water dispensers during at other times of the day or evening and these are located near the classrooms, therapy office, the medical office and in the student living units.

Celebrations and Rewards, Promotions & Marketing

- There are no food based celebrations or rewards provided during the school day.
- The cafeteria displays video slide show during meals to promote inspiration, weekend activities and to promote good nutrition during breakfast and lunch.
- Any food based promotions or marketing done are for weekend activities only.

Special Diets

Cinnamon Hills is committed to providing all students with the nutritious and safe meals they need to be healthy. In order to ensure that all children shall have an equal opportunity to participate in school meal programs, Cinnamon Hills shall:

- Design menus to accommodate cultural food preferences and common dietary requests, including allergies.
- Implement procedure to process requests for meal modifications. Which includes:
  - Parent/Guardian identifying medical need during the admissions process.
  - Program Pediatrician notified of need and reason (i.e., allergy). Pediatrician will assess student and write order for Special Medical Need for dietary purposes.
  - Special Medical Need for dietary purposes is documented on weekly report to Kitchen staff so they are aware of the need.
  - In addition, the student's Needs & Services contains this medical need/dietary restriction in order to protect children in situations where food may be served outside the cafeteria, such as during a weekend activity.

Physical Activity

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a Comprehensive School Physical Activity Program (CSPAP)[2] framework. CSPAP framework reflects strong coordination with the following components:

- Quality physical education as the foundation.
- Physical activity before, during, and after school.
- Staff involvement and family and community engagement.

Cinnamon Hills will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). Physical Education Teacher shall be encouraged to successfully address all CSPAP areas.

Physical activity during the school day (including physical education) shall not be withheld as punishment for any reason, nor held out as a reward for positive behavior. Teachers and other school personnel shall not use physical activity (e.g., running laps, push-ups) as punishment. Although students on Cautionary Status or Medical Gym Restriction will not be allowed to participate in competitive sports activities, they will be allowed to participate in alternate activities.

To the extent practicable, Cinnamon Hills shall ensure that its grounds and facilities are safe, and that equipment is available to students to be active. Cinnamon Hills will conduct necessary inspections and repairs.

Physical Education

Cinnamon Hills shall provide students with physical education using an age-appropriate, sequential physical education curriculum consistent with the Utah Core Standards for Physical Education in grades 6 through 12 consistent with R277-700. The physical education curriculum shall promote the benefits of a physically active lifestyle and shall help students develop skills to engage in lifelong healthy habits, as well as incorporate health education concepts.

Physical Education teachers are encouraged to participate in Continuing Education experiences in their credential area.

[1] Action for Healthy Kids. (2019). *Time to Eat*. From https://www.actionforhealthykids.org/activity/time-to eat/

The curriculum shall support the essential components of physical education, such as:

- All students shall be provided an equal opportunity to participate in physical education classes taught by qualified teachers.
- All Cinnamon Hills students participate in physical education a minimum of four times per week.
- Cinnamon Hills' physical education program shall promote student physical fitness through individualized fitness and activity assessments and shall use criterion-based reporting for each student.
- All physical education classes shall be taught by licensed teachers who are certified or endorsed to teach physical education.
- IDEA requires that each child with a disability participates with nondisabled children in these programs and activities to the maximum extent appropriate to the needs of that child. Physical education services, specially designed if necessary, must be made available to every child with a disability receiving a free appropriate public education.

Cinnamon Hills shall offer opportunities for students to participate in physical activity after the school day through a variety of methods. Activities are not school-sponsored and instead are offered as part of Cinnamon Hills Youth Crisis Center programming. Direct Care Staff shall encourage students to be physically active during planned gymnasium time and/or pool time.

Health Promotion

Air quality

All individuals are entitled to breathe healthy air and to be free of the adverse health effects of indoor and outdoor air pollution. The health, comfort, and learning environment of students and staff are important aspects of the school. Air quality, both indoor and outdoor, is a critical component of providing a healthy and comfortable learning environment. Cinnamon Hills shall:

- Minimize indoor air pollutants, which shall reduce the likelihood of health problems including asthma, respiratory infections, allergic reactions, and other health problems.
- Control temperature, humidity, and ventilation associated problems, which shall foster students' comfort and learning.
- Monitor the outdoor air pollution and provide a safe alternative to outdoor recess on days with elevated levels of air pollution.

Sun Safety

Cinnamon Hills recognizes Utah's high rate of skin cancer. In order to protect students and staff Cinnamon Hills shall use comprehensive sun-safe practices to best protect students and staff from harmful sun exposure during outdoor school activities.

- Provide sunscreen to students to use during outdoor activities, as needed. If student unable to apply sunscreen, staff may assist as needed
- Recognize that sun exposure can be an occupational hazard for employees who spend time outdoors and take steps to limit their exposure.

Cinnamon Hills commits to teaching the sun safety standards as part of the Health Education Core Standards and utilizes vetted resources provided by the USBE.

Health Screenings

Cinnamon Hills Youth Crisis Center performs health screening at admission to ensure all students are healthy to participate in all aspects of the Program. This screening includes a nursing assessment, review of immunization history, physical examination by the contracted Pediatrician, and laboratory screenings. Parents are notified during the admission process that these screenings are completed and provide consent. In addition to admission screenings and exams, nursing staff on on-site each day and are available to assess any illness or injury that may occur during a student's stay. The nurse contacts the Pediatrician who will visit the campus should additional assessment or care be required. Finally, each student will receive an annual physical exam to ensure all students continue to remain healthy over the course of their stay.

[2] Anon (2020). Retrieved 17 January 2020, from https://www.cdc.gov/healthyschools/professional_development/e-learning/CSPAP/_assets/FullCourseContent-CSPAP.pdf

Substance Misuse Prevention, Intervention and Enforcement

As a residential treatment center, Cinnamon Hills is a smoke-free and Drug Free Workplace. All new staff and incoming students complete a drug screening. No substances are allowed on campus and are considered contraband and subject to confiscation. Rules regarding these policies are provided to employees at hire and to students upon admission. Any employee who brings tobacco or other products on campus is subject to disciplinary action, which may include suspension or termination. The unlawful or unauthorized presence or use of alcohol, substances, or harmful contraband items; will also be reported to Utah Licensing and, additionally reported to law enforcement when illegal.

Only students who are on the higher level of the program may leave campus for family visits. Any student who leaves campus on an approved family visit is tested again upon reentry to the facility. Any student who returns to campus and tests positive for substance use will lose their privilege level and return to the lower level of the program. Depending on the situation, Utah Licensing and potentially Utah CPS will also be notified of student substance use while in the care of their legal guardian(s).

Each student with a substance use/abuse history will work with their assigned therapist during individual and family therapy to complete goals and objectives on their treatment plan to curtail their desire to return to a life of substance use.

In addition to students with a known history of substance use/abuse, all students participate in Utah Core Curriculum Group Therapy sessions over the course of their stay, which include lessons on substance use.

Injury Prevention

- Cinnamon Hills staff are required to receive training and instruction on child sexual abuse prevention and awareness, responding to a disclosure of child sexual abuse, and mandatory reporting requirements according to the Utah Child Sexual Abuse Prevention law (Utah Code 53G-9-207).
- Cinnamon Hills shall adopt comprehensive school policies and procedures for suicide prevention, intervention, and post-vention. Any student with a history of suicidal, or self-harm ideations or attempts will work with their Therapist and the Program Psychiatrist to manage their symptoms exacerbating this thought process. Per Utah 62A-2-123 Congregate care program regulation, Cinnamon Hills has suicide prevention policies and procedures that include:
  - Each student is assessed by their assigned Therapist at admission with the Columbia Suicide Severity Rating Scale. Results are shared with the Program Psychiatrist.
  - Training requirements for staff
  - Warning signs
  - Communication protocols to ensure all staff, therapist, psychiatrist, and administration are aware of student suicidal or self-harm ideations,
  - Emergency protocol and contacts
  - Special Precautions and additional supervision requirements
- As a residential treatment center, Cinnamon Hills comprehensive school policies and procedures related to violence prevention. Violence includes verbal, physical or harassing behaviors toward any student by staff, or toward any student by another student. All Direct Care Staff are required to be trained in Crisis Prevention Intervention (CPI Certificate) techniques to verbally deescalate any situation where violence could be the potential outcome. Staff members will use the physical de-escalation techniques as a last resort when other attempts have failed to keep students and staff safe from harm.
- Cinnamon Hills shall promote connectedness as a protective factor against multiple forms of injury and violence. In an effort to promote connectedness, all staff working with students are encouraged to develop a relationship of trust, provide encouragement to cooperate and participate in the Program, and positive reinforcement for prosocial student behaviors.
- Cinnamon Hills policies and procedures for head injuries, including head bumps:
  - Any student with a suspected head injury or “bump,” will be assessed by the on-site nurse who will complete a concussion assessment and contact the contracted Pediatrician if any part of the assessment results in potential positive results for concussion. Regardless of results of assessment, student will be offered appropriate first aid which may include ice and analgesics. Student and direct care staff will be educated on monitoring requirements, activities allowed, and symptoms to watch for over a specified period of time and advised to return student to nursing station if any such symptoms appear. Pediatrician may consult with student on-site to determine

extent of potential injury and write orders for further testing or care. Any testing that cannot be completed on-site will be completed at Intermountain Heath (St. George Regional Hospital, or in the outpatient Instacare clinic). Legal guardians shall be notified by the program nurse or Pediatrician regarding any injury that requires further medical testing or care, the results of such testing, and plan for treatment, if needed. Utah Licensing and, as may be required by contract student placing agency will also be notified of injury and any treatment plan. Any activity restrictions post injury will be communicated to the Direct Care Staff via phone call, email, or in person. In addition any activity restrictions must be related to the Information Management Department to ensure they are added to database and will print on the student's Needs and Services. Activity restriction will be removed by medical staff upon recovery or per Pediatrician's orders.

- Cinnamon Hills tracks all injuries that occur on campus and these are reported monthly as part of the Leadership Committee Meetings monthly.
- Any student being transported in a Program vehicle must wear a seatbelt. Any staff also in vehicle must wear seatbelt.

Staff Wellness

Cinnamon Hills shall encourage staff to serve as positive role models for healthy eating and physical fitness. From time-to time, Cinnamon Hills shall promote work-site wellness programs, which may include smoking cessation, weight management, and participation in supplemented gym memberships.

Employees are encouraged to participate in workplace sponsored health plans with an additional option of a pre-tax Flexible Spending Account for medical needs or for childcare needs.

Chronic, Infectious & Acute Disease Management

Cinnamon Hills has Registered Nurses on-site each day who can assist with the management of acute, infectious, or chronic diseases the students may have. The school nurse will communicate any illnesses or injuries which may require care by the Pediatrician directly to the Pediatrician and to Administration, as needed.

Cinnamon Hills has one automated external defibrillator (AED) which is checked daily to ensure it is in working order. Additional checks are done monthly and annually.

Program nursing staff and all direct care staff shall be certified in first aid and cardio-pulmonary resuscitation (CPR).

Medication Management

Students who are on medications have access to Program Nursing staff to take such prescribed medications per physician orders. All parent/guardians have given consent during the Admissions process for medications to be managed by medical personnel for medications prescribed prior to admission. Any medication changes, or new medications prescribed will not be given without prior parent/guardian consent. No medication is allowed to be self-administered with the exception of asthma inhalers, which are in a locked cabinet, and can be accessed for students they are prescribed to, only by a staff member who has been issued a key to said box for this purpose.

Epinephrine auto-injectors are available for emergency purposes, but not student accessible, and are located in secure, but unlocked locations for nursing or supervising direct care staff access should they be needed. Epi-Pens have a 3-step instruction process written on the epi-pen.

Mental Health

Cinnamon Hills Youth Crisis Center is a Residential Treatment Center for teens with diagnosed mental health and behavioral health issues. New students receive a physical examination by the Pediatrician as well as a Psychiatric Evaluation by the Psychiatrist. Students are assigned to a Therapist, who develops a treatment plan for each student's individual needs. In addition, each student sees the Program Psychiatrist monthly, or more often, as needed. Direct Care Staff are trained on common diagnoses seen at Cinnamon Hills and behaviors associated with each. Staff, therapists and psychiatrist work together to monitor student progress throughout their stay with the goal of mental and physical health wellness improvement over the course of their care.

Prevention

Prevention efforts in Cinnamon Hills involve a variety of proactive strategies with the goal of increasing student well-being and reducing future mental health challenges in our students so they can return to their home and school communities. The goal of our prevention efforts are to decrease risk factors and increase key protective factors in students, such as resilience, feelings of safety and connectedness to school, appropriate social connections with both adults and peers, social emotional competence, and a knowledge of development. These protective factors mitigate the effects of risks to students, build students' strengths, and promote healthy development of students.

Monitoring and Evaluations

Annual monitoring and evaluation of the Health and Wellness Policy is crucial to ensure its ongoing effectiveness and relevance.

The SWC will update or modify this wellness policy based on the results of the triennial assessments, and/or as School health priorities change; wellness goals are met; new health science, information, and technology emerges; or new Federal or state guidance or standards are issued.

Assessment Resources:

Cinnamon Hills' Wellness Policy Evaluation Tool was created using the Utah State Board of Education (USBE) Model Wellness Policy as a guide and is meant to assist in identifying any gaps within our own policies and practices.

A triennial assessment of the School Wellness Policy is required by USDA FNS for those participating in the National School Lunch Program. Cinnamon Hills has selected the WellSat3.0 assessment for this purpose