

TRINITY COUNTY JUVENILE HALL
POLICY MANUAL
Article 6
Programs and Activities

TOPIC: **School Wellness
Program**

POLICY STATEMENT NO. 6-13

ORIGINATED: January 2012

PAGE 1 OF 3

REVISED: June 2015

I. Purpose:

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Thus, the Trinity County Juvenile Hall is committed to providing a school environment that promotes and protects the health, well-being, and ability of minors to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Trinity County Juvenile Hall to:

- Set goals for nutrition education, physical activity, and other school based activities that are designed to promote student wellness.
- Set goals for nutrition guidelines for promoting student health.
- Engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing nutrition and physical activity policies.
- Provide all minors in the facility with opportunities, support, and encouragement to be physically active on a regular basis.
- Ensure that foods and beverages served in the facility meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans and National School and Lunch Program and School Breakfast Program*.
- Utilize qualified child nutrition professionals to provide students with access to a variety of nutritious and appealing foods that meet the health and nutrition needs of young adults, accommodate the religious, ethnic, and cultural diversity of the minors in meal planning, and provide clean, safe, and pleasant settings and adequate time for the minors to eat.
- Provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

II. Policy:

- A. Availability of public documents relating to School Wellness and Nutrition Services will be made available via:
- posting of Policy 6-13 – School Wellness Program - in both the eating area of the juvenile hall for viewing by youth as well as in the outer lobby for viewing by parents;
 - posting of the most recent health department inspection report in the kitchen area of the juvenile hall; and
 - mentioning of the School Wellness Program on the department’s website to ensure availability to parents of minors when requested.
- B. Meals served through the National School Lunch and Breakfast Programs will:
- be appealing and attractive to young adults;
 - be served in clean and pleasant settings;
 - meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
 - offer a variety of fruits and vegetables;
 - serve only low-fat (1%) milk, fat-free milk, and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
 - ensure that at least one half of the grains served will be whole grain rich (51% or more whole grains) with the remaining grain enriched or fortified.
- C. Facility Meal Times and Scheduling will:
- provide students with at least 20 minutes after sitting down for breakfast, lunch and dinner;
 - schedule meal periods at appropriate times and in conjunction with school schedules;
 - not schedule interviews or activities during mealtimes, unless students may eat during such activities;
 - provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
 - provide the time after each meal for personal hygiene, including tooth-brushing regimens, of all minors.

III. Procedures:

- A. Recording of Meal Counts: All meal counts are to be conducted at the point of service and recorded on the Monthly Meal Count Sheet. All youth being served meals will be accounted for on the cover sheet, along with their eligibility criteria, date of enrollment and/or date of exit from the program.

- B. Qualifications of Food Service Staff: The Trinity County Juvenile Hall contracts with the Sheriff's Department Jail Kitchen staff for meal preparation. Staff serving meals to youth will maintain current California Food Handler's Safety Certification. The juvenile hall administrator will ensure that food service complies with the requirements of this policy.
- C. Sharing of Food: Minors will not be allowed to share their food or beverages with one another during meal or snack times.
- D. Snacks: Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage.
- E. Nutrition Education: The Trinity County Juvenile Hall/Trinity County Court School will be provided with nutrition education for minors via contractual agreement with the Human Response Network.
- F. Physical Activity: Students will receive the nationally-recommended amount of daily physical activity (at least 60 minutes per day) and opportunities for physical activity beyond physical education class will be encouraged.

Monitoring:

- G. The superintendent shall ensure compliance with established nutrition and physical activity wellness along with coordination from the Trinity County Court School's principal, the Trinity County Sheriff's Office Food Service Manager, and the Trinity County Probation Department's Chief Probation Officer.
- H. The superintendent or designee will develop a summary report every three years on compliance with the facility's established nutrition and physical activity wellness policies, based on input from the school and food service department. That report will be provided to the Chief Probation Officer as well as the Trinity County Office of Education for Review.
- I. Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. The facility and school will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.