



The Children's Learning Center (CLC) Wellness Policy

 380 Washington Avenue, Roosevelt, NY 11575
 516-378-2000, Ext. 311




Our Commitment

At **The Children's Learning Center (CLC)** at **CP Nassau**, we are dedicated to providing a school environment that supports healthy habits and lifelong wellness for every student.

Child Nutrition Program


CLC's **Child Nutrition Program** follows all federal, state, and local guidelines to ensure students receive nutritious, high-quality meals **free of charge**.

We help students:

-  Make healthy food choices
-  Try new foods
-  Build positive lifelong eating habits

 **Meals at CLC are:**

- Served in clean, pleasant settings
- Appealing and child-friendly
- Packed with fruits and vegetables
- Offered with low-fat (1%) or fat-free milk, or 100% real fruit juice

 Through the **Community Eligibility Provision (CEP)**, **all students** receive **free breakfast and lunch** every day.

Promoting Health & Movement

We encourage **students, families, and staff** to start each day with a healthy breakfast!

Physical activity is an important part of each school day:

- 🧩 Gross motor movement is built into classroom activities
- ✂️ Our Adaptive Physical Education program helps students learn meaningful movement skills they can use outside of school

Health-related goals from each student's **IEP** are also implemented throughout the day.

🍎 Food Safety & Classroom Celebrations

All foods available at CLC follow strict **food safety and security guidelines**.

📖 Our **CLC Food Guidelines**:

- Are included in the CLC Educational Manual (available to all staff)
 - Sent home annually to families
 - Shared upon request — especially for classroom celebrations or parties
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☀️ Our School Environment

CLC provides a **safe, comfortable, and supportive** space for students to enjoy their meals.

Students who need assistance or nursing care are treated with respect and care in accordance with therapeutic guidelines.

🚫 **Food is never withheld as a form of punishment.**

All activities align with **New York State Education Department** standards and the **CLC Educational Manual**.

🧠 Policy Oversight & Updates

Our **School Nutrition Committee** meets **yearly** to review and strengthen our wellness efforts.

The **Wellness Policy** is reviewed and updated **every three years**, with input from:

👥 Parents | 🎓 Students | 🏠 Teachers | 🩺 Health Professionals | 👤 Administrators | 🗣️ School Food Authorities | 🌍 Community Members

🔔 Updates are shared each year via:

- 🌐 The **CLC Website**
- ➡️📱 The **ParentSquare App**


Parents and families are always welcome to share feedback and suggestions.

Implementation & Compliance

Our **School Food Service staff** at the **Cerebral Palsy Association of Nassau County, Inc.** ensure compliance with all wellness and nutrition policies and report directly to the **Food Service Supervisor**.

We Value Your Feedback

Have ideas, comments, or suggestions?
We'd love to hear from you!

 **Call us at 516-378-2000, Ext. 311**