



# Department of Public Safety, Juvenile Justice

**Date:**

## Local Center Wellness Policy for

Center Director:

Center Address:

Center State:

Center Zip Code:

Center Phone:

**Rationale/Preface:** The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being.

Youth Development and Detention Centers operated by the North Carolina Department of Public Safety, Division of Adult Correction and Juvenile Justice (DACJJ) have a responsibility to help students learn, establish, and maintain lifelong, healthy eating and activity patterns. Staff wellness also is an integral part of a healthy work environment, since staff can be daily role models for healthy behaviors.

Thus, the Division is committed to providing Center environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

**Goal:** All juveniles in DJJ center programs shall gain the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff is encouraged to model healthful eating and physical activity as a valuable part of daily life.

This program is designed to effectively utilize division and community resources and to equitably serve the needs and interests of all juveniles and staff, taking into consideration differences in culture. To meet this goal DJJ adopts this Local Center Wellness Policy for all Youth Development and Detention Centers operating under the Child Nutrition Program with the following commitments to nutrition, promotion, physical activity, other school based strategies for wellness, and implementation.

### **Commitment to Nutrition and Promotion:**

The Juvenile Detention Center will:

- > Offer a school breakfast, lunch, snack and dinner program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture.
- > Establish guidelines that food and beverages will not be sold or marketed to the juveniles during the school day due to the safety, security, and confinement of the center.
- > Allow juveniles to only consume foods provided but not sold in the classroom during school. Snacks may be provided on school campus that meet or exceed the USDA Smart Snacks nutrition standards provided by food service staff.
- > Refer to DJJ policy YD/YC 3.3 Control of Items Entering and Leaving Campus, section C that addresses snacks brought by staff or family members.
- > Provide one nutrition education activity and promotion and submit in writing a quarterly report to central office nutrition staff. Due dates for submission of quarterly report will be for the following months of September, December, March and June of the school year.
- > Operate all Child Nutrition Programs with food service staff members who are properly trained and qualified according to current professional standards.
- > Establish food safety as a key component of all food operations and ensure that adherence to ServSafe guidelines is maintained.
- > Establish guidelines for all foods available with the objective of promoting student health and reducing childhood obesity.
- > Serve meals that incorporate a variety of fruits and vegetables, consist of only low-fat (1%) and fat free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and at least half of the served grains will be whole grain.

- > Provide juveniles access to hand washing or hand sanitizing before they eat meals or snacks.
- > Provide adequate time for juveniles to eat meals.
- > Establish an environment during meals that is clean and safe and that is conducive to a positive dining experience.
- > Provide juveniles time following meals to accommodate hygiene regimens.

### **Commitment to Physical Activity**

The Juvenile Detention Center will:

- > Provide physical recreation opportunities for all juveniles every day which incorporate one hour of large muscle activity and individual and group activities that are juvenile-centered and provided in a positive environment.
- > Schedule, when possible, recreation activities before meal times in order to increase food consumed, decrease plate waste, and improve behavior during mealtimes.
- > Incorporate 5- to 10-minute physical activity sessions in classrooms to teach subject areas and to make transitions between different lessons and/or classes. The physical activity sessions will be based on the Middle School Energizer program developed in partnership with the North Carolina Department of Public Instruction (NCDPI). Middle School Energizers address appropriate activities in the following content area: Healthful Living curriculum.

### **Commitment to Other School Based Strategies for Wellness**

The Juvenile Detention Center will:

- > Incorporate nutrition education into the Healthful Living curriculum and/or as a part of regular center programming efforts.
- > Receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behavior.
- > In order to address health education comprehensively, provide counseling and psychological services to encourage and safeguard the physical, emotional, and social well being of juveniles. These services may consist of the following: individual counseling, group counseling, substance abuse counseling, substance abuse testing, and mental health assessments.
- > Provide positive, motivating messages, both verbal and non-verbal, about healthy lifestyle practices throughout the center setting. All staff will assist in reinforcing these positive messages whenever possible.

### **Commitment to Implementation**

The Juvenile Detention Center will:

- > Establish a plan for implementation of the Division's wellness policy.
- > Designate one or more persons to ensure that the Division's wellness policy is implemented as written. The person designated will be either the Director, the Cook Supervisor, or other staff member designated by the Director.
- > Establish a local Wellness Committee to oversee the implementation and evaluation of the wellness program. The local Wellness Committee may be comprised of the following individuals: Center Director; Cook Supervisor; Teacher, Supervisor, Human Services Coordinator; Safety Officer, and Business Services Coordinator. The committee will be facilitated by staff designated by the Center Director.

### **Commitment to Maintaining, Measuring, and Evaluating**

- > The DJJ Center Director and the DJJ Child Nutrition Program Administrator will ensure that the local Wellness Committee conducts a review of the progress toward program goals on a yearly basis and submit a report regarding progress and including any suggestions for revisions to the program. The report will remain on file at the DJJ Child Nutrition Program Administrator's office for a Department of Public Instruction Child Nutrition Services Administrative review.
- > Center Directors will ensure compliance with nutrition policies and programs within the food service areas as carried out by the Food Service Supervisor and/or Cook Supervisor, or the Director's designee.
- > The Child Nutrition Program Administrator for DJJ will report to each center on the most recent - Department of Public Instruction Child Nutrition Services Administrative review findings and any changes that resulted from this review. If an Administrative review has not been completed in the past three years, it will be requested that an Administrative review be scheduled and completed as soon as possible.

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(Printed/typed name of Center Director)

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(Signature of Center Director for printed copy)

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(Signature Date for printed copy)