

LORAIN COUNTY JUVENILE DETENTION HOME

WELLNESS POLICY

I. **Policy:**

The Lorain County Juvenile Detention Center shall identify goals for nutritional education, physical activity, and other education-based activities that are designed to promote youth wellness and foster lifelong habits of healthy eating and physical activity. The LCJDC shall follow all U.S. Department of Agriculture and Ohio Department of Education guidelines. The Wellness Policy shall be made available to staff and youth by placing a copy of it in the Operations Manual and classroom. The Wellness Policy and Assessment will be made available to the public via our website: <https://www.lcdrc.org> and also posted in our public waiting area. LCJDC is committed to the optimal development of every youth. The belief is that for youth to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Two components, good nutrition and physical activity are strongly correlated with positive youth outcomes. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among youth. In addition, youth who are physically active through physical activity breaks, high-quality physical education and extracurricular activities do better academically. Finally, there is evidence that adequate hydration is associated with better cognitive performance.

This policy outlines LCJDH approach to ensuring environments and opportunities for all youth to practice healthy eating and physical activity behaviors throughout the school day. Specifically, this policy establishes goals and procedures to ensure that:

- Youth have access to healthy foods throughout the school day in accordance with Federal and State nutrition standards.
- Youth receive quality nutrition education that helps them develop lifelong healthy eating behaviors.
- Youth have opportunities to be physically active throughout the day.
- The Educational Program engages in nutrition and physical activity promotion and other activities that promote youth wellness.
- Education staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.
- LCJDC establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

II. **Definitions:**

Extended School Day: the time during, before and after school.

Health Education: the instructional program that provides the opportunity to motivate and assist all youth to maintain and improve their health, prevent disease and reduce health-

LORAIN COUNTY JUVENILE DETENTION HOME

WELLNESS POLICY

related risk behaviors. It allows youth to develop and demonstrate increasingly sophisticated health-related knowledge, attitudes, skills and practice.

Health Services: provides coordinated, accessible health and mental health services for youth.

Healthy and Safe Environment: supports a total learning experience that promotes personal growth, healthy interpersonal relationships, wellness and freedom from discrimination and abuse.

National School Lunch Program: ensures healthy eating for youth at breakfast and lunch meals during school hours.

Nutrition: programs that provide access to a variety of nutritious and appealing meals that accommodate the health and nutritious needs of all youth. The goal is to promote the role of nutrition in academic performance and quality of life.

Nutrition Education: teaches, encourages, and supports healthy eating by youth. Nutrition education and healthy eating will allow for proper physical growth, brain development, ability to learn, emotional balance, a sense of well-being, obesity prevention and the ability to resist disease.

Physical Activity and Physical Education: provides the opportunity for all youth to learn and develop the skills, knowledge and attitudes necessary to be physically fit and active for a lifetime.

School Day: the time between midnight the night before to 30 minutes after the end of the instructional day.

Social and Emotional Wellbeing: collaborate with youth, parents, staff and community to influence youth success by building awareness and promoting strategies to maintain and/or improve youth's mental health.

Staff Wellness: promote activities for staff that are designed to promote the physical, emotional and mental health of school employees as well as to prevent disease and disability.

Triennial: recurring every three years.

III. Procedures:

LCJDC shall develop a committee to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of the facility Wellness Policy.

LORAIN COUNTY JUVENILE DETENTION HOME

WELLNESS POLICY

Leadership: The Detention Director or designee(s) will convene the committee and facilitate development of and updates to the Wellness Policy, and will ensure compliance with the policy. The Program Manager responsible for facility support will act as the Wellness Policy coordinator, who will ensure compliance with the policy. Our Wellness Committee will include: Superintendent of Detention, Residential Services Administrative Supervisor, Representative for Food Service Company, Fiscal Specialist, ESC Teacher, DH Shift Supervisor and a Registered Dietician for Food Service Company. All members of the Wellness Committee will be included in the development, implementation, review, and update of the wellness policy.

The Wellness Committee shall meet bi-annually during the school year to review nutrition and physical activity policies and to develop an action plan for the coming year as necessary. The components of the Wellness Policy will be as follows:

- Nutrition Education
- Physical Activity and Physical Education
- Health Education
- Healthy and Safe Environment
- Staff Wellness and Health Promotion
- Social and Emotional Well Being

A. Nutrition Education:

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Nutrition lessons are integrated into the curriculum and the health education program. Nutrition education will provide the knowledge and skills necessary to promote health. Nutrition topics shall be integrated with the comprehensive health education curriculum and taught at every grade level. Nutrition education will be integrated into the broader curriculum, where appropriate. Youth and staff will receive consistent nutrition messages throughout units, classrooms, and gymnasium.

Nutritional education is an important component of programming at the Lorain County Juvenile Detention Center. The Educational Services Center teachers shall provide monthly nutrition education on various topics. The Facility Support staff will receive mandatory annual training in basic nutrition.

LORAIN COUNTY JUVENILE DETENTION HOME

WELLNESS POLICY

All school nutrition program directors, manager, and staff will meet hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals. All personnel will refer to USDA's Professional standards for School Nutrition Standards website to search for training that meets their learning needs.

LCJDC shall promote and support healthy eating by its youth.

Goals:

- Provide a nutrition class, at least monthly, which teaches youth skills to make healthy eating choices.
- Nutrition education will incorporate lessons helping children acquire skills for reading food labels and menu planning.
- Nutrition education will provide the knowledge and skills necessary to promote health.
- Promote whole grains, low/no fat dairy, and increase quantity and variety of fruits and vegetables
- Display nutrition and health posters in various areas of the facility such as units, classroom, and medical room.
- Never withhold meals or snacks as punishment.
- Ensuring of foods and beverages promoted to youth meet the USDA Smart Snacks in School nutrition standards.
- Teach, model, encourage and support healthy eating by all youth.
- The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.

The LCJDC is committed to serving healthy meals to youth, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of youth within their calorie requirements. Vendors are encouraged to make available locally grown produce available. The meal program aims to improve the diet and health of youth, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

LORAIN COUNTY JUVENILE DETENTION HOME

WELLNESS POLICY

LCJDC participates in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and the School Snack Program (SNP). Meals served shall comply with the NSLP and SBP standards for meal patterns, nutrition levels, and caloric requirements for the ages/grades served, as specified in 7 CFR 210.10 or 220.8 as applicable. (working links provided) Breakfast will be provided through the USDA School Breakfast Program. The LCJDC is committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all youth.
- Are appealing and attractive to youth.
- Are served in clean and pleasant settings.
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (LCJDC offers reimbursable school meals that meet [USDA nutrition standards](#).)
- The USDA's Smarter Lunchroom tools will be used in addition to other resources available on the USDA website.
- Promote healthy food and beverages.
- Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional.
- The LCJDC child nutrition program will accommodate youth with special dietary needs.
- Detention is in compliance with all federal and state nutrition standards for all food served.
- The complete Smart Snack standards are included here: <https://www.cdc.gov/healthyschools/npao/smartsnacks.htm>
- Evening snacks are served via the Child and Adult Care Food Program and meet the requirements of that program.
- Youth will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.
- Youth are served lunch at a reasonable and appropriate time of day.
- Water pitchers and cups will be present in the cafeteria and supervisory staff will allow youth to access water throughout the meals period.
- To promote hydration, free, safe, unflavored drinking water will be available to all youth throughout the school day.
- Only water, milk, and 100% juice shall be served to students during the school day.
- LCJDC will make free drinking water available where school meals are served during mealtimes and throughout the school day.

LORAIN COUNTY JUVENILE DETENTION HOME

WELLNESS POLICY

- All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards. Such sources and containers may include drinking fountains, water jugs, water pitchers and other methods for delivering drinking water.

B. *Physical Activity and Physical Education:*

LCJDC will ensure that its facilities are safe and that equipment is available to youth to be active, will conduct necessary inspections and repairs, will ensure that inventories of physical activity supplies and equipment are known and, when necessary, will work with community partners to ensure sufficient quantities of equipment are available to encourage physical activity.

LCJDC will provide all youth with daily physical education, using an age-appropriate physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help youth develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education.

All youth will be provided equal opportunity to participate in physical education classes. LCJDC will make appropriate accommodations to allow for equitable participation for all youth and will adapt physical education classes and equipment as necessary. Accommodations will be made for those children that are on limited and no activities, such as asthma, traumatic injury (broken bones, sprains, etc.), neuromuscular disease, etc.

LCJDC comprehensive, standards-based physical education curriculum identifies the progression of skill development in all grades. Physical education curriculum revision will follow a formally established periodic review cycle congruent to other academic subjects. It will be aligned with established state physical education standards. It will also focus on personal fitness.

Physical activity during the school day will not be withheld as punishment for any reason for poor behavior or incomplete classwork. LCJDC follows Juvenile Detention Alternatives Initiative (JDAI) standards for alternative ways to

LORAIN COUNTY JUVENILE DETENTION HOME

WELLNESS POLICY

discipline youth. Youth may not be allowed to be exempt for required physical education class time or credit and there will be no substitution allowed for the physical education time requirement. Youth will be provided the opportunity for physical activity before and after school such as Large Muscle Exercise, Free Gym, Volleyball Tournament, etc. All youth at the Lorain County Juvenile Detention Home shall receive 420 minutes per week of physical education activity. Physical Education classes shall be taught by a licensed teacher. All staff involved in physical education should be provided with opportunities for professional development.

Youth will not be required to engage in physical activity as punishment. For example, youth may not be singled out to run extra laps, or perform any other physical activities that the entire class is not engaged in, as a behavioral consequence.

C. Health Education:

Health education will be required for all youth. This may include the following topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan.
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness

LORAIN COUNTY JUVENILE DETENTION HOME

WELLNESS POLICY

- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

The health education curriculum provided by Education Services Center will include topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention.
- Food guidance from [MyPlate](#).
- Reading and using FDA's nutrition fact labels.
- Eating a variety of foods every day.
- Balancing food intake and physical activity.
- Eating more fruits, vegetables and whole grain products.
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat.
- Choosing foods and beverages with little added sugars.
- Eating more calcium-rich foods.
- Preparing healthy meals and snacks.
- Risks of unhealthy weight control practices.
- Accepting body size differences.
- Food safety.
- Importance of water consumption.
- Importance of eating breakfast.
- Making healthy choices when eating at restaurants.
- Eating disorders.
- [The Dietary Guidelines for Americans](#).
- Reducing sodium intake.
- Social influences on healthy eating, including media, family, peers and culture.
- How to find valid information or services related to nutrition and dietary behavior.
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully.
- Resisting peer pressure related to unhealthy dietary behavior.
- Influencing, supporting, or advocating for others' healthy dietary behavior.
- School gardens and nutrition instruction are encouraged as part of the academic curriculum.

LCJDC recognizes that youth are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, youth will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week.

LORAIN COUNTY JUVENILE DETENTION HOME

WELLNESS POLICY

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day. LCJDC will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement. Teachers will serve as role models by being physically active alongside the youth whenever feasible.

LCJDC offers opportunities for youth to participate in physical activity after the school day through a variety of methods. LCJDC will encourage youth to be physically active after school.

IV. **Recordkeeping:**

LCJDC will retain records to document compliance with the requirements of the Wellness Policy in the Policy & Procedure manual both online (Intranet) and a hard copy kept in the Superintendent’s office. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy.
- Documentation demonstrating that the policy has been made available to the public. (Posted in the waiting area)
- Documentation of efforts to review and update the Wellness Policy. (Wellness Committee Meetings) Bi-annually (May/Oct)
- Documentation to demonstrate compliance with the annual public notification requirements.
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

The Superintendent or designee will ensure compliance with established nutrition and physical activity policies. The position/person responsible for managing the triennial assessment and contact information is the Program Manager responsible for facility support.

The Wellness Committee will conduct a quantitative assessment of policy implementation every three years using the Wellness School Assessment Tool-Implementation (WellSAT-I) or the School Health Index. LCJDC will update or modify the wellness policy based on the results of the triennial assessments and/or as facility’s priorities change; community needs change; wellness goals are met;

LORAIN COUNTY JUVENILE DETENTION HOME WELLNESS POLICY

new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The Wellness Policy will be assessed and updated as indicated at least every three years, following the triennial assessment. The wellness committee will review the latest national recommendations pertaining to school health and will update the wellness policy accordingly.

LCJDC will notify the public about the content of or any updates to the Wellness Policy.

LCJDC will promote the local wellness policy to faculty, staff, parents and youth. This wellness policy and the progress reports can be found posted in the visitation area of the Lorain County Juvenile Detention Center. The triennial progress report will include an assessment on compliance, the extent to which our wellness policy compares to model wellness policies, and progress made in achieving those goals.

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