



## FOOTSTEPS CHILD CARE WELLNESS POLICY IMPLEMENTATION PLAN

Footsteps Child Care has approximately 60 staff members employed. We serve approximately 800 children (infants through middle school) with a daily average of 600. Including our families the Wellness Policies will be distributed to over 1,500 people. The Wellness Policy will affect all of our children and youth and staff members.

### Implementation Plan:

- The established Wellness Committee will meet quarterly to review and recommend practices as they relate to the Footsteps Child Care Staff and Children Wellness Policies.
- The Wellness Policies will be posted at each Footsteps Child Care location and on our website. The Wellness Policies will be included in our family handbooks that are distributed to all enrolled families once per year.
- All new staff members will be given a copy of the policies and questions will be answered during their new hire orientation.
- Articles about our Wellness policies will be in our newsletter twice per year.
- Staff training will be provided on a yearly basis with topics on health, physical activity and nutrition.

The stipend will be used for our all staff training day on Monday, September 9, 2013. We will have a mini health fair including a healthy lunch, incentives, Zumba and other fun events. We plan to have a nutritionist provide training on healthy snacks for the children by age group. Our second annual community wellness event Fun, Fit, Family Day will be held on Saturday, September 28, 2013, in partnership with the City of Belmont. This free event will include Family Zumba, non-completive games lead by our PE Specialist, a mini health fair, bike safety tips and more!



*Where little steps lead to big futures*



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