

Arnette House Wellness Plan

"We believe that healthy bodies lead to healthy minds. Because physical wellness directly impacts a client's ability to grow and learn, Arnette House is committed to more than just providing a place to stay—we provide a foundation for a healthy life. Through nutritious meals and regular activity, we help our clients and staff build lasting wellness habits. Our guidelines reflect a comprehensive commitment to a supportive, health-conscious environment for everyone in our community."

Local Facility Wellness Policy Leadership

Arnette House will establish an ongoing Healthy Facility Team that will meet triennially to ensure compliance/facilitate the implementation of Arnette House wellness policy.

- The Food Service Coordinator has the responsibility to ensure compliance with federal and state regulations as they relate to Arnette House wellness policy. The FSC will adhere to Professional standards completing all relevant trainings totaling no less than 12 hours.
- Food Service Coordinator will be responsible for establishing the Healthy Facility Team that will ensure compliance with the policy.
- The Healthy Facility Team could include, but is not limited to, the following stakeholders: The Food Service Coordinator, The Educational Liaison, Safety Manager, Nurse, A Direct Care Staff, and client.
- Notice for community participation will be posted at the facility and on the Facebook Page when a Triennial Assessment will be conducted and when the results of the assessment and the updated Wellness Policy are completed.

General Guidelines

Arnette House will consider the components of the Centers for Disease Control's Whole Facility, Whole Community, Whole Child (WSCC) model in establishing other facility-based activities that promote wellness.

- The goals outlined by the wellness policy will be considered in planning all facility-based activities (such as facility events, field trips, dances, and assemblies).
- Arnette House shall follow drug, alcohol, and tobacco-free policies.

Evaluation and Measurement of the Implementation of the Wellness Policy

- Wellness committee will update the wellness policy based on the results of the Triennial assessments and/or as local priorities change, community needs change, wellness goals are met, new health information and technology emerges and new federal or state guidance or standards are issued.
- Committee will meet twice a year to assess compliance with Wellness Policy

Triennial Progress Assessments

- Arnette House will assess the local facility wellness policy to measure wellness policy compliance biannually This assessment will measure the implementation of the local facility wellness policy, and include:
 - The extent to which Arnette House follows the local facility wellness policy.
 - The extent to which the local facility wellness policy compares to model local facility wellness policies; and
 - A description of the progress made in attaining the goals of the local facility wellness policy.

Informing the Public

- Arnette House will ensure that the wellness policy is available to the public online. Through our website, and available during intake for parents and clients.
- Arnette House will ensure the annual update of the wellness policy and triennial assessments are always available on the facility website for the public to view.
- Wellness updates will be provided to clients, parents and staff, as applicable, in the form of the Arnette House website, to ensure that the community is informed and that public input is encouraged.

Community Involvement

Arnette House is committed to being responsive to community input. Arnette House will communicate ways in which facility members and the public can participate in the development, implementation and review of the wellness policy through a variety of means

- Clients will be asked for input and feedback using classroom communication/surveys and attention will be given to their comments.
- Arnette House will use electronic mechanisms, such as email or displaying notices on Arnette House website/ or Facebook Page, as well as non-electronic mechanisms, such as printouts to parents, to ensure that families and the community are actively notified

Nutrition Promotion

By creating supportive food environments and engagement in meal services, nutritional promotion serves as a foundation for lasting healthy eating behaviors.

- The cafeteria-dayroom will provide clear and consistent messages that promote and reinforce healthy eating.
- Clients will have access to useful nutritional information. Posters, worksheets, and brochures will be available in the classrooms and by request from the Food Service Coordinator
- Wellness Policy will be available online for guardians to view, or at request upon intake into the facility.

Nutrition Education

The availability of nutritious food within our facility directly impacts our clients' academic success and overall well-being. Quality nutrition is essential for physical growth, cognitive development, immune health, and emotional stability.

- Clients receive nutrition education that is interactive and teaches skills they need to adopt healthy eating behaviors.
- Clients will understand how food reaches the table and the implications that it has for their health and future. Staff shall integrate interactive experiences such as working, cooking activities.
- Nutrition education will teach skills that are behavior focused. Clients will learn about calorie balance, energy expenditure and how to read and interpret nutrition facts labels.

Eating Environment

- Clients are provided an adequate amount of time to consume their meal with a minimum of 30 minutes after receiving their food from the line.
- Arnette House will provide nutritious, fresh, locally grown food, by utilizing Dod Fresh, local produce suppliers
- Convenient access to facilities for hand washing and oral hygiene is available during meal periods, there is a bathroom in the dayroom, and handwashing sink in the kitchen. Facilities are frequently checked for cleanliness and handwashing supplies.

Physical Activity

Arnette House ensures that physical activity is an essential element of the program. The program shall provide the opportunity for all clients to develop the skills, knowledge, and attitudes necessary to participate in a lifetime of physical activity.

- All clients receive 225 minutes per week of instructionally relevant physical education.
- Clients will have the opportunity to be involved in physical activity through physical education programs or other activity programs. Clients who are placed through the DCF will be encouraged to participate in community-offered fitness and athletic programs.
- Staff will be encouraged to participate in activities planned for the clients.
- The educational Liaison will provide short physical activity breaks between lessons or classes, as appropriate.
- Arnette House will take advantage of nearby facilities, such as parks, pools, gymnasiums to provide expanded physical activity opportunities for students, families, and staff.

Recycling

- Facility shall attempt reduction of waste by recycling, reusing, and purchasing recycled products.

Employee Wellness

- All staff will be provided with opportunities to participate in physical activities that are accessible and free or low-cost.
- Staff are provided with adequate health insurance options.
- The Wellness committee will set aside minutes that focus on staff wellness issues, and distributes wellness resources as needed.

Health Services

- A coordinated program of accessible health services shall be provided to clients and staff and shall include, but not be limited to, violence prevention, facility safety, communicable disease prevention, health screening, community health referrals.
- Part time RN is available for health issues and screenings. First aid/ CPR training.

Behavior Management

- Teachers and other facility personnel will not deny or require physical activity as a means of punishment.
- Facility will not use food- or the denial of food as a means of punishment.
- Food rewards or incentive will be not used to encourage achievement or desirable behavior. Staff will be encourage to allow extra recess or time outside as a reward if ratio allows one on one supervision.

Guidelines for All Foods and Beverages Available During the Facility Day

Arnette House will operate and provide food service in accordance with USDA's National Facility Lunch Program (NSLP) standards and applicable laws and regulations of the state of Florida. The guidelines for reimbursable facility meals shall not be less restrictive than regulations and guidance issued by USDA.

- All reimbursable meals will meet nutrition standards mandated by USDA, as well as any additional state nutrition standards that go beyond USDA requirements.
- Facility meals will include a variety of nutrient-dense foods, including whole grains and fiber-rich fruits and vegetables, while accommodating special dietary needs and ethnic and cultural food preferences.
- To the maximum extent possible, Arnette House will participate in available federal facility meal programs, including the SBP, NSLP, ASSP, AMP, and SFSP.
- Free, potable water is available to clients at all hours, whether in the classroom, shelter, outside or offsite activities.
- Link to Food and Nutrition Services <https://www.fns.usda.gov/schoolmeals/nutrition-standards>

Standards for non-sold food and beverages during the facility day

- All food for a classroom celebration will be provided by the facility only (donations will need to be turned away or used after school) following the NSLP food guidelines. Or be conducted after school hours.
- Field Trips meals will be provided by the facility. Donated meals and food vouchers will have to be used out of school hours. All field trip meals will meet food and nutrition standards.
- Arnette House does not participate in the School Snack program
- Arnette House does not serve food or beverages containing caffeine.

Competitive Foods

- No food or beverages are currently sold to the youth. All meals are provided free. If competitive food/beverages are ever sold in the future, they will meet the competitive food

Fundraising

- Arnette House does not participate in food-based fundraising.

Policy for Food and Beverage Marketing

- Arnette House does not participate in food and beverage marketing for any foods or beverages provided to our clients throughout the school day. If food/beverage marketing ever does occur, it will meet the competitive food (Smart Snack Standards).

Record Keeping

Records to document compliance with the requirements of the local school wellness policy will include, but are not limited to the following:

- The written local school wellness policy.
- Documentation of the notice to the public to participate in the triennial assessment of the local school wellness policy, and the final outcome of the assessment.



School Wellness Committee Roster

These members should also be invited to join the Healthy Schools Program Account as "Team Members"
 Click on link to access [school and team details](#)

Name	Position	Email Address	Phone	Responsibilities/ Resources
Lashelle Mathis	Education Specialist	lmathis@arnettehouse.org		
Holly Bogart	RN			
Jim Kempas	Maintenance			
BARBARA DAVIS	FINANCE ASST.	bdavis@arnettehouse.org		
Constance Shaw	Supervisor			
Lucille Burnett	Admn. Asst.	lburnett@arnettehouse.org		
Veronica Britton	Shift Supervisor	vbritton@arnettehouse.org		
Miranda Banks	Shift Supervisor	MBanks@arnettehouse.org		
M. Shearon	COO	mshearon@arnettehouse.org		

Wellness Plan Assessment Updates

The committee reviewed the Wellness plan on 3/10/2026

The Wellness plan was placed in the WellSat Tool to assess compliance with policies.

Our policy was updated with a cleaner look, better language and correction of grammatical errors.

Updates to training standards

Updates to changes in meal pattern requirements

Local Food usage

Caffeine in foods

and ways to notify community partners

Setting yearly meeting to check compliance with Wellness plan

Updates to employee wellness

Policy Assessment: Triennial Assessment 2026 (2/2026)

District: MARION

Congratulations! You have completed the WellSAT Policy Assessment. You can see your Policy scores for each item below. Please note if you are missing any of the federal requirements in Section 1. Items with a rating of "0" (item not addressed in the policy) or "1" (weak statement addressing the item) can be improved by referring to the links at wellsat.org/resources.


Section 1. Federal Requirements

FR1	Includes goals for nutrition education that are designed to promote student wellness.	2
FR2	Assures compliance with USDA nutrition standards for reimbursable school meals.	2
FR3	District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	2
FR4	Free drinking water is available during meals.	2
FR5	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	0
FR6	Addresses compliance with USDA nutrition standards (Smart Snacks) for all food and beverages sold to students during the school day.	NA
FR7	Regulates food and beverages sold in a la carte.	NA
FR8	Regulates food and beverages sold in vending machines.	NA
FR9	Regulates food and beverages sold in school stores.	NA
FR10	Addresses fundraising with food to be consumed during the school day.	NA
FR11	Regulates food and beverages served at class parties and other school celebrations in elementary schools. Use N/A if no elementary schools in district.	NA
FR12	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	NA
FR13	Addresses how all relevant groups will participate.	1

Policy Assessment: Triennial Assessment 2026 (2/2026)
District: MARION

FR14	Identifies the officials responsible for compliance with all components of the local wellness policy in each school.	2
FR15	Addresses making the wellness policy available to the public.	2
FR16	Addresses the assessment of district implementation of the local wellness policy at least once every three years.	2
FR17	Addresses making triennial assessment results available to the public and specifies what will be included.	2
FR18	Addresses a plan for updating policy based on results of the triennial assessment.	2

Section 2. Nutrition Environment and Services


NES1	Addresses access to the USDA School Breakfast Program.	2
NES2	Addresses how the district protects students with unpaid meal balances from lunch shaming and ensures their privacy (e.g., students are not given a different meal, given a wrist band, or publicly identified).	2
NES3	Specifies how families are provided information about determining eligibility for free/reduced price meals.	2
NES4	Specifies strategies to increase participation in school meal programs.	1
NES5	Specifies marketing to promote healthy food and beverage choices.	NA
NES6	Addresses the amount of "seat time" students have to eat school meals.	2
NES7	 Addresses purchasing local foods for the school meals program.	1
NES8	USDA Smart Snack standards are easily accessed in the policy.	NA
NES9	Exemptions for infrequent school-sponsored fundraisers.	NA
NES10	Addresses foods and beverages containing caffeine at the high school level.	0

Policy Assessment: Triennial Assessment 2026 (2/2026)


District: MARION

NES11	Addresses nutrition standards for all foods and beverages served (not sold) to students after the school day, including before and aftercare on school grounds, clubs, and after school programming.	NA
NES12	Addresses nutrition standards for all foods and beverages sold (not served) to students after the school day, including before and aftercare on school grounds, clubs, and after school programming.	NA
NES13	Addresses food not being used as a reward.	0
NES14	Addresses availability of free drinking water throughout the school day.	2





Section 3. Nutrition Education

NE1	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	2
NE2	All elementary school students receive sequential and comprehensive nutrition education.	NA
NE3	All middle school students receive sequential and comprehensive nutrition education.	NA
NE4	All high school students receive sequential and comprehensive nutrition education.	1
NE5	Nutrition education is integrated into other academic subjects beyond health education.	2
NE6	Links nutrition education with the food environment.	0
NE7	 School curriculum addresses agriculture and the food system.	0

Section 4. Physical Education and Physical Activity

PEPA1	 There is a written physical education curriculum for grades K-12.	1
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	1

Policy Assessment: Triennial Assessment 2026 (2/2026)
District: MARION


PEPA3	Physical education promotes a physically active lifestyle.	2
PEPA4	Addresses time per week of physical education instruction for all elementary school students.	NA
PEPA5	Addresses time per week of physical education instruction for all middle school students.	NA
PEPA6	Addresses time per week of physical education instruction for all high school students.	2
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	NA
PEPA8	Addresses providing physical education training for physical education teachers.	NA
PEPA9	Addresses physical education exemption requirements for all students.	NA
PEPA10	Addresses physical education substitution for all students.	NA
PEPA11	 Addresses family and community engagement in physical activity opportunities at all schools.	NA
PEPA12	 Addresses before and after school physical activity for all students, including clubs, intramural, and interscholastic opportunities.	2
PEPA13	Addresses recess for all elementary school students.	2
PEPA14	 Addresses physical activity breaks during school.	2
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	NA
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	NA
PEPA17	 Addresses using physical activity as a reward.	0
PEPA18	Addresses physical activity not being used as a punishment.	2

Policy Assessment: Triennial Assessment 2026 (2/2026)

District: MARION

PEPA19	Addresses physical activity not being withheld as a punishment.	2
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Section 5. Employee Wellness

EW1	 Addresses strategies to support employee wellness.	2
EW2	Encourages staff to model healthy eating and physical activity behaviors.	1

Section 6. Integration and Coordination

IC1	Addresses the establishment of an ongoing district wellness committee.	0
IC2	Addresses the establishment of an ongoing school building-level wellness committee.	1

Overall District Policy Score

Total Comprehensiveness	District Score 78
Total Strength	District Score 50

Policy Assessment: Triennial Assessment 2026 Updates (3/2026)

District: MARION

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Policy Assessment: Triennial Assessment 2026 Updates (3/2026)
District: MARION

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NES13	Addresses food not being used as a reward.	2
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NE6	Links nutrition education with the food environment.	2
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PEPA1	 There is a written physical education curriculum for grades K-12.	1
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District: MARION

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Policy Assessment: Triennial Assessment 2026 Updates (3/2026)
District: MARION

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IC1	Addresses the establishment of an ongoing district wellness committee.	NA
IC2	Addresses the establishment of an ongoing school building-level wellness committee.	NA

Overall District Policy Score

Total Comprehensiveness	District Score 83
Total Strength	District Score 68