



Local School Wellness Policy





Good Samaritan Boys Ranch is dedicated to meeting the needs of our youth physically and nutritionally. We have an extensive physical education/recreation program that all our youth participate in on a daily basis.

During the active school year, each of our boys have daily physical education during the school day. We offer reimbursable school meals that meet USDA nutrition standards. Menus are posted in the dining hall, school building, and office building. Only smart snacks will be offered during and within an hour of the school day ending. Information regarding approved and appropriate snacks will be posted in the school building and in the lunchroom.

We have a designated wall space in the lunchroom in which we provide information regarding healthy food choices, smart snacks, healthy activities, etc.

Water is offered and available throughout the whole day. We encourage and promote proper hydration.

After school (3:30pm-4:45pm) our boys participate in one of several different recreational activities. Following is a list of activities:

- Volleyball
- Softball
- Running/walking
- Basketball (indoor or outdoor courts)
- Swimming
- Bicycling
- Soccer
- Kickball
- Horseback riding
- Weight lifting
- Others not mentioned

Throughout the year other opportunities are provided for our boys such as kayak/canoe trips, off-road cycling, hiking, horseback trail rides, and volunteer activities such as cleaning up community areas and gardening at a local park.

GSBR understands the importance of physical activity in the role of maintaining a healthy mind and body so we offer and provide all these opportunities to each of our youth.

We have added a nutrition and healthy class to our program. This class will be taught bi-annually by GSBR's nursing staff in collaboration with our Food Service Department. Our school regularly has inservices on fitness, nutrition, health, hygiene, etc. The Physical Education department also has a life skills program that focuses on nutrition. Topics of focus in our wellness program include:

- Nutrition
- Healthy snacks
- The importance of maintaining a healthy body
- How to prepare a balanced nutritious meal
- Proper portion size
- Food groups
- Food pyramid
- Proper hydration and healthy beverage choices
- Requested topics by youth

This information will be presented and designed so that it is usable and practical for our youth to apply while they are here and in the future.

GSBR's wellness policy will be under the direction of our Recreation Director. He will meet with the wellness committee biannually to maintain and update our policy. The wellness committee will have the following people as committee members:

- GSBR's Recreation Director
- Director of Youthcare
- Director of Food Services
- A member of our nursing staff
- A physical education teacher from our school
- A program youth (president of the student council)

GSBR employees, Pleasant Hope Ranch school personnel such as teachers, paraprofessionals, and auxiliary staff will receive a survey biannually critiquing our wellness policy and requesting ideas for improvements. Our youth will also be surveyed for any ideas they may have to improve their overall physical wellness. Our nursing staff will provide results of at least one assessment of each youth's physical well-being. The outcomes of the surveys will be evaluated and changes will be made if necessary during our biannual wellness policy team meeting.

The wellness policy is posted in our school building and in our cafeteria. Results of assessments and any changes made will be available in a digital format on GSBR's shared file and will be sent by email to school personnel. Paper copies will be distributed to our youth and any who cannot access electronically.

Our wellness policy is accessible through www.ranchlife.org.

This policy was updated on October 31, 2025 and approved by the school wellness team during their assessment meeting on that date.

A copy of this revised policy will be distributed as noted and made available to all interested parties.



Wellness Policy Committee Meeting

Oct 31, 2025

Those present were:

John Charles, Recreation Director
Paula Heavin, Director of Youthcare
Kelly Kite, Director of Nursing GSB
Brandi Harrison, RN at GSB
Jack Roweton, Physical Education Teacher

Absent: Sandy Stokes, Food Services Director of GSB

The overall wellness policy was discussed and reviewed. We established that we will meet within the first month of the school year to record personal fitness goals set with the physical education teacher and we will meet in April to record the results.

The P.E. teacher will also continue to have our youth participate in the presidential fitness program and the recreation director will follow through during after school recreation time.

The nurses will record the BMI numbers for each youth in the August and April meetings and when those numbers are reviewed action will be taken if necessary. They will also hold 2 nutrition classes per school year.

The director of food services will maintain food and nutritional information posted in the dining hall and menus posted in the dining hall and in the school. She will also distribute school approved snack information and make sure they are posted in the school building and in the dining hall. Director of food services will also post caloric and other nutrition information on the menus.

The committee is also going to look at initiating contests and projects focused on increasing overall wellness in our youth.

Paula Heavin, Director of Youthcare



Good Samaritan Boys Ranch School Snack Policy

All snacks sold during the school day meet USDA'S smart snack standards and any school fundraisers will meet those same standards. Exempt fundraisers are limited to five per school year and are the duration of one day.

If our "snack shack" is open during school hours, only non-food items will be sold.

School approved snacks are posted in the dining hall and in the school building.