

Dallas County Juvenile Department Academy for Academic Excellence Student Welfare and Health Services Wellness Policy

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Preamble

The Dallas County Juvenile Department (hereto referred to as the Department) is committed to the optimal development of every student. The Department believes that for students 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 setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students. In addition, students who are physically active through, recess, physical activity breaks, high-quality physical education and extracurricular activities do better academically. In addition, adequate hydration is associated with better cognitive performance and healthy living.

This policy outlines the Department's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the Department have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness; and
- The Department establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff and schools in the Department. Specific measurable goals and outcomes are identified within each section below.

School Wellness Committee

Committee Role and Membership

The Dallas County Juvenile Department is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Dallas County Juvenile Department that:

- All students in grades 4-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages served at the juvenile department will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of nutritious and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all site locations in our department will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program, and the Afterschool Snack Program).
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

Leadership

The Superintendent or designee(s) will convene the Department Wellness Committee (hereto referred to as the DWC) and facilitate development of and updates to the wellness policy.

Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

The Department will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to the school. It also includes information about who will be responsible to make what change, by how much, where and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

This wellness policy can be found at www.dallascounty.org

Recordkeeping

The department will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the department level to identify and prioritize needs.

Triennial 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 Dallas County Juvenile Department will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The Department, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Annual Notification of Policy

The Department will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The Department will make this information available via its' website. The Department will provide as much information as possible about the school nutrition environment. This will include a summary of the Department's events or activities related to wellness policy implementation. Annually, the Department will also publicize the name and contact information of the school officials leading and coordinating the committee.

The juvenile department will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing department-wide nutrition and physical activity policies.

Triennial Progress Assessments

At least once every three years, the Department will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

The position/person responsible for managing the triennial assessment and contact information is Karen Ramos, Superintendent, 214-689-5506.

The DWC will monitor the Department's compliance with this wellness policy.

Revisions and Updating the Policy

The department and schools within the department will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise

school nutrition and physical activity policies on a yearly basis. The councils also will serve as resources to school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include students and representatives of the school food authority, school administrators, teachers, and health professionals). **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

Community Involvement, Outreach and Communications

The Department is committed to being responsive to community input, which begins with awareness of the wellness policy. The Department will actively communicate ways in which representatives of DWC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for the schools such as emails.

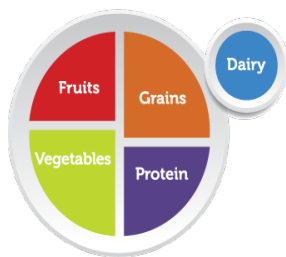
Marketing

Due to the fact that Dallas County Juvenile Department Academy for Academic Excellence, is an RCCI, the selling of food and beverages are strictly prohibited.

Nutrition

School Meals

Our Department is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs. The Dallas County Juvenile Department also strives to adhere to the MyPlate diagram as guidance.



All schools within the Department participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and the After School Care Program (ASCP), which are accessible to all students, and they

- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.
- Promote healthy food and beverage choices.
 - Offer a variety of fruits and vegetables.
 - Serve only low fat (1%), and fat-free milk.
 - Students' artwork are displayed in some common areas of the facility.

Breakfast.

To ensure that all children have breakfast, at school, in order to meet their nutritional needs and enhance their ability to learn:

The Dallas County Juvenile Department will operate the School Breakfast Program.

The Dallas County Juvenile Department will serve school breakfasts that encourage participation.

The Dallas County Juvenile Department will notify students of the availability of the School Breakfast Program

Free Meals.

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free school meals. Toward this end, schools will provide meals at no charge to all children, regardless of income, and promote the availability of school meals to all students.

Meal Times and Scheduling.

Schools:

- will provide students with at least 10 minutes to eat after sitting down for each meal.
- should schedule meal periods at appropriate times. Lunch is served from 11 a.m. to 12 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay risk)

Sharing of Foods and Beverages.

Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets. As such, the sharing of foods and beverages are prohibited in this environment.

Foods

Meals are prepared in accordance with school nutritional guidelines.

Portion Sizes:

All residents are served the same portion size for safety and security reasons for this type of environment.

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. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, and other considerations.

Staff Qualifications and Professional Development

The school nutrition program director, managers, USDA Program Analyst, and Food service supervisors, will meet or exceed hiring and annual continuing education/training requirements. Qualified nutrition professionals will administer the school meal programs. As part of the Department's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition personnel, according to their levels of responsibility.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The Department will make drinking water available where school meals are served during mealtimes.

Beverages

- Allowed: water, unflavored or flavored low-fat or fat-free fluid milk
- Not allowed: soft drinks containing caloric sweeteners; sports drinks; iced teas; 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).

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards.

Rewards. Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages as a reward for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations. Schools should limit celebrations that involve food during the school day, to no more than one party per class, per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually.

Essential Healthy Eating Topics in Health Education

The Department will include in the health education curriculum relevant topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Risks of unhealthy weight control practices
- Importance of water consumption
- Eating disorders

Nutrition Education and Promotion. The Dallas County Juvenile Department aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as science, and social sciences.

- includes enjoyable, developmentally appropriate, culturally relevant and participatory activities.
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- includes training for teachers and other staff.

Physical Activity

Physical Education

The Department will provide students 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 students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

All students in grades 4-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 60 minutes of large muscle exercise each day). Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity outside of the residents' sleeping area.

All **secondary students** (middle and high school) are required to take the equivalent of one academic year of physical education.

Active Academics

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

Teachers will serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities

The Department offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. All site locations, as appropriate, will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

Staff Wellness and Health Promotion

The Dallas County Juvenile Department highly values the health and well-being of every staff member, and encourage, and support personal efforts by staff to maintain a healthy lifestyle.

USDA Nondiscrimination Statement (English)

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies; the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs, are prohibited from discriminating based on race, color, national origin, sex (including gender identity and sexual orientation), disability, age, and reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or through the Federal Relay Service at (800) 877-8339. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the **USDA Program Discrimination Complaint Form**, (AD-3027) found online at: <https://www.usda.gov/sites/default/files/document/ad-3027.pdf>, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or (833) 256-1665
- (3) Email: **program.intake@usda.gov**.

This institution is an equal opportunity provider.

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