

# Wellness Policy



**A Place to Grow at Harmony Place**

Updated January 2026

A Place to Grow at Harmony Place practices a holistic approach to encompassing the needs of young children. A child's overall well-being is dependent on healthy lifestyle choices including proper nutrition, physical activity, a well planned physical environment, and good health practices. The intention of this wellness policy is to provide an overview of how A Place to Grow at Harmony Place helps to prepare our children to grow physically and mentally stronger by highlighting best practices in each of these realms:

**Physical Environment**

**Health and Wellness Environment**

**Physical Activity Guidelines**

**Nutrition Guidelines**

**Screen Time**

**Illness**

**Physical Environment**

Our indoor environment has been certified as an Eco-Healthy Childcare. This certification means we choose to reduce environmental toxins and maintain earth friendly practices at our center.

- Recycling and composting
- Providing dinnerware and eating utensils made of glass, metal, or are made of recycled BPA free materials
- Art supplies are ACMI certified non-toxic
- Lead and Radon in water and environment are within or exceed quality standards
- Flooring is a solid surface laminate which can be easily sanitized
- Cleaners are the least toxic for sanitizing and disinfecting
- Playground is primarily made of natural materials and contains no pressure treated wood

Our outdoor environment is certified as a Nature Explore Classroom. A Place to Grow at Harmony Place promotes physical activity by embracing nature on our 28 acres of land. When playing in a natural environment, children are also developing muscle and bone strength, gross motor, socio-emotional, and cognitive skills. Research shows that time spent outdoors is a strong predictor of children's physical activity. Children should play outdoors daily when weather and environmental conditions do not pose a

significant health or safety risk. Playing outdoors helps children learn in a different environment than the classroom, promotes a healthy weight and provides some sunlight exposure that is needed for the body to produce vitamin D.

Our outdoor classroom space includes:

- An open grassy area for large motor activities
- Several climbing structures as well as opportunities to climb rocks and trees
- A loose parts building area
- Large sandbox shaded by trees
- Raised bed gardens
- Music and Movement Space
- Shaded space for classroom gatherings
- Opportunities for creating art in nature

## **Health and Wellness Environment**

Nearly nine percent of 2-5 year olds have obesity. Now labeled as an epidemic, health care costs for treating obesity related conditions such as heart disease and diabetes range from \$147 billion to nearly \$210 billion annually. While multiple strategies are needed to reverse the epidemic, emerging prevention strategies directed at early childhood education and modeling show great promise. A large body of evidence shows that healthy eating, physical activity, and less time watching TV helps kids grow up at a healthy weight. In 2018, A Place to Grow participated in the Nutrition and Physical Self-Assessment for Child Care (NAP SACC), which has resulted in the creation of this wellness policy as a guidance for teachers and families.

## **Physical Activity Guidelines**

Physical activity in children has dropped drastically over the years. The body and mind need physical activity to strive and learn about the environment around them. A Place to Grow promotes physical activity for children of all ages by embracing nature on our 28 acres of land as well as providing adequate indoor space for active play. While playing, children develop muscle and bone strength, gross motor, socio-emotional, and cognitive skills.

- Teachers encourage movement and gross motor skill development and regularly spend time actively engaging with children. Teachers may model physical activity and enthusiasm about being active and when supervising active play remain engaged by giving children ideas, feedback, encouragement, and reinforcement.

- Children are provided ample indoor and outdoor space to be active.
- A balance of quiet activities are incorporated daily while inactive time is limited. Time in restrictive equipment/positioners is limited for infants.
- Children are encouraged to play in all weather elements. This allows children to learn about our climate and changes in our environment. Children are encouraged to “get messy” as it inspires children to feel a connection with nature. In order for children to be safe and comfortable in different conditions, families are expected to provide the following:

Winter	Spring	Summer
Water Resistant Mittens	Rain Pants	Sun Shirt
Snow Pants	Rain Boots	Sun Hat
Winter Jacket	Rain Coat	Sneakers or Sandals with Ankle Strap
Warm Hat covering ears	Rain Hat	Sunscreen
Winter Boots		Insect Repellant

### **Nutritional Guidelines**

As children grow physically, they are also developing an awareness of sharing both the enjoyment of, and the responsibility for healthy eating. The environment and practices followed by children and adults sets the tone for a healthy lifestyle both at school and at home.

Our children share mealtime experiences and sit together at small tables. Families bring their own healthy meals and snacks from home, but neighboring children can see what their friends are eating, which fosters a natural inquiry for trying new things. Children are exposed to a large variety of foods and may even ask to try something their friend is eating. Shared snack experiences may stem from this natural inquiry. Children are encouraged to try new things and teachers will provide reminders to keep trying non-preferred foods many times, as it can take up to ten times before accepting the food. Older children may help share in the mealtime experience by helping to set tables, put cups out, and help clean up. This model closely simulates a family style eating experience and simultaneously maximizes exposure to new foods.

Specific classroom instruction is provided when modeling positive mealtime behaviors and experiences. Children are asked to wash hands before meals, help set and clear tables, are encouraged to try less favorable foods, select healthy options independently for snack times, and are reminded that when eating and drinking we need to be safely seated. The Kitchen area in pretend play is designed to closely model positive nutritional examples and promote family style eating practices by providing tableware, pots and pans, and healthy food choices. Food is not used as an incentive or punishment in any classroom.

Foods provided from home must be stored in the original containers or labeled in food safe containers the date opened and date of expiration. We encourage use of stainless steel and glass for food storage, drinking, and silverware.

Meals and snacks provided from home must meet the USDA requirements for nutrition, as provided in the attachments. USDA Guidelines provide guidance on both variety and portion size for all age groups. Because the categories of protein, vegetable, fruit, and whole grain are so broad we have refined a list of “The World’s Healthiest Foods” which are everyday foods that are familiar to most people, easy to find at the store, and are tasty to eat. Parties and celebrations will be focused around shared healthy food choices which meet the same USDA guidelines.

The following food items are to be excluded from the school and/or classroom:

- We are a nut free school, because nut allergies can be so severe in small children. ***Food may not contain nuts or be manufactured in a facility that processes nuts.*** An Asthma and Allergy Action Plan that has been completed by a physician must be on file for any child with food allergies. All food allergies need to be clearly communicated to the staff.
- Foods which can be a choking hazard to children younger than 3 years of age or children who have been identified with chewing/swallowing difficulties, including, but not limited to: whole rounds of hot dog or sausage, whole grapes, hard candy/chewing gum, raw carrot rounds, peas or celery, chips or hard pretzels, marshmallows, seeds, or popcorn.
- Food choices from drive through restaurants are excluded from consumption, as they do not meet USDA guidelines for healthy options. While filling and convenient, they tend to be nutrient poor, high in fat and calories, and offer excessive portion sizes.

- Dessert type items such as cookies, cake, sweet treats, and candy, as they do not meet USDA guidelines for healthy options.

Meals and snacks that meet the nutritional guidelines will be provided for children should they be needed at any time.

### **Screen Time**

Children under two years are not exposed to screen time. Screen time is limited to educational content only based on monthly curriculum.

### **Illness**

Per NH Child Care Licensing requirements, child care personnel shall observe each child each day upon arrival and throughout the day for injuries and symptoms of illness which impair or prohibit the child's participation in the regular child care activities or require more care than child care personnel are able to provide without compromising the health and safety of the ill, or injured child, or the other children in their care.

When a child exhibits symptoms of illness, staff shall contact the child's parents and inform them of the need to remove their child from the program. Children who are sent home exhibiting these signs may not return until 24 hours after the last symptom or fever are present.

The symptoms of illness referenced shall include, but are not limited to, the following:

- An oral or forehead temperature of 101 degrees Fahrenheit or greater, or 100 degrees Fahrenheit or greater when taken via the armpit, accompanied by behavior changes or signs or symptoms of illness until medical evaluation indicates inclusion in the program.
- Symptoms and signs of possible severe illness such as unusual lethargy, uncontrolled coughing, irritability, persistent crying, difficult breathing, wheezing, or other unusual signs until medical evaluation allows inclusion;
- Uncontrolled diarrhea, that is, increased number of stools, increased stool water, and/or decreased form that is not contained by the diaper, until diarrhea stops;
- Vomiting illness, including two or more episodes of vomiting in the previous 24 hours, until vomiting resolves or until healthcare provider determines illness to be non-communicable, and the child is not in danger of dehydration;

- Rash with fever or behavior change, until a healthcare provider determines that these symptoms do not indicate a communicable disease.

If a child has been under the care of a physician, A Place to Grow will review physician recommendations in conjunction with the above child care licensing regulations to determine when a child may return to care. Parents should consult the center director for guidance.

Conditions which may require additional exclusion from care include those which could become life threatening, such as respiratory distress or allergic reactions, protocols specific to an illness, such as lice or norovirus, or are beyond the scope and training of staff.

## USDA Nutrition Guidelines Birth to 12 Months

Infant feedings consist of breast milk or iron fortified formula with no more than three hours between feedings and personalized to each child's needs. Infants younger than six months who are unable to support themselves will be held while being bottle fed.

Milk/formula shall not be kept/used after one hour from when feeding begins. Leftover breast milk will be sent home. Leftover formula will be discarded.

Solid foods will be introduced no sooner than 4 months of age and children are transitioned into eating solids and preparing for self-feeding as appropriate.

**Birth- 5 months:** 4-6 oz breastmilk or formula on demand

**6-11 months:**

Food Component	Snack	Lunch
Breastmilk/Formula	2-4oz	6-8 oz
Protein		Cheese 0-2oz Cottage Cheese/ Yogurt 0-4oz Meat 0-4 tablespoons Fish 0-4 tablespoons Poultry Egg Dry Beans (cooked)
Vegetable/Fruit	0-2 tablespoons	0-2 tablespoons
Whole Grain	Bread 0-½ slice Crackers 0-2 Infant Cereal 0-4 tablespoons	Infant Cereal 0-4 tablespoons

## USDA Nutrition Guidelines One Year to Six Years

4 of the 5 areas should be met each day with 2 choices for each snack.

Food Component	Snack	Lunch
White Milk or Milk Alternative	4 oz	4-6 oz
Protein minimally processed lean meats	Egg (½)  Fish 1/2 oz  Meat ½ oz  Beans ⅛ Cup  Seed Butters 1 TBSP  Seeds ½ oz  Dairy 1/4 C (Cottage cheese, plain yogurt) ½ oz cheese  Vegan alternatives ½ oz	Egg (½-3/4)  Fish 1-1.5 oz  Meat 1-1 ½ oz  Beans 1/4 Cup-¾ Cup  Seed Butter 2-3 TBSP  Seeds ½-3/4 oz  Dairy ½-¾ Cup (Cottage cheese, plain yogurt) 1-1 ½ oz cheese  Vegan alternatives 1-1 ½ oz
Vegetables minimal processed or whole	½ Cup Frozen, canned, or fresh	⅛- ¼ Cup Frozen, canned, or fresh
Fruit no added sugars	½ Cup Dried, canned, or Fresh	⅛-¼ Cup Dried, canned, or Fresh
Whole Grain	Bread ½ slice or serving Bread, muffin,waffle, or roll  Pasta or Rice ¼ Cup  Cooked Cereal ¼ C (oatmeal or cream of wheat)  Whole Grain Cereal ½C-¾ C	Bread ½ slice or serving Bread, muffin,waffle, or roll  Pasta or Rice ¼ Cup

## Everyday Foods & Lunchbox ideas

Vegetables ( $\frac{3}{4}$ c)	Fruits ( $\frac{3}{4}$ c)	Beans & Legumes ( $\frac{1}{4}$ c)	Grains (3-5 oz)	Poultry & Meats (2-4 oz)
Asparagus	Watermelon	Dried peas	Barley	Beef, grass-fed
Avocados	Cantaloupe	Beans: Black	Brown rice	Chicken
Beets	Strawberries	Kidney	Buckwheat	pasture-raised
Bell peppers	Blueberries	Lima	Millet	Lamb, grass-fed
Broccoli	Raspberries	Garbanzo	Oats	Turkey,
Carrots	Lemon	Pinto	Quinoa	pasture-raised
Cauliflower	Lime	Lentils	Whole wheat	Cod
Celery	Oranges	Tempeh	Pancakes	Salmon
Corn (Fresh)	Kiwi	Tofu	Waffles	Scallops
Cucumbers	Grapefruit		Muffins	Shrimp
Green beans	Apples		Pita Bread	
Green peas	Apricots		Dry Cereal	
Leafy Greens	Bananas		Banana Bread	
Kale	Figs			
Spinach	Grapes			
Romaine Lettuce	Papaya			
Olives	Pears			
Potatoes	Pineapple			
Squash	Plums			
Sweet potatoes	Prunes			
Tomatoes	Raisins/ Dried fruit			
Zucchini				

Eggs & Dairy (Grass Fed) (2 Cups)	Seeds ( $\frac{1}{2}$ oz)
Cheese Cow's milk Yogurt Eggs (pasture-raised)	Flax Pumpkin Sesame Sunflower

## References

Go NAPSACC	<a href="https://gonapsacc.org/">https://gonapsacc.org/</a>
Eco-Healthy Child Care Checklist	<a href="http://cehn.org/wp-content/uploads/2015/09/EH_C-Checklist_2018_CEHN_Home-Printing.pdf">http://cehn.org/wp-content/uploads/2015/09/EH_C-Checklist_2018_CEHN_Home-Printing.pdf</a>
NH Child Care Licensing Rules 2017-2027	<a href="https://www.dhhs.nh.gov/oos/cclu/documents/hc4002.pdf">https://www.dhhs.nh.gov/oos/cclu/documents/hc4002.pdf</a>
Healthy Kids, Healthy Future	<a href="https://healthykidshealthyfuture.org/">https://healthykidshealthyfuture.org/</a>
Next Generation Science Standards	<a href="https://www.nextgenscience.org">https://www.nextgenscience.org</a>
Child Care Wellness Policy Workbook	<a href="https://www.nemours.org/content/dam/nemours/www2/filebox/service/healthy-living/growuphealth/Child%20Care%20Wellness%20Policy%20Workbook.pdf">https://www.nemours.org/content/dam/nemours/www2/filebox/service/healthy-living/growuphealth/Child%20Care%20Wellness%20Policy%20Workbook.pdf</a>
Choices Learning Collaborative and NH NAPSACC Issue Brief	<a href="http://choicesproject.org/wp-content/uploads/2018/02/CHOICES_LCP_NH_NAPSACC_IssueBrief.pdf">http://choicesproject.org/wp-content/uploads/2018/02/CHOICES_LCP_NH_NAPSACC_IssueBrief.pdf</a>
Why Kids Need Real Play	<a href="http://happinessishereblog.com/2016/04/why-kids-need-real-play/">http://happinessishereblog.com/2016/04/why-kids-need-real-play/</a>
Wellness Policy Resources for Child Care	<a href="https://healthymeals.fns.usda.gov/local-wellness-policy-resources/wellness-policy-resources-child-care">https://healthymeals.fns.usda.gov/local-wellness-policy-resources/wellness-policy-resources-child-care</a>
Nature Explore Certified Classrooms	<a href="https://certified.natureexplore.org/">https://certified.natureexplore.org/</a>
Building Blocks for Fun and Healthy Meals	<a href="https://www.fns.usda.gov/tn/building-blocks-fun-and-healthy-meals">https://www.fns.usda.gov/tn/building-blocks-fun-and-healthy-meals</a>
Every Child in the Woods	<a href="https://forestsocety.org/sites/default/files/FN_Winter2017-18_web.pdf">https://forestsocety.org/sites/default/files/FN_Winter2017-18_web.pdf</a>
USDA Infant Meal Pattern	<a href="https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP_infantmealpattern.pdf">https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP_infantmealpattern.pdf</a>
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Revision History	4/2019 clarification on exclusion due to illness

