

BCYSC WELLNESS POLICY ON PHYSICAL ACTIVITY AND NUTRITION

POLICY STATEMENT

The Bartholomew County Youth Services Center (BCYSC) encourages our residents by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. By facilitating learning through the support and promotion of good nutrition and physical activity, BCYSC supports the basic health foundation of our residents. Improved health fosters regular attendance and consistent education.

BCYSC provides a comprehensive learning environment for the development and practice of lifelong wellness behaviors. The entire facility, not just the classroom, shall be aligned with healthy goals to positively influence a resident's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

BCYSC supports and promotes proper dietary habits that contribute to each resident's health status and academic performance. All foods available within BCYSC shall meet or exceed U.S. Dietary guidelines. Foods shall be served with consideration given to nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals.

BCYSC will create, strengthen, or work within existing BCYSC health policies to develop, implement, monitor, review, and, as necessary, revise existing school nutrition and physical activity policies. The BCYSC Wellness Policy Committee comprised of the Director, employees, teachers, health professionals, and food service professionals is responsible for the development of a plan to implement and measure the wellness policy and monitor the effectiveness of the policy.

PROCEDURES

Nutrition Guidelines

Meals served through the National School Lunch and Breakfast Programs will:

- meet the USDA Nutritional Standards and the American Dietary Guidelines;
- promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices;
- be served with consideration toward variety, appeal, taste and safety to ensure high quality meals;
- use food commodities made available under the Federal Food Commodity Program for school meals;
- meet federal, state and local guidelines for safety and sanitation;
- be a part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects as feasible;
- emphasize caloric balance between food intake and physical activity;
- encourage each child to start each day with a healthy breakfast; and
- serve meals in a pleasant environment with adequate space.

In order to empower and educate the residents, as well as encourage proper nutrition practices, BCYSC will complete the following:

- engage residents through taste-tests of new entrees as well as surveys, to help select foods offered through the meal programs in order to identify new, healthful and appealing food choices; and
- share information about the nutritional content of meals with residents. (The information could be made available on printed menus, a web site, cafeteria menu boards, placards or other point of purchase materials); provide residents with at least 20 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- schedule meal periods at appropriate times, e.g., lunch will be scheduled between 11:30a.m and 1:00p.m.; breakfast between 6:45 a.m. and 7:35 a.m.
- not schedule tutoring, programs, or organizational meetings or activities during mealtimes, unless residents have the ability to eat during such activities;
- provide residents access to hand washing or hand sanitizing before they eat meals or snacks; and
- take reasonable steps to accommodate the tooth-brushing regimens of residents with special oral health needs (e.g., orthodontia or high risk of tooth decay).

Snacks served will contribute positively to residents' diets and health, with major emphasis on serving fruits or vegetables as the primary snacks and milk as the primary beverage.

All foods made available at BCYSC adhere to the following food safety and security guidelines:

- All foods made available at BCYSC comply with state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food- borne illness.
- For the safety and security of the food, staff access to the food service operations is limited to authorized personnel.

Nutrition Education and Physical Activity Promotion

BCYSC aims to teach, encourage, and support healthy eating by the residents. BCYSC will provide nutrition education and engage in nutrition promotion that:

- is offered as part of a sequential, comprehensive, standards-based program designed to provide residents with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education activities, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects as feasible;
- includes enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, and;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;

Department of Corrections guidelines require the residents within a secure detention facility receive the nationally recommended amount of daily physical activity (e.g., at least 60 minutes per day) and for children to fully embrace regular physical activity as a personal behavior. To that end, BCYSC provides physical activity that:

- is daily
- is for all residents in grades K-12;
- includes residents with disabilities;
- engages residents in moderate to vigorous activity during at least 50 percent of physical activity time;
- physical activity includes the instruction of individual activities, as well as competitive and non-competitive team sports, to encourage life-long participation;
- adequate equipment is available for all residents to participate in physical education;
- provides a physical and social environment that encourages safe and enjoyable activities for all residents, including those who are not athletically gifted; and
- does not allow staff to use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., physical activity, recreational programs) as punishment.

In addition to providing regular physical activities for the residents, BCYSC will offer the following:

- classroom health education that 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; and
- short physical activity breaks between lessons or classes, as appropriate.

Monitoring and Evaluation

The BCYSC Wellness Policy Committee, under the direction of the Director, will ensure compliance with established BCYSC nutrition and physical activity wellness policies. BCYSC food service staff will ensure daily compliance with nutrition policies within food service areas and will report regularly to the Program and Training Manager. BCYSC will comply with the most recent USDA School Meal Initiative (SMI) review findings and ensure review by the USDA SMI every five years.

The BCYSC Wellness Policy Committee will conduct assessments every two years to monitor and evaluate policy compliance, assess progress, and determine areas in need of improvement. Revisions and improvements will then be made as necessary in order to promote an environment that supports healthy eating and physical activity.

