

MORRIS COUNTY JUVENILE DETENTION CENTER
POLICY & PROCEDURE

CHAPTER TITLE: Administration	POLICY NUMBER: 9.0	SUBJECT: Food and Nutrition Wellness	PAGES: 4
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POLICY: The Morris County Juvenile Detention Center, hereto referred to as the Center, is committed to the optimal development of every resident. The Center believes that for residents 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 custody approved setting throughout the school year. It is our belief that good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive resident outcomes. This policy outlines the Center's approach to ensuring settings and opportunities for all residents to exercise healthy eating and physical activity behaviors throughout the school day while curtailing unhealthy distractions.

REGULATING STANDARD: None

PROCEDURE:

The Center is committed to serving healthy meals to residents including access to fruits, vegetables, whole grains, and fat-free and low-fat milk; foods that are moderate in sodium, low in saturated fat, and zero grams trans-fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of the residents within their calorie requirements. The Center participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) are committed to offering school meals through the NSLP.

- All school meals are accessible to all residents.
- The Center offers school meals that meet USDA nutrition standards.
- Drinking water will be available to all residents throughout the school day including mealtimes.
- Residents 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.
- Recreation class periods will be implemented daily in addition to Physical Education or Health class to augment physical education activities and a healthy lifestyle.
- Applicable Center staff will meet or exceed hiring and annual continuing education requirements in the USDA professional standards for child nutrition professionals.
- Foods and beverages will not be withheld as punishment for any reason, such as for performance or behavior.

Nutrition Education

The Center aims to teach, model, encourage, and support healthy eating by residents. Nutrition education is designed to provide residents with the knowledge and skills necessary to promote and protect their health.

- Nutrition education will include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing.
- Nutrition education will be included in the Health curriculum so that instruction is sequential and follows the required state mandated standards for nutrition. Nutrition education will also be integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects.
- The Center will utilize instructional techniques for nutrition education using scientifically-based, up-to-date nutrition information consistent with the Dietary Guidelines for Americans. The Center will include in the health education curriculum the following essential topics on healthy eating:
 - Food guidance from MyPlate
 - Reading and using USDA's food labels
 - Balancing food intake and physical activity
 - Food safety
 - How to find valid information or services related to nutrition and dietary behavior
 - Social influences on healthy eating, including media, family, peers, and culture
 - Resisting peer pressure related to unhealthy dietary behavior
- The center will contact the parent/guardian of the residents to alert them to the health class offerings, including nutrition education, at the Center and provide them the opportunity to exempt the resident from aforementioned health classes as required by state administrative code.

Physical Education

The Center will provide residents with physical education, using an age-appropriate, sequential 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 residents develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

- All residents will be provided equal opportunity to participate in physical education classes.
- All Center residents will participate in physical education that meets or exceeds state standards.
- All Center residents in each grade will receive physical education for at least 150 minutes per week throughout the school year except when health is being offered.
- All Center residents are required to take physical education.
- Residents will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
- All physical education classes in Center are taught by licensed teachers who are certified or endorsed to teach physical education.
- The Center will utilize the online learning resource Odysseyware to augment physical education classes to better promote physical fitness and healthy living.

- Exemptions for physical education classes are only granted by medical or court appointed personnel for specific purposes and reasons. Documentation for such exemptions will be maintained in the education record.

Physical Activity

Children and adolescents should participate in 60 minutes of physical activity every day. The center will provide the residents a recreation class, here to referred as REC, daily that is in addition to, and not as a substitute for, physical education. □

- REC during the school day will not be withheld as punishment.
- REC will be offered when weather is feasible for outdoor play.
 - Active recess programming will be utilized to create universal participation by offering multiple activities at recess; designate different areas of play throughout the playground; provide equipment to decrease congestion
 - In the event that the school or Center must conduct indoor recess, teachers and staff promote physical activity for residents, to the extent practicable.
- The Center recommends teachers provide short (3-5 minute) physical activity breaks to residents as permissible and practical during classroom time.

Other Activities that Promote Resident Wellness

The Center will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting resident well-being, optimal development, and strong educational outcomes.

- The Center will continue relationships with its community partners as applicable to support this wellness policy's implementation.
- The Center will make itself available to promote the benefits of and approaches for healthy eating and physical activity throughout the school year to families of residents in the facility as requested.
- The Center promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management.
- When feasible, the Center will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.

Policy Monitoring/Implementation

- The Center will convene a Center wellness committee that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of the wellness policy.
- The wellness committee membership will be represented by all facility departments, including but not limited to the education and the physical education/health teachers; school health professionals, social service and facility administrators
 - To the extent possible, resident and parent input will be collected via a membership created survey to be reviewed at wellness policy meetings.

- The Center will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the Center in meeting wellness goals.
- The Center will actively notify households/families of the availability of the annual report through the required normal discharge educational mailings.
- The wellness committee will update or modify the wellness policy based on the results of the annual progress reports, and/or as Center priorities change; wellness goals are met; 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.

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