



# Wellness Policy

Eco Child Care of Charlotte, LLC  
DBA A Place To Grow Three Rivers - Wingate  
Updated June 7, 2024

A Place To Grow Three Rivers - Wingate 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 our school 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**

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 contaminants 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

A Place To Grow Three Rivers - Wingate promotes physical activity by embracing nature in our outdoor classroom space. 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
- Climbing structures
- 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**

Health care costs for treating obesity related conditions such as heart disease and diabetes range from \$147 billion to nearly \$210 billion annually. 12.5% of children ages 2-5 have obesity in the United States, and in North Carolina that jumps to 15%! 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 LLC 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 across our franchise.

### Physical Activity Guidelines

Physical activity in children has dropped drastically over the years. The body and mind need physical activity to thrive and learn about the environment around them. A Place To Grow Three Rivers - Wingate promotes physical activity for children of all ages by embracing nature on our 1.5 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 Snow Pants Winter Jacket Warm Hat covering ears Winter Boots	Rain Pants Rain Boots Rain Coat Rain Hat	Sun Shirt Sun Hat Sneakers <i>or</i> Sandals with Ankle Strap Sunscreen 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 during mealtimes. We will encourage the children 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 with the date opened and date of expiration. We encourage use of stainless steel and glass for food storage, drinking, and silverware.

***According to state law 10A NCAC 09 .1706, 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. A copy of the **Meal Patterns for Children in Child Care Programs** is available at the end of this document or online at <https://www.fns.usda.gov/cacfp/meals-and-snacks>.

**Families will need to provide 2 snacks and 1 meal equal to ½ of the child's daily food intake as required by North Carolina state law.**

The following food items are *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. A Medical Action Plan for Food Allergies that has been completed by a physician must be on file for any child with food allergies. All food allergies must 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 are not permitted as they do not meet USDA guidelines for healthy options.

### **Special Considerations for Infant Nutrition**

An **Infant Feeding Plan** form is required for all children under 15 months of age. This document helps ensure that we provide your child with an appropriate amount of food at the best times for your child.

At our school we understand that breastfeeding provides the healthiest start for babies, providing ideal nutrition and many health benefits for both infant and mother. We believe it is important to support and encourage breastfeeding. For many mothers, the need to return to work and be separated from their babies can make it challenging to continue breastfeeding. We have attached a simple brochure to help with some of your questions on how to make this a positive transition for you and your baby.

We will provide breastfeeding resources to help families. The infant room staff is trained on the proper storage and handling of human milk, infant feeding practices, and supporting exclusive breastfeeding. All infants will have an **Infant Feeding Plan** form that supports the preferred feeding choice of the family and is appropriate for the baby's developmental stage. We also encourage Mothers to breastfeed their babies on-site.

### **Screen Time**

Children under two years of age are not exposed to screen time at our facility. Screen time for preschool age children is limited to educational content only and is based on our monthly curriculum themes.

### **Illness**

Per NC 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.*

## 10A NCAC 09 .0804 INFECTIOUS AND CONTAGIOUS DISEASES

(a) Centers may provide care for a mildly ill infant or child older than two months who has a Fahrenheit temperature less than 101 degrees and for infants younger than two months who have a Fahrenheit temperature of less than 100.4 by any method including axillary or orally, so long as the child does not have any of the following signs or illness or infection:

1. more than two stools above the child's normal pattern and diarrhea is not contained by a diaper or when toilet-trained children are having accidents;
2. two or more episodes of vomiting within a 12 hour period;
3. lice, until completion of first treatment;
4. scabies;
5. chicken pox or a rash suggestive of chicken pox;
6. tuberculosis, until a health professional provides a written statement that the child is not infectious;
7. strep throat, until 12 hours after antibiotic treatment has started and no fever is present;
8. pertussis, until five days after treatment has started;
9. hepatitis A virus infection, until one week after onset of illness or jaundice;
10. impetigo, until 24 hours after treatment has started
11. a physician's or other health professional's written order that the child be separated from other children; or
12. exclusion for symptoms not included in this list shall be required if the symptoms prevent the child from participating comfortably in activities as determined by staff members of the program or the symptoms result in a need for care that is greater than the staff members can provide without compromising the health and safety of other children

If a child has been under the care of a physician, Eco Child Care of Charlotte, LLC - DBA A Place To Grow Three Rivers - Wingate 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.

## 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 ⅓ Cup  Seed Butters 1 TBSP  Seeds ½ oz  Dairy 1/4 C (Cottage cheese, plain yogurt) ½ oz cheese  Vegan alternatives ½ oz	Egg (½-¾)  Fish 1-1.5 oz  Meat 1-1 ½ oz  Beans 1/4 Cup-⅓ Cup  Seed Butter 2-3 TBSP  Seeds ½-¾ 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	⅓- ¼ Cup Frozen, canned, or fresh
Fruit no added sugars	½ Cup Dried, canned, or Fresh	⅓-¼ 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 Avocados Beets Bell peppers Broccoli Carrots Cauliflower Celery Corn (Fresh) Cucumbers Green beans Green peas Leafy Greens Kale Spinach Romaine Lettuce Olives Potatoes Squash Sweet potatoes Tomatoes Zucchini	Watermelon Cantaloupe Strawberries Blueberries Raspberries Lemon Lime Oranges Kiwi Grapefruit Apples Apricots Bananas Figs Grapes Papaya Pears Pineapple Plums Prunes Raisins/ Dried fruit	Dried peas Beans: Black Kidney Lima Garbanzo Pinto Lentils Tempeh Tofu	Barley Brown rice Buckwheat Millet Oats Quinoa Whole wheat Pancakes Waffles Muffins Pita Bread Dry Cereal Banana Bread	Beef, grass-fed Chicken pasture-raised Lamb, grass-fed Turkey, pasture-raised Cod Salmon Scallops Shrimp

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/EHC-Checklist_2018_CEHN_Home-Printing.pdf">http://cehn.org/wp-content/uploads/2015/09/EHC-Checklist_2018_CEHN_Home-Printing.pdf</a>
NC Chapter 09 - Child Care Rules (effective Jan 1, 2024 )	<a href="http://bit.ly/4b2iibw">http://bit.ly/4b2iibw</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/growuphealthy/Child%20Care%20Wellness%20Policy%20Workbook.pdf">https://www.nemours.org/content/dam/nemours/www2/filebox/service/healthy-living/growuphealthy/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-for-fun-and-healthy-meals">https://www.fns.usda.gov/tn/building-blocks-for-fun-and-healthy-meals</a>
Every Child in the Woods	<a href="https://forestsociety.org/sites/default/files/FN_Winter2017-18_web.pdf">https://forestsociety.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 06/2024 updates for APTG NC