



# 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](http://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.

# Your District's Scorecard

**Policy Assessment Name: Good Samaritan Boys Ranch  
(12/2025)**

**District Name: Good Samaritan Boys Ranch**

Congratulations! You have completed the *WellSAT Policy Assessment*. You can see your Policy scores for each item below. Please note if you are missing any of the federal requirements in Section 1. Items with a rating of "0" (item not addressed in the policy) or "1" (weak statement addressing the item) can be improved by referring to the links at [wellsat.org/resources](https://wellsat.org/resources).

Section 1. Federal Requirements	Rating
FR1 Includes goals for nutrition education that are designed to promote student wellness.	2
FR2 Assures compliance with USDA nutrition standards for reimbursable school meals.	1
FR3 District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	NA
FR4 Free drinking water is available during meals.	2
FR5 Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	0
FR6 Addresses compliance with USDA nutrition standards (Smart Snacks) for all food and beverages sold to students during the school day.	NA
FR7 Regulates food and beverages sold in a la carte.	NA
FR8 Regulates food and beverages sold in vending machines.	NA
FR9 Regulates food and beverages sold in school stores.	NA
FR10 Addresses fundraising with food to be consumed during the school day.	NA
FR11 Regulates food and beverages served at class parties and other school celebrations in elementary schools. Use N/A if no elementary schools in district.	NA
FR12 Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	1
FR13 Addresses how all relevant groups will participate.	2
FR14 Identifies the officials responsible for compliance with all components of the local wellness policy in each school.	2
FR15 Addresses making the wellness policy available to the public.	2
FR16 Addresses the assessment of district implementation of the local wellness policy at least once every three years.	2
FR17 Addresses making triennial assessment results available to the public and specifies what will be included.	1
FR18 Addresses a plan for updating policy based on results of the triennial assessment.	2

<b>Section 2. Nutrition Environment and Services</b>		<b>Rating</b>
NES1	Addresses access to the USDA School Breakfast Program.	0
NES2	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	NA
NES3	Specifies how families are provided information about determining eligibility for free/reduced price meals.	NA
NES4	Specifies strategies to increase participation in school meal programs.	NA
NES5	Specifies marketing to promote healthy food and beverage choices.	0
NES6	Addresses the amount of “seat time” students have to eat school meals.	0
NES7	Addresses purchasing local foods for the school meals program.	0
NES8	USDA Smart Snack standards are easily accessed in the policy.	NA
NES9	Exemptions for infrequent school-sponsored fundraisers.	NA
NES10	Addresses foods and beverages containing caffeine at the high school level.	NA
NES11	Addresses nutrition standards for all foods and beverages <b>served (not sold)</b> to students after the school day, including before and aftercare on school grounds, clubs, and after school programming.	1
NES12	Addresses nutrition standards for all foods and beverages <b>sold (not served)</b> to students after the school day, including before and aftercare on school grounds, clubs, and after school programming.	NA
NES13	Addresses food not being used as a reward.	0
NES14	Addresses availability of free drinking water throughout the school day.	2
<b>Section 3. Nutrition Education</b>		<b>Rating</b>
NE1	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	2
NE2	All elementary school students receive sequential and comprehensive nutrition education.	NA
NE3	All middle school students receive sequential and comprehensive nutrition education.	2
NE4	All high school students receive sequential and comprehensive nutrition education.	2
NE5	Nutrition education is integrated into other subjects beyond health education.	1
NE6	Links nutrition education with the food environment.	0
NE7	Nutrition education addresses agriculture and the food system.	0
<b>Section 4. Physical Education and Physical Activity</b>		<b>Rating</b>
PEPA1	There is a written physical education curriculum for grades K-12.	1
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	1
PEPA3	Physical education promotes a physically active lifestyle.	0

PEPA4	Addresses time per week of physical education instruction for all elementary school students.	NA
PEPA5	Addresses time per week of physical education instruction for all middle school students.	1
PEPA6	Addresses time per week of physical education instruction for all high school students.	1
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	0
PEPA8	Addresses providing physical education training for physical education teachers.	0
PEPA9	Addresses physical education exemption requirements for all students.	2
PEPA10	Addresses physical education substitution for all students.	NA
PEPA11	Addresses family and community engagement in physical activity opportunities at all schools.	NA
PEPA12	Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	2
PEPA13	Addresses recess for all elementary school students.	NA
PEPA14	Addresses physical activity breaks during school.	0
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	NA
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	NA
PEPA17	Addresses using physical activity as a reward.	0
PEPA18	Addresses physical activity not being used as a punishment.	0
PEPA19	Addresses physical activity not being withheld as a punishment.	0

## Section 5. Employee Wellness Rating

EW1	Addresses strategies to support employee wellness.	0
EW2	Encourages staff to model healthy eating and physical activity behaviors.	0

## Section 6. Integration and Coordination Rating

IC1	Addresses the establishment of an ongoing district wellness committee.	2
IC2	Addresses the establishment of an ongoing school building-level wellness committee.	1

## Overall District Policy Score

Total Comprehensiveness	District Score 56
Total Strength	District Score 32