

School Wellness Policy

WEST CENTRAL REGIONAL JUVENILE CENTER



WCRJC recognizes that good nutrition and regular physical activity affect the health and well-being of all youth. Furthermore, research suggests that there is a positive correlation between a youth's health and well-being and his/her/their ability to learn. Moreover, WCRJC can play an important role in the developmental process by which youth establish their health and nutrition habits by providing nutritious meals and snacks through the school meal programs, supporting the development of good eating habits and promoting increased physical activity.

WCRJC is committed to creating an environment that promotes and protects the overall well-being of all youth and staff. The guidelines listed below encourage a comprehensive wellness approach that is sensitive to both individual and community needs.

1. Local School Wellness Policy Leadership

WCRJC will assemble a representative wellness committee that will meet bi-annually, February and July, to monitor and set goals for the development and implementation of its local school wellness policy. The policy shall be reviewed annually.

- The kitchen manager, Bryan Hanson shall ensure overall compliance with the local school wellness policy.
- Representatives of the school food authority, teachers of physical education, school health professionals, school administrators and the public shall be permitted to participate in the development, implementation, and periodic review and update of the local school wellness policy.

WCRJC will review and consider [evidence-based strategies](#) and techniques in establishing goals for nutrition promotion and education, physical activity and other RCCI-based activities that promote youth wellness such as a review of Smarter Lunchroom tools and techniques.

2. Nutrition Promotion

- Utilize Smarter Lunchroom tools and strategies to promote and reinforce healthy eating in the school environment, ensuring that messages are clear and consistent.
- WCRJC will promote healthy food and beverage choices for all participants by ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.

3. Nutrition Education

- Youth receive nutrition education that is interactive and teaches skills they need to adopt age-appropriate healthy eating behaviors. Activities and youth participation are provided in nutrition and health classes. (Example topics include mindful eating, balanced meals, how to read nutrition facts labels).
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.

4. Physical Activity

- WCRJC will provide opportunities for participants to participate in physical activity to the extent safe and practicable.
- All youth will have at least 20 minutes of daily activities. WCRJC will provide space, equipment and an environment conducive to safe and enjoyable play.
- Youth will have an increase in both the number and variety of physical activity opportunities offered to them.
- As applicable, WCRJC will take advantage of nearby facilities to provide expanded physical activity opportunities for youth and staff.

5. Other RCCI-Based Activities

WCRJC will integrate wellness activities across the entire RCCI setting. These initiatives will include nutrition, physical activity and other wellness components so that all efforts work towards the same set of goals and objectives used to promote well-being, optimal development and strong educational outcomes.

General Guidelines

- WCRJC shall consider other RCCI-based activities that promote wellness.
- WCRJC shall be in compliance with drug, alcohol and tobacco-free policies.

Eating Environment

- Youth will be provided an adequate amount of time to consume their meal with a minimum of 20 minutes after receiving their food from the line.
- **WCRJC** will provide nutritious, fresh, locally grown food.
- Convenient access to facilities for hand washing and oral hygiene will be available during meal periods.

Employee Wellness

- WCRJC wellness committee will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and distributes wellness resources and performs other functions that support staff wellness in coordination with human resources staff.
- WCRJC will offer one staff wellness event each year.

Health Services

- A coordinated program of accessible health services shall be provided to youth and staff and shall include, but not be limited to, violence prevention, safety, communicable disease prevention, health screening, including body mass index, community health referrals, immunizations, parenting skills and first aid/CPR training.

Behavior Management

- WCRJC is committed to prohibiting the use of food as a reward, unless incorporated into an activity that promotes positive nutrition messages (such as a guest chef or field trip to a farm).
- Staff will not deny or require physical activity as a means of punishment.

6. Guidelines for All Foods and Beverages Available During the School Day

WCRJC shall operate and provide food service in accordance with USDA's National School Lunch Program (NSLP) standards. The guidelines for reimbursable meals shall not be less restrictive than regulations and guidance issued by USDA.

General Guidelines

- All reimbursable meals will meet nutrition standards mandated by USDA, as well as any additional state nutrition standards that go beyond USDA requirements.
- Reimbursable meals will include a variety of nutrient-dense foods, including whole grains and fiber-rich fruits and vegetables, while accommodating special dietary needs and ethnic and cultural food preferences.
- To the maximum extent possible, WCRJC will participate in available federal school meal program NSLP.
- Free, potable water will be made available to all youth during each meal service.

Competitive Foods

- No foods or beverages are currently sold to the youth outside of the reimbursable meals. If competitive food/beverages are ever sold in the future, they will meet the competitive food (Smart Snacks in School) standards found at 7 CFR 210.11.

Standards for food and beverages available during the school day that are not sold to youth:

- Class parties or celebrations shall be held after the lunch period.
- WCRJC will limit celebrations that involve food during the school day to no more than one party per class per month.

Fundraising

- WCRJC does not hold fundraising events that involve food or beverage items.

7. Policy for Food and Beverage Marketing

- No food or beverage marketing occurs in the program(s). If food/beverage marketing ever does occur, it will meet the competitive food (Smart Snack Standards).

8. Evaluation and Measurement of the Implementation of the Wellness Policy

WCRJC wellness committee will update and make modifications to the wellness policy based on the results of the annual review and triennial assessments and/or as local priorities change, community needs change, wellness goals are met, new health information and technology emerges and new federal or state guidance or standards are issued. The wellness policy will be assessed as indicated at least every three years following the triennial assessment.

Triennial Progress Assessments

WCRJC will assess the local school wellness policy to measure compliance **at least once every three years**. This assessment will measure the implementation of the local school wellness policy, and include:

- The extent to which WCRJC is in compliance with the local school wellness policy.
- The extent to which the local school wellness policy compares to model local school wellness policies; and
- A description of the progress made in attaining the goals of the local school wellness policy.

9. Informing the Public

WCRJC will ensure that the wellness policy and most recent triennial assessment are always available to the public. WCRJC will also actively notify households (as applicable/possible) on an annual basis about any updates made to the wellness policy and the availability of the triennial assessment results, as well as provide information to the community about the RCCI nutrition environment.

- WCRJC will notify parents, facility staff, residents, and other stakeholders regarding the content of the wellness policy, updates to the policy, and results of the policy assessment by posting information in a public place such as the WCRJC.
- WCRJC will ensure the most updated version of the wellness policy and triennial assessments are always available on its website for the public to view.

10. Community Involvement

WCRJC is committed to being responsive to community input, which begins with awareness of the wellness policy. WCRJC will actively communicate ways in which youth, representatives of the school food authority, RCCI health professionals, staff, food and nutrition professionals and the public can participate in the development, implementation, and annual review of the local school wellness policy through a variety of means, including:

- WCRJC will consider youth needs in planning for a healthy nutrition environment. Youth will be asked for input and feedback and attention will be given to their comments.
- WCRJC will use electronic mechanisms, displaying notices on WCRJC website.

Record Keeping

Records to document compliance with the requirements of the local school wellness policy will include, but are not limited to the following:

- The written local school wellness policy.
- Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public as consistent with the section on informing and updating the public; and
- Documentation of the triennial assessment of the local school wellness policy.