



**DALLAS COUNTY
JUVENILE DEPARTMENT**

Dr. Terry S. Smith
Director Juvenile Services
Chief Juvenile Probation Officer

Henry Wade Juvenile Justice Center
2600 Lone Star Drive, Box 5 Dallas, Texas 75212

MEMORANDUM

Date: September 9, 2013
To: Ervin Taylor, Deputy Director of Institutional Services
From: Dr. Terry S. Smith, Director of Juvenile Services
Subject: Wellness Policy

This document is to certify that I have reviewed and approved the Academy of Academic Excellence Wellness Policy in September 2013.

A handwritten signature in black ink, appearing to read "Danny Pirtle", written over a horizontal line.

Dr. Danny Pirtle,
Deputy Director of Education Services

A handwritten signature in black ink, appearing to read "Terry S. Smith", written over a horizontal line.

Dr. Terry S. Smith,
Director of Juvenile Services



DALLAS COUNTY JUVENILE DEPARTMENT

Henry Wade Juvenile Justice Center
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Dallas, Texas 75212

EXECUTIVE MANAGEMENT TEAM

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Chief Juvenile Probation Officer

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Deputy Director of Probation Services

DR. DANNY PIRTLE JR.
Deputy Director of Education Services

DR. JOHN PITA
Deputy Director of Clinical Services

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*Deputy Director of Administrative
Services*

ERVIN L. TAYLOR
*Deputy Director of Institutional
Services*

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District Attorney Civil Division
JUVENILE DEPARTMENT ADVISOR

Dallas County Juvenile Department Academy for Academic Excellence STUDENT WELFARE WELLNESS AND HEALTH SERVICES

Wellness

The Academy for Academic Excellence (AAE) shall follow state and federal nutrition guidelines that are designed to advance student health and reduce childhood obesity. Further, the AAE shall encourage and promote the general wellness of all students through nutrition education, physical activity, and other school-based activities.

Development for Guidelines and Goals

The AAE shall develop nutrition guidelines and wellness goals in consultation with the local school health advisory council and with involvement from representatives of the student body, child nutrition staff, school administration, the Board, parents, and the public.

Nutrition Guide Lines

Nutritional guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and foods available on each campus shall comply with the Texas Public School Nutrition Policy.

In addition to legal requirements, the AAE shall:

1. Establish age-appropriate guidelines for food and beverages at classroom parties or school celebrations. The AAE shall educate parents and staff about these guidelines.
2. Educate teachers about the importance of using items other than food for instructional purposes or as reward in the classroom.
3. Educate parents and students about federal and state laws and guidelines concerning Foods of Minimal Nutritional Value (FMNV).
4. Ensure that drinking water is available for students at meal time throughout the day;
5. Ensure that all students have affordable access to varied and nutritional foods at school.
6. Require that food offered to students during the day as a snack or meal be consistent with the goals of the policy and in compliance with the Texas Public School Nutrition Policy.
7. Engage families, teachers, students, and school officials in choosing menu selection for local schools.
8. Annually, the AAE Site Base Decision Making committee will review the local wellness policy and inform the public of any updates and changes.

*To assist referred youth in becoming productive,
law abiding citizens, while promoting public safety and victim restoration.*

Wellness Goals Nutrition Education

The AAE shall implement, in accordance with law, a coordinated health program with a nutrition education component and shall use health course curriculum that emphasizes the importance of proper nutrition.

In addition, the AAE establishes the following goals for nutrition education:

1. Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. Nutrition education will occur District wide and will be integrated into other areas of the curriculum, as appropriate.
3. Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.
4. Each campus dining area has posters displayed encouraging students to eat well-balanced, nutritional meals. Staff shall encourage students to eat all portions of each meal during meal time.

Physical Activity

The AAE shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades.

In addition, the AAE establishes the following goals for physical activity:

1. Provide an environment that fosters safe and enjoyable fitness activities for all students.
2. Offer quality physical education classes staffed by teachers that will regularly emphasize moderate to vigorous activity.
3. The AAE will offer activities to encourage parents to support their children's participation in regular physical activity to be included in family events and to be active role models.
4. Integrate physical activities across the curriculum daily throughout the school day.
5. Each campus shall consider the goals established by the local school health advisory committee when planning school-based activities.
6. Teachers and other school staff shall receive training to promote, life long, physical activity for themselves and students.

School Based Activities

1. Each campus provides daily recreational opportunities where students participate in at

least one hour of various organized physical activity.

2. Activities may include walking, jogging, basketball, volleyball, calisthenics and stretching activities.
3. The recreation schedule shall include large muscle exercise.
4. Recreational activities include physical fitness development that prescribes a variety of body positions and changes in environment.
5. Sufficient time shall be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.
6. Wellness for students and their families shall be promoted at suitable school activities.

Implementation

The Superintendent or designee shall monitor the implementation of this policy and its results. The Charter shall periodically review wellness policy guidelines and the school health advisory council will help develop and support the wellness policies and recommended guidelines.