

Pfeifer Kiwanis Camp's Local Wellness Policy

This document contains information regarding the overall wellness policy of Pfeifer Kiwanis Camp. There are four primary categories: nutrition education, physical activity, guidelines for all foods and beverages at the camp, and other camp-based activities that promote student wellness.

Nutrition Education

The Pfeifer Kiwanis Camp nutrition education component is an integral part of the overall camp program and contains the following objectives:

- Students attending the Alternative Classroom Experience (ACE) program receive nutrition education that is interactive and teaches the skills necessary to adopt healthy eating behaviors.
- Nutrition education is offered in the camp cafeteria as well as in the classroom, with coordination between the foodservice staff, administration, camp counselors and teachers.
- Nutrition is integrated into the core curricula (e.g., as part of language arts, students complete a wellness journal).
- Staff who provide nutrition education have appropriate training.
- During weekly parent meetings, nutrition education for parents is provided by the administrative staff.
- Students receive health education through participation in weekly Social Issue Awareness programming which includes anger management, violence prevention, human sexuality and AIDS (discussed at an appropriate age level), and drug and alcohol awareness.
- In the camp cabins, camp counselors discuss proper hygiene and assist those students who need help in this area.

Physical Activity

In all camp programs there are ample opportunities to participate in physical activity as noted in the following objectives:

- Students must walk from their cabins to the bathhouse, to the cafeteria, to the classroom, and other places on site daily. This amounts to at least 1.5 miles per day.
- Students participate in physical activity for at least one hour daily in various forms including the following: hiking, cooperative games, teambuilding, canoeing, sports, and challenge course.
- During the weekly parent meetings, parents are encouraged to find ways to engage themselves and their children in physical activity on a regular and routine basis.
- Staff are required to lead the students in all physical activity, and therefore engage in ample physical activity themselves.

Guidelines for All Food and Beverages at the Camp

The camp and its programs provide a very controlled environment in terms of food and beverage guidelines.

- No food is sold at camp, either to staff or students
- With the exception of desserts provided at mealtimes, students rarely have the opportunity to eat candy, chips or carbonated beverages.
- Opportunities for snacks occur only once or twice per week, if at all, and serving portions are limited.
- The camp follows the USDA guidelines for breakfast and lunch meals served.
- Daily menus are posted for all to see in the cafeteria.
- The camp minimizes the use of fried food and emphasizes the availability of fresh fruits and vegetables daily.

Other Camp-based Activities that Promote Student Wellness

The camp's mission is to help youth live their lives more responsibly. This certainly includes eating nutritiously and engaging in adequate physical activity. The camp programs go beyond those areas to include mental health, hygiene, and awareness of detrimental social issues.

- Students participate in weekly Social Issue Awareness programming such as AIDS, Drug and Alcohol Awareness, and Violence Prevention. This programming is taught primarily by the camp teachers and is reinforced by the camp counselors and administrative staff.
- Students are supervised 24 hours per day by an adult.
- In the camp cabins, camp counselors discuss proper hygiene and assist those students who need help in this area.
- Students are encouraged to be accountable for their actions and to take an active role in problem solving.
- All staff are certified in American Red Cross Standard First Aid and CPR.