

# **Saginaw County Juvenile Center Wellness Policy 2019**

## **Preface**

The Saginaw County Juvenile Detention Center seeks to provide a campus-wide environment where resident students are taught healthy eating and physical activity knowledge, skills, and values. In addition, the campus-wide environment provides ample opportunity to practice these skills on a daily basis.

A local school wellness policy is a written document that guides a local educational agency's efforts to establish a facility environment that promotes students' health, well-being, and ability to learn. The wellness policy requirement was established by the Child Nutrition and WIC Reauthorization Act of 2004, and further strengthened by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). It is specific to local school districts and public residential treatment facilities that participate in the National School Lunch Program and/or School Breakfast Program. The responsibility for developing, implementing, and evaluating a wellness policy is placed at the local level so the unique needs of each facility may be addressed.

The Saginaw County Juvenile Detention Center provides a policy with evidence-based goals that are specific, measurable, achievable, realistic, and time based.

## **Wellness Committee and Policy Leadership**

### **Committee Role and Membership**

The Saginaw County Juvenile Detention Center utilizes a representative facility wellness committee to establish goals for and to oversee health policies and programs, including development, implementation, and periodic review and update of this facility wellness policy.

The make-up of the committee will include: Saginaw County Administration, Food Services, and Medical, School, Staff.

### **Wellness Policy Leadership**

The Facility Manager has established a wellness policy leadership consisting of designated administration officials, who have the authority and responsibility to ensure that each facility building complies with this policy.

## **Nutrition**

### **Nutrition Education**

Every year, all students shall receive nutrition education that is aligned with the Michigan Health Education Grade Level Content Expectations and the Michigan Merit Curriculum Guidelines for Health Education. Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered throughout the facility campus including, but not limited to, dining areas and classrooms. Staff members who provide nutrition education shall have the appropriate training.

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### Goal –

- Education staff will integrate nutrition education into science & health course curricula
- The MSU Extension will provide nutrition education to students when residents are not in the school program.
- Staff of the youth center are strongly encouraged to model healthy eating habits, and are not permitted to eat a non-facility issued meal in front of the youth in our care.

### Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by utilizing evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and participation in school meal programs. Students and staff receive consistent nutrition messages throughout facility buildings, classrooms, gymnasiums, and dining rooms.

The facility promotes healthy food and beverage choices for all students throughout the campus.

### Goal—

- Variety of fresh fruits are available at all times in large bowl.
- The promotion of adequate nutrient intake and healthy eating habits
- Skill development-reading nutrition labels
- USDA my plate material-posted in cafeteria at food serving window
- Nutrition information posted in classroom
- Dietary guidelines
- Food safety
- Childhood Obesity Reduction

### Standards and Nutrition Guidelines for all Foods and Beverages

The facility encourages students to make nutritious food choices and ensures that all foods and beverages, served at all meals to students on the campus, meet federal and state regulations.

All reimbursable school meals meet requirements found in United States Department of Agriculture (USDA)'s Nutrition Standards for School Meals.

The facility has nutrition standards for all foods and beverages provided to students (e.g., at parties, snacks provided by parents, or other foods used as incentives).

Goal--Facility food and beverages meet or exceed federal guidelines.

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- All kitchen staff will be trained on USDA standards and meal planning, reimbursable meals, sanitation and food safety
- Students will be provided at least 15 minutes to eat breakfast and 20 minutes to eat lunch after being seated
- Meals will be served in a clean setting and under appropriate supervision
- Youth housed in the facility will have access to hand washing/hand sanitizing facilities before each meal
- Participation in school meal programs will be promoted.
- Whole fruits, vegetables, nuts are preferable to processed food items
- Only low-fat (1), non-fat or non-dairy milk in 8oz portions (plain or flavored) will be served
- 100 % fruit juice in 8oz or 4oz portions will be served
- Students will have access to free, safe fresh drinking water at all times throughout the school day
- Water will be promoted as a substitute for sugar sweetened beverages
- The use of withholding food as a punishment is strictly prohibited

### Food and Beverage Marketing:

It is the intent of the facility to protect and promote student's health and to provide consistent health-related messaging. Any foods and beverages promoted to students in the detention center will meet the USDA Smart Snacks in School nutrition standards.

As the facility administration reviews existing contracts and considers new contracts, equipment and/or product purchasing and replacement, decisions will reflect these marketing guidelines.

### **Physical Activity and Physical Education**

The facility offers physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. Physical education instruction is aligned with the Michigan Physical Education Grade Level Content Expectations and the Michigan Merit Curriculum Guidelines for Physical Education.

Goal--Regular physical education opportunities are provided as part of school curriculum.

- Physical education class will count towards graduation credits, utilizing the kickstand educational platform.
- Time spent in class will transfer to a residents home school when they depart the facility
- Teacher to student ratio will no greater than 1:14

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- The SCJDC will provide adequate space for physical activity and equipment
- All physical education classes will be taught by a qualified physical education teacher utilizing the kickstand educational platform.

Students have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short- and long-term benefits of a physically active and healthy lifestyle.

Goal—

- Facility campus contains multiple recreational specialty opportunities:
- Residents will participate in 60 additional minutes of physical activity 7 days per week in the gymnasium or outdoors.
- Students are encouraged to reduce sedentary time by participating in physical activity.

### **Other School-based Activities that Promote Student Wellness**

The facility implements other evidence-based programs across the campus to create environments that are conducive to healthy eating and physical activity and convey consistent health messages.

Goal—School program has an indoor grow lab and residents participate in helping with the outdoor garden by maintaining the garden and learning how and what vegetables to plant.

### **Implementation, Assessment, Documentation, and Updates**

#### Implementation

The facility administrator manages and coordinates the implementation of this wellness policy. As well as delineates roles, responsibilities, actions, and timelines for each campus building.

#### Triennial Assessment

The facility will conduct an assessment of the wellness policy every three years, at a minimum. The assessment will determine: building level compliance with the wellness policy, how the wellness policy compares to model wellness policies, and progress made in attaining the goals of the wellness policy.

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### Documentation

The facility will retain records to document compliance with the wellness policy requirements. Documentation maintained will include: a copy or web address of the current wellness policy, documentation on how the policy and assessments are made available to the public, the most recent assessment of implementation of the policy, and documentation of efforts to review and update the policy, including who was involved in the process, their relationship to the facility, and how stakeholders were made aware of their ability to participate.

This wellness policy can be found at <https://www.michigan.gov>. Required documentation will be maintained at administrative offices.

### Update to the Policy

The facility will update or modify the wellness policy as appropriate based on the results of the Triennial Assessments; as facility priorities change; community needs 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 updated at least every three years, following the Triennial Assessment.

### Public Updates

The facility will inform the public annually about the local wellness policy, including its content and any updates to and about the policy. The Triennial Assessment, including progress toward meeting the goals of the policy, will also be made available to the public. The facility will provide information on how the public can participate on the wellness committee and assist with the development, implementation, and periodic review and update of the wellness policy. All communication will be culturally and linguistically appropriate and will be available via the facility website.

Stakeholders are encouraged to contact Saginaw County Juvenile Detention Center to be invested and involved in the development, review, update and implementation of the wellness policy.

Please direct all inquiries to:

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