

Williamson County Juvenile Services Wellness Policy On Physical Activity and Nutrition

Preamble

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

Whereas, obesity rates have tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of the deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school juveniles do not participate in sufficient vigorous physical activity and 72% of high school juveniles do not attend daily physical education classes;

Whereas, only 2% of children and juveniles (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the My Plate Food Guide;

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, Williamson County Juvenile Services and the Juvenile Justice Alternative Education Program (J.J.A.E.P.) are committed to providing an environment that promotes and protects juvenile's health, well-being, and the ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Williamson County Juvenile Services and the J.J.A.E.P. that:

- All juveniles will have the opportunity, support, and encouragement to be physically active on a regular basis.
- Foods and beverages served will meet the nutrition recommendations of the *National School Lunch, Breakfast and Afterschool Care Programs*.
- Qualified nutrition professionals will continue to provide juveniles with a variety of nutritious and appealing foods that meet the health and nutrition needs of the juveniles in our facilities. Williamson County Juvenile Services will accommodate the religious, ethnic, and cultural diversity of all the juveniles participating in our programs. Juveniles will be served their meals in a clean and safe environment, and all juveniles will be given adequate time to eat.
- To the maximum extent practicable, all facilities will participate in the National School Lunch, Breakfast and Afterschool Care Programs. The J.J.A.E.P. will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

TO ACHIEVE THESE POLICY GOALS:

I. Facility Health Councils

Williamson County Juvenile Services' Detention, Academy and J.J.A.E.P. staff will work jointly with our food service provider and our in-house health care professionals to develop, implement, monitor, review, and, as necessary, revise facility nutrition and physical activity policies.

II. Nutritional Quality of Foods and Beverages Served through the National School Lunch, Breakfast and Snack Programs will:

- Be appealing and attractive to juveniles;
- Be served in a clean and safe setting;
- Meet, at a minimum, nutrition requirements established by the National School Lunch, Breakfast and Afterschool Care Programs, local and state guidelines, and federal statutes and regulations, and reviewed by our contract food service providers dietitian;
- Offer a variety of fruits and vegetables;
- Offer at least two (2) choices from non-fat flavored, non-fat unflavored or 1% low-fat, or USDA approved low-fat lactose free or lactose reduced milk substitutes and

Williamson County Juvenile Services' facilitators, and other designated staff will sample new entrees. Juveniles will have surveys available to them to comment on all menu items, in order to identify new, healthful, and appealing food choices. Juveniles have the right to report any problems or complaints, without fear of punishment or retaliation, regarding food service through an established grievance process. In addition, all Williamson County Juvenile Services' staff and J.J.A.E.P. staff will either provide information and answer questions about the nutritional content of meals to parents and juveniles upon request or direct them to a facilitator or designated staff who will answer their questions or complaints. Menus will be posted daily in the Detention and Academy cafeteria areas.

Free, Reduced-Priced and Paid Meals

Williamson County Juvenile Services' staff, J.J.A.E.P. staff, and our food service provider will make every effort to eliminate any social stigma attached to, and prevent the overt identification of juveniles who are eligible for free, reduced-price and paid meals:

It is against the law to make others in the cafeteria aware of the eligibility status of juveniles for free, reduced price, or "paid" meals.

Scheduling Meal Times

- Juveniles will be provided at least 15 minutes to eat after sitting down for breakfast and at least 15 minutes to eat after sitting down for lunch;
- No other activity shall be scheduled during juveniles appointed meal periods unless juveniles may eat during such activities;
- Monday through Friday breakfast is served to Academy residents at approximately 6:55 a.m.
- Monday through Friday breakfast is served to Detention residents as follows:
Unit A 7:10 Unit C 7:30 a.m. Unit D 7:50 a.m. Unit B 8:10 a.m.
- Monday through Friday lunch is served to Academy residents at approximately 11:40 a.m.
- Monday through Friday lunch is served to Detention residents as follows: Unit A 11:30 a.m., Unit C 11:50 a.m., Unit D 12:10 p.m., Unit B 12:30 p.m.
- Monday through Friday lunch is served to J.J.A.E.P. students at approximately 11:40 a.m.
- Monday through Friday after Afterschool Care Program snack is served to the Academy residents and Detention residents at approximately 3:30 pm to 4:00 p.m.
- Monday through Friday Dinner is served to Detention residents as follows: Unit A 5:45 p.m., Unit C 6:00 p.m., Unit D 6:15 p.m. Unit B 6:30 p.m.
- Monday through Friday Dinner is served to Academy residents at approximately 5:30 p.m.

Washing Hands before Meals and Snacks

- Juveniles shall have access to hand washing or hand sanitizing before they eat meals or snacks.

Dental Hygiene

- Academy and Detention residents will be given the opportunity and encouraged to take responsible steps to accommodate tooth-brushing regiments to promote and develop good oral health practices.

Qualifications of Facility Food Service Staff

Qualified nutrition professionals employed by Williamson County Juvenile Services' contracted food service provider will cook and serve all meals and snacks. Williamson County Juvenile Services' contracted food service provider's managers will re-train their staff every time a corrective action is required. Williamson County Juvenile Services' contracted food service provider will provide their staff with training opportunities on an as needed basis. Williamson County Juvenile

Services' in house medical staff will stay abreast of any special nutritional needs of all juveniles that are court ordered to participate in our programs. Williamson County Juvenile Services' will provide continuing professional development and training for all Williamson County Juvenile Services' facilitators, according to their level of responsibility.

Sharing of Foods and Beverages

Juveniles shall be discouraged from sharing their foods or beverages with one another during meal or snack times.

Menus and Nutrition

The menu operates on a 3 week cycle rotation. Daily menus are posted in both the Academy and Detention cafeteria areas. Menus shall be reviewed and approved annually by a professional licensed dietician and the Williamson County Juvenile Services' Financial Director. Menus are to be kept on file for one year.

Three meals will be served over a 24 hour period with no more than 14 hours between the evening meal and breakfast. Each meal shall have a scheduled meal time and two of the meals shall be hot meals.

Qualified nutrition professionals will provide juveniles with a variety of nutritious and appealing foods that meet USDA and National School Breakfast, Lunch and Afterschool Care Program guidelines. Williamson County Juvenile Services will accommodate the medical, religious, ethnic, and cultural diversity of all the juveniles participating in our programs. Juveniles will be served their meals in a clean and safe environment, and all juveniles will be given adequate time to eat.

Medical Diets

- If a juvenile requires a modified diet for medical or dental purposes, documentation must be provided by a Physician, Dentist, Mid-Level Provider, or Registered Nurse.
- Ordering Medical Diets - The Licensed healthcare provider will submit a medical diet order form to the kitchen staff. The medical diet order form must be signed by a Licensed Physician or a Registered Nurse.
- If the juvenile's medical needs require special handling of food, then those medical needs will be met accordingly.

Religious Belief Diets

Religious belief diets are served to adhere to religious dietary laws.

- If a juvenile requests a special diet for religious beliefs the Case Manager will contact the juvenile's parents to obtain the dietary needs in writing from the juvenile's religious authority. The Case Manager will give a copy of the

dietary needs to the Assistant Director of the Academy/Detention.

- After receiving the juvenile's dietary needs in writing the Assistant Director of the Academy/Detention may sign the Religious Diet Order form and submit said form to the kitchen staff. A copy will be given to the medical staff to be kept in the juvenile's medical chart.

Anaphylaxis Awareness and Food Allergy Plan

In accordance with the guidelines set forth by the Texas Department of State Health Services (DSHS) to implement Senate Bill 27 (82nd Legislative Session) Williamson County Juvenile Services acknowledges the increasing prevalence of food and other allergies that leave children at risk for Anaphylaxis.

As part of our Wellness program, Williamson County Juvenile Service has identified the key elements fundamental in the development of a food allergy plan which are to be implemented within its wellness program.

1. Identification of Students with Food Allergies at-risk for Anaphylaxis.
2. Development, Communication, Implementation and Monitoring of Food Allergy Action Plans, Emergency Care Plans, Individualized Health Care Plans and/or 504 plans.
3. Reducing Risk of Exposure within the school setting.
4. Training for School Staff on recognition of Anaphylaxis and appropriate emergency response.
5. Post Anaphylaxis Reaction-Review of Policy and Procedures.

Food

All food served in our facility will meet, at a minimum, nutrition requirements established by the National School Lunch, Breakfast and Afterschool Care Programs, local and state guidelines, and federal statutes and regulations, and reviewed by our contract food service provider's dietitian.

Williamson County Juvenile Services' food contract provider will adhere to the process approach to HACCP Principles. Williamson County Juvenile Services' Food Safety Plan includes Standard Operating Procedures that apply the HACCP Principles. The Food Safety Plan utilizes Record Keeping Logs that document critical control points during food production and service, temperature controls, safety and sanitation checkpoints, a daily food safety checklist, corrective actions, employee food safety training records and a manager's yearly review.

Beverages

Allowed: milk or milk alternatives, water, fruit juices and iced tea (as defined by USDA). Kool-Aid or similar drinks fruit flavored will only be served at supper time.

Not allowed for breakfast or lunch: soft drinks containing caloric sweeteners; sports drinks, fruit based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

Snacks

The snacks served after school and in the evening will make a positive contribution to the juvenile's diet and health. Williamson County Juvenile Services' food service provider will serve the afternoon snack and evening snack based on timing of facility meals, juvenile's nutritional need, and other considerations.

Food Rewards or Punishment

Williamson County Juvenile Services' staff or the food contract provider will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages, as rewards for academic performance and will not withhold food or beverages (including food served through school meals) as punishment.

Williamson County Juvenile Services will adhere to the National School Breakfast, Lunch and Afterschool Care Program guidelines. The exception will be during special outings, special celebrations, Thanksgiving and Christmas Holidays.

II. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion

Williamson County Juvenile Services and J.J.A.E.P. will aim to teach, encourage, and support healthy eating by juveniles. Williamson County Juvenile Services will provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standard-based program designed to provide juveniles with the knowledge and skills necessary to promote and protect their health;

- Promotes fruits, vegetables, whole grain products, low-fat and fat free dairy products, healthy food preparation methods, and health enhancing nutrition practices;
- Emphasizes calorie balance between food intake and energy expenditure (physical activity and exercise);
- Includes training for facilitators and assigned staff.

Integrating Physical Activity into the Classroom Setting

For juveniles to receive the nationally - recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for juveniles to fully embrace regular physical activity as a personal behavior, juveniles need opportunities for physical activity beyond physical education class. Toward that end:

- Health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- Opportunities for physical activity will be incorporated into other subject lessons;
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents

Parents are encouraged to communicate and provide feedback regarding wellness at the Academy and J.J.A.E.P. through contact with their Case Manager.

Staff Wellness

Williamson County Juvenile Services highly values the health and well-being of every staff member and provides ongoing wellness education, activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education

All juveniles participating in Williamson County Juvenile Services' programs including juveniles with disabilities, special health care needs, and in alternative educational settings will receive daily physical education.

J.J.A.E.P. students are involved in recreational activities throughout the school day, including physical training and drill ceremony.

Williamson County Juvenile Services will discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing make it necessary for juveniles to remain indoors for long periods of time, the J.J.A.E.P. will give juveniles periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School

J.J.A.E.P. students are involved in drill and ceremony and physical training before school every morning.

Williamson County Juvenile Services will offer a range of activities that meet the needs, interests, and abilities of all juveniles, including boys, girls, juveniles with disabilities, and juveniles with special health-care needs.

J.J.A.E.P. students who remain after school are involved in recreational activities including drill and ceremony, physical training, ropes course and sports.

V. Monitoring and Policy Review

Monitoring

To help with the initial development of the Departments wellness policies regarding Academy residents, Detention residents and J.J.A.E.P. students, each facility will conduct a baseline assessment of the departments existing nutrition and physical activity environments and policies. The results of those facility-by-facility assessments will be compiled at the department level to identify and prioritize needs.

Policy Review

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the department will review their nutrition and physical activity policies. The department will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.



WILLIAMSON COUNTY JUVENILE SERVICES

Making a difference in our community: creating opportunities for positive change through hope, empowerment, prevention and accountability.

Williamson County Juvenile Services' HACCP Food Safety Plan

Williamson County follows USDA guidelines for the development of its HACCP based Food Safety Plan. The Food Safety Plan includes Standards of Operation Procedures that apply to the HACCP Principles Production Records and Logs that identify Control Measures and Critical Control Points for each menu item.

These Standards of Operations have been revised and reviewed according to TDA requirements and have been updated as follows:

- Safety Plan Section - New Non-Discrimination Statement for 2014 under Safety Plan Section
- Glossary Section - New Glossary and Acronyms List-updated with new items
- Menu Section - Updated Menu
- Standard Operating Procedures – All SOPs changed to reference 2013 Food Code
- Standard Operating Procedures – Added SOP for Food Allergies protocol
- HACCP Approach Menu Items List updated to reflect current Menu 2014
- Wellness Policy – Detention and Academy meal times changed

DATE IMPLEMENTED: November 1, 2014 **BY:** 

DATE REVIEWED: October 29, 2014 **BY:** 

FSMC MANAGER November 1, 2014 **BY:** 

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