

Gateway Children's Services Wellness Policy

Policy

Gateway Children's Services will provide client with opportunities and educational services that promote healthy lifestyles, physical activity, and nutritious meals.

The Living It Up program experience is mind-body-spirit program that combines Fitness, nutrition, relaxation, individual/family/group therapy, independent living skills and lessons in cultural diversity in an effort to prepare clients for a healthy life and becoming a responsible citizen.

Procedure

1. All food served shall meet (at a minimum) nutrition requirements established for school lunches by local, state, and federal statutes and regulations (National School Lunch Program, USDA & Kentucky Division of School and Community Nutrition). Clients will have adequate space to eat and pleasant surroundings, adequate time for meals and convenient access to hand-washing facilities will be offered before meals. Additionally, client will be offered a variety of fresh fruits and vegetables daily.
2. Clients will participate each day in physical activity for at least 45 minutes. Clients will be provided additional opportunities for physical activity each day. This may include outdoor sports and recreation, walks/hiking, yoga/relaxation techniques, trips to local parks and use of the local fitness club. During school hours clients will receive physical education instruction 5 days per week as part of the school curriculum.
3. Nutrition education shall be part of a comprehensive integrative, interdisciplinary wellness education curriculum that focuses on understanding the relationship between personal behavior, individual health and the environment impact of food choices. Clients will be provided weekly nutritional education groups. Linking nutrition and physical activity is particularly important because of the rising population of overweight youths across the nation. Nutrition education lessons shall stress the importance of combining regular physical activity with sound nutrition as part of an overall healthy lifestyle.
4. Medical services are provided by qualified physician, nurses, CMA and other medical professionals/providers as stated in our "Health Care to Clients Policy."

Public Notice

Gateway Children's Services
37 N. Maysville St.
MT. STERLING, KY 40353
(859) 498-9892

BUSINESS HOURS:

MONDAY-FRIDAY 8:00 AM TO 4:30 PM

NOTICE OF NON-DISCRIMINATION

Clients, their families, employees and potential employees of Gateway Children's Services are hereby notified that we not discriminate on the basis of race, color, national origin, age, religion, marital status, gender, sexual orientation or disability in employment, programs, or activities as set forth in compliance with federal and state statutes and regulations. Any persons having inquiries concerning GCS Non-Discrimination Policy may contact: Joe Gomes, CEO (859-498-9892 EXT 101)