

# **POLICY & PROCEDURE**

Resident Wellness/Physical Activities & Nutrition

**Subject: Medical  
Section: IV  
Code: 4.08**

## **POLICY**

The Northampton County Juvenile Justice Center (NCJJC) recognizes the importance of individual wellness, physical activity and nutrition. The Juvenile Justice Center will make every attempt to fulfill its responsibilities to meet the requirements set forth in the National School Lunch program.

### **Preamble**

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

Whereas, heart disease, cancer, stroke and diabetes are responsible for two-thirds of 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 students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the food guide pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies and snack cakes;

Thus, the Northampton County Juvenile Justice Center (NCJJC) is committed to providing an environment that promotes and protects a resident's health, well-being and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the NCJJC that:

- The NCJJC will engage NCJJC staff, teachers, food service professionals, health professionals and other interested community members in developing, implementing, monitoring and reviewing NCJJC nutrition and physical activity policies.

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- All residents at the NCJJC will have opportunities, support and encouragement to be physically active on the regular basis.
- The NCJJC will follow the guidelines set forth by the USDA Healthy Hunger-Free Kids Act of 2010 and any adjustments to those guidelines in the future.

### **TO ACHIEVE THESE POLICY GOALS:**

#### **I. Northampton County Juvenile Justice Center Wellness Committee**

The NCJJC a wellness committee to work within the existing facility in order to develop, implement, monitor, review and as necessary, revise the NCJJC nutrition and physical activity policies. The committee also will serve as resources to the Center for implementing those policies. The NCJJC committee consists of a group of individuals and should include representatives of the school food authority, the Director of Operations, Deputy Director of Operations, Deputy Director of Treatment, Training Coordinator, Recreation Coordinator, Medical Personnel, Food Service Manager, and Educational staff specifically Physical Education Department.

#### **II. Nutritional Quality of Foods and Beverages Served at the NCJJC**

##### **Daily Meals**

Meals served through the National School Breakfast/Lunch/Snack Programs will:

- Be appealing and attractive to residents;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by Healthy Hunger-Free Kids Act of 2010;
- Offer a variety of fruits and vegetables (To the extent possible), schools will offer at least one non-fried vegetable and one fruit options each day.
- Ensure that half of the served grains and whole grain (As recommended by the Dietary Guidelines for American 2005. A whole grain is one labeled as

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a “whole” grain product or with a whole grain listed as the primary grain ingredients in the ingredient statement. Examples include “whole” wheat flour, cracked wheat, brown rice and oatmeal).

**Breakfast:** It is required under the 3800 state regulations that all residents in the NCJJC are offered breakfast. In order to meet their nutritional needs and enhance their ability to learn:

- The NCJJC operated the National School Breakfast Program.

**Free Meal:** The residents at the NCJJC are all eligible for Free Meals under the National Breakfast/Lunch Programs.

### **Meal Times and Scheduling -- Northampton County Juvenile Justice Center:**

- Will provide residents with at least 20 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
- Will schedule meal periods at appropriate times – Breakfast between 6:40 a.m. and 8 a.m., Lunch between 10:40 a.m. and 12:05 p.m., Dinner between 4:20p.m. and 5:40 p.m., and Snack between 6:00 p.m. and 8:00 p.m.
- Will provide resident’s access to hand washing or hand sanitizing before they eat meals or snacks.
- All residents are requested at the NCJJC to complete proper dental hygiene.

**Qualifications of The NCJJC Food Service Staff:** As part of the NCJJC responsibility to operate a food service program, we will provide continuing professional development for all nutrition professional at the NCJJC. Staff development will include appropriate certification and/or training programs for all kitchen personnel. The kitchen personnel will receive training in how to work with delinquent youth. The contracted medical doctor will also review menus and kitchen sanitation.

**Sharing of Foods and Beverages:** It is the policy of the NCJJC that residents are not permitted to share foods or beverages, with one another, during meal or snack times. This is in place due to concerns about health, safety and security within our facility.

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**Foods and Beverages Served During Special Occasions, Educational Classes, Enrichment Programs and Holidays:** All foods and beverages served during these events will meet the following nutrition and portion size standards:

## **Beverages**

- Water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners, unflavored or flavored low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).
- During the above events, there may be times that NCJJC will serve limited amounts of soda, ice tea etc. These items will not be served on a regular basis and will be limited in quantity served. When these items are served, they need prior approval from the Director.

## **Foods**

- The NCJJC will serve foods that have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter and other nut butters) and 10% of its calories from saturated and trans fat combined;
- Will have no more than 35% of its weight from added sugars (if a food manufacturer fails to provide the added sugars content of a food item, use the percentage of weight from total sugars [in place of the percentage of weight from added sugars]. And exempt fruits, vegetables and dairy foods from this total sugars limit.);
- Will contain no more than 230 mg of sodium per serving per serving for chips, cereals, crackers, French fries, baked goods and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches and main dishes.

## **Portion Sizes:**

- The NCJJC will limit portion sizes of foods and beverages served individually to those listed below:

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- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit;
- One ounce for cookies;
- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels and other bakery items;
- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
- Twelve fluid ounces for beverages, excluding water
- The portion size of entrees and side dishes served, including potatoes, will not exceed the portions under the Healthy Hunger-Free Kids Act of 2010.

**Snacks:** Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to resident's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. The NCJJC will assess if and when to offer snacks based on timing of meals, resident's nutritional needs, resident's ages and other considerations.

**Consequences:** The NCJJC follows the regulations as states in the 3800 Department of Public Welfare regulations. Specifically, we may not withhold meals or drink as punishment. In addition, a resident may not be forced to eat food.

**Celebrations:** The NCJJC will 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 served individually. The NCJJC will disseminate a list of healthy party ideas to teachers and staff. Prior approval, by the Director, of all foods/beverages items served will be required.

**NCJJC Events:** Foods and beverages offered at the NCJJC's sponsored events outside of the school day will meet the nutrition standards for meals or for foods and beverages served individually.

**The NCJJC incentive store will be open on Tuesdays and Sundays for residents to purchase from, for one hour. It will be closed during reimbursable meal periods.**

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## **III. Nutrition and Physical Activity Promotion and Food Marketing**

Nutrition Education and Promotion: The NCJJC aims to teach, encourage and support healthy eating by residents; will 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 residents with the knowledge and skills necessary to promote and protect their health;
- Is part of the Health Education Classes.
- Promotes fruits, vegetables. Whole grain products, healthy food preparation methods and health enhancing nutrition practices. All foodservice staff at the NCJJC will be certified in Serve Safe..
- Trains staff assigned to the NCJJC the guidelines required under the Wellness policy.

**Integrating Physical Activity into the Classroom Setting:** For residents to receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for residents to fully embrace regular physical activity as a personal behavior, residents 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 spend to sedentary activities, such as watching television;
- Opportunities for physical activity will be incorporated during the hours of 0700 to 2000 hours each day; and
- NCJJC Staff will provide short physical activity breaks throughout the day, as appropriate.

**Communications with Parents & Public:** The NCJJC will support parents' efforts to provide a healthy diet and daily physical activity for their children. The NCJJC staff will

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call parents and ask if their child has any special dietary needs. All parents will be provided information about the meals served at the NCJJC; we will provide this information to them in an information packet. The NCJJC will provide information about physical education and activities offered to their child while being housed in our facility. Furthermore, the NCJJC will provide material to the general public regarding the national school lunch program in two additional ways. First, information regarding the program will be included in information pamphlets located in the public lobby area of the facility. Second, this information will be issued to Leadership Lehigh Valley along with the Citizens Academy which tours the facility on a yearly basis.

**Food Marketing in Schools:** The NCJJC provides all foods and beverages served to all residents residing within our facility. All foods and beverages are free to our residents.

Therefore there is no need to market any foods or beverages within our facility. We will teach our residents proper nutritional and physical activities, which will lead them towards a healthy lifestyle.

**Staff Wellness:** The NCJJC values the health and well- being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The committee will develop, promote and oversee a plan to promote staff health and wellness. The plan should be based on input solicited from NCJJC staff and should outline ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle among NCJJC staff. The committee will distribute its plan to the NCJJC Director for approval.

#### **IV. Physical Activity Opportunities and Physical Education**

**Daily Physical Education (P.E.):** All NCJJC residents are initially screened by NCJJC staff and then our medical staff that assess their physical state. They will determine what physical activity a resident is required to do. The educational staff and the NCJJC staff will follow the medical staff's instructions on these residents. The NCJJC provides physical activities throughout the day and evening hours.

**Daily Recess:** The NCJJC is required under the 3800 regulations to provide one hour each day of preferably out door activity to all residents. The NCJJC encourages moderate to vigorous physical activity verbally and through the provision of space and equipment.

During school time, NCJJC staff should give residents periodic breaks during which they are encouraged to stand and be a little active.

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**Physical Activity Opportunities Before and After School:** Teachers, NCJJC Staff and community personnel will not use physical activity (e.g. running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

**Use of School Facilities Outside of School Hours:** The NCJJC is a secure juvenile detention center and a residential treatment facility for adjudicated delinquents. Generally, it can not be utilized for public activities. However, we can encourage after school activities within our facility with staff residents and community personnel that have the proper clearance to enter our facility to assist in education our staff and residents in a healthy lifestyle.

### **V. Monitoring and Policy Review**

**Monitoring:** The Director of Operations will ensure compliance with all Federal, State and Local laws and regulations pertaining to nutrition and physical activity under the wellness policies.

The NCJJC food service staff will ensure compliance with nutrition policies within the youth center food service areas and will report on this matter to the Deputy Director of Operations. The Deputy Director of Operations will report on the most recent Pennsylvania Department of Education Nutritional Analysis review findings and any resulting changes. PrimoEdge Nutritional software program will be utilized to conduct the Nutritional Analysis of the current breakfast and lunch menu of the NCJJC. The primary objective of the Nutritional Analysis is to make available to every resident nutritious, well-prepared meals each day.

**Policy Review:** The wellness committee will complete a triennial assessment to review that the facility complies with the wellness policy and its required guidelines. These meetings will include sign in forms, along with a written agenda of the meeting. The triennial assessment meets the requirements listed in Federal regulations outlined in 7 CFR 210.31. In order to make the results of the assessment available to parents and the public, the results of the assessment will be posted on the NCJJC website.

Our Food Service Department participates in the National Breakfast/Lunch Program under the supervision of the Pennsylvania Department of Education. The PDE every five years inspects our facility and performs a Nutritional Analysis review. We are also involved in the USDA Commodity Program. We are licensed by the City of Easton and are inspected twice per year. Through the commodity program, we receive food items that reduce the operating costs of our food service department. We are also ensured



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high quality and healthy foods from USDA for the residents residing in our care. All meals and snacks are nutritionally balanced through utilizing this system.

In addition, our Food Service Staff are certified and involved in the following:

- Certified in Serve Safe
- Certified in Safe Crisis Management
- Certified in Suicide Intervention & Prevention
- Certified in Child Protective Service Law
- Certified in PREA (Prison Rape Elimination Act)
- Certified in CPR and First Aid
- Certified in Fire Training.

### **Northampton County Juvenile Justice Center**

The NCJJC is licensed by the Department of Public Welfare and abides by their regulations (3800)

The NCJJC is comprised of four distinctive programs. Juvenile Detention provides temporary and secure custody for those youths presently being processed by the Northampton County Juvenile Court. The Male Treatment, Female Treatment and Specialized Treatment residential programs provide placement for adjudicated delinquents. All of these programs provide care custody, and control of our resident population while treating them with dignity and respect. We also recognize our responsibility to be open to, and provide access to residents' families, religious groups, and community volunteers. Various programming is provided to support the juvenile's physical, emotional and social development. Other services include: education, visitation, counseling, medical and health care services, nutrition and recreation. These programs that make up the NCJJC are staffed as per 3800 guidelines regarding personnel education/experience and staffing ratios. Moreover, all direct care staff are pre-screened by a psychologist for evaluation about the person's ability to perform the work. Staff also receives training as per the 3800 regulations in order to properly perform their job responsibilities.

### **Health Services**

The NCJJC contracts with a medical doctor who provides medical services to all residents in the NCJJC. He is board certified. Also, psychiatric, psychological, fire setting, sex offender and other evaluations are contracted for and provided to the residents as directed by the Courts.

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### **Northampton County Intermediate Unit #20**

The Northampton County Intermediate Unit #20 through the Easton School District is the educational agency who is contracted to provide education at the NCJJC.

The curriculum provided for students at the NCJJC is designed to address the academic as well as the social and behavioral needs of the students. Academics are organized to follow, as nearly as possible, the regular education curriculum of the school district in which the facility is located. All students are scheduled to have educational instruction for 5.5 hours per day. Upon entering our school program, the resident is tested for grade level and then appropriate academic material is given to the resident. Most students identified to be in need of special education receive instruction in the general education curriculum with some adaptations to meet their needs. Also, depending on the student's Individualized Education Plan, various other skills can be added to the student's curriculum such as daily living skills, socialization, study habits and other skills depending on the needs of the student.

Some of the teachers are Pennsylvania Certified Special Education Teachers who regularly provide accommodations for students and modifications to the general education curriculum in order to support the learning success of each student.

### **VI. Resources for Local School Wellness Policies on Nutrition and Physical Activity**

#### **Crosscutting:**

- School Health Index, Centers for Disease Control and Prevention,
- <http://apps.nccd.cdc.gov/shi/>
  
- Local Wellness Policy website, U.S. Department of Agriculture,
- <http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>
  
- Fit, Healthy, and Ready to Learn: a School Health Policy Guide, National Association of State Boards of Education,  
[www.nasbe.org/HealthySchools/fithealthy.mgi](http://www.nasbe.org/HealthySchools/fithealthy.mgi)
  
- Preventing Childhood Obesity: Health in the Balance, the Institute of Medicine of the National Academies,  
[www.iom.edu/report.asp?id=22596](http://www.iom.edu/report.asp?id=22596)

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- The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools, Action for Healthy Kids,  
[www.actionforhealthykids.org/docs/specialreports/LC%20Color%20120204\\_final.pdf](http://www.actionforhealthykids.org/docs/specialreports/LC%20Color%20120204_final.pdf)
- Ten Strategies for Promoting Physical Activity, Healthy Eating, and A Tobacco-Free Lifestyle through School Health Programs, Centers for Disease Control and Prevention,  
[www.cdc.gov/healthyyouth/publications/pdf/ten\\_strategies.pdf](http://www.cdc.gov/healthyyouth/publications/pdf/ten_strategies.pdf)
- Health, Mental Health, and Safety Guidelines for Schools, American Academy of Pediatrics and National Association of School Nurses,  
<http://www.nationalguidelines.org>
- Cardiovascular Health Promotion in Schools, American Heart Association [link to pdf]

### **School Health Councils:**

- Promoting Healthy Youth, Schools and communities: A Guide to Community-School Health Councils, American Cancer Society [link to PDF]
- Effective School Health Advisory Councils: Moving from Policy to Action, Public Schools of North Carolina,  
[www.nhealthyschools.org/nhealthyschools/htdocs/SHAC\\_manual.pdf](http://www.nhealthyschools.org/nhealthyschools/htdocs/SHAC_manual.pdf)

### **Nutrition:**

#### **General Resources on Nutrition**

- Making it Happen: School Nutrition Success Stories, Centers for Disease Control and Prevention, U.S. Department of Agriculture, and U.S. Department of Education,  
<http://www.cdc.gov/Healthy/changing.html>
- Changing the Scene: Improving the School Nutrition Environment Toolkit, U.S. Department of Agriculture,  
[www.fns.usda.gov/tn/Healthy/changing.html](http://www.fns.usda.gov/tn/Healthy/changing.html)

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- Dietary Guidelines for Americans 2005, U.S. Department of Health and Human Services and U.S. Department of Agriculture,  
[www.health.gov/dietaryguidelines/dga2005/document/](http://www.health.gov/dietaryguidelines/dga2005/document/)
- Guidelines for School Health Programs to Promote Lifelong Healthy Eating, Centers for Disease Control and Prevention,  
[www.cdc.gov/mmwr/pdf/rr/rr4509.pdf](http://www.cdc.gov/mmwr/pdf/rr/rr4509.pdf)
- Healthy Food Policy Resource Guide, California School Boards Association and California Project LEAN,  
[www.csba.org/ps/hf.htm](http://www.csba.org/ps/hf.htm)
- Diet and Oral Health, American Dental Association,  
<http://www.ada.org/public/topics/diet.asp>
- Teen Health- 10 Fun Activities for the Winter. Health Plus Vanderbilt Faculty and Staff Wellness Program  
[www.vanderbiltoivc.wellsources.com](http://www.vanderbiltoivc.wellsources.com)
- Eating Healthy  
[www.nhbi.nih.gov/hbp/prevent/h\\_eating/h\\_eating.htm](http://www.nhbi.nih.gov/hbp/prevent/h_eating/h_eating.htm)
- Nutrition and Fitness  
[www.reallywell.com/children.htm](http://www.reallywell.com/children.htm)

### **School Meals**

- Child Nutrition Sharing Site,  
<https://theicn.org/cnss/>
- Healthy School Meals Resource System, U.S. Department of Agriculture,  
<http://schoolmeals.nal.usda.gov/>
- School Nutrition Dietary Assessment Study-II, a U.S. Department of Agriculture study of the foods served in the National School Lunch Program and the School Breakfast Program,  
[www.cspinet.org/nutritionpolicy/SNDA11find.pdf](http://www.cspinet.org/nutritionpolicy/SNDA11find.pdf)
- Local Support for Nutrition Integrity in Schools, American Dietetic Association,  
[www.eatright.org/Member/Files/Local.pdf](http://www.eatright.org/Member/Files/Local.pdf)

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- Nutrition Services: an Essential Component of Comprehensive Health Programs, American Dietetic Association,  
[www.eatright.org/Public/NutritionInformation/92\\_8243.cfm](http://www.eatright.org/Public/NutritionInformation/92_8243.cfm)
- Healthier US School Challenge, U.S. Department of Agriculture,  
[www.fns.usda.gov/tn/HealthierUS/index.htm](http://www.fns.usda.gov/tn/HealthierUS/index.htm)
- Breakfast for Learning, Food Research and Action Center,  
[www.frac.org/pdf/breakfastforlearning.PDF](http://www.frac.org/pdf/breakfastforlearning.PDF)
- School Breakfast Scorecard, Food Research and Action Center,  
[www.frac.org/School\\_Breakfast\\_Report/2204/](http://www.frac.org/School_Breakfast_Report/2204/)
- Arkansas Child Health Advisory Committee Recommendations [includes recommendation for professional development for child nutrition professionals in schools],  
[www.healthyarkansas.com/advisory\\_committee/pdf/final\\_recommendations.pdf](http://www.healthyarkansas.com/advisory_committee/pdf/final_recommendations.pdf)

### **Meal Times and Scheduling**

- Eating at School: A Summary of NFSMI Research on Time Required by Students to Eat Lunch, National Food Service Management Institute (NFSMI) [Attach PDF file]
- Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools, National Food Service Management Institute,  
[www.nfsmi.org/Information/Newsletters/insight24.pdf](http://www.nfsmi.org/Information/Newsletters/insight24.pdf)

### **Nutrition Standards for Foods and Beverages Sold Individually**

- Recommendations for Competitive Foods Standard (a report by the National Consensus Panel on School Nutrition), California Center for Public Health Advocacy,  
[www.publichealthadvocacy.org/school\\_food\\_standards/school\\_food\\_standards/Nutrition%20Standards%20Report%20-%20Final.pdf](http://www.publichealthadvocacy.org/school_food_standards/school_food_standards/Nutrition%20Standards%20Report%20-%20Final.pdf)
- State policies for competitive foods in schools, U.S. Department of Agriculture,

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[www.fns.usda.gov/cnd/Lunch/CompetitiveFoods/state\\_policies\\_2002.htm](http://www.fns.usda.gov/cnd/Lunch/CompetitiveFoods/state_policies_2002.htm)

- Nutrition Integrity in Schools, (forthcoming), National Alliance for Nutrition and Activity
- School Foods Tool Kit, Center for Science in the Public Interest, [www.cspinet.org/schoolfood/](http://www.cspinet.org/schoolfood/)
- Foods Sold in Competition with USDA School Meal Programs (a report to Congress), U.S. Department of Agriculture, [www.cspinet.org/nutritionpolicy/Foods\\_Sold\\_in\\_Competition\\_with\\_USDA\\_School\\_Meal\\_Programs.pdf](http://www.cspinet.org/nutritionpolicy/Foods_Sold_in_Competition_with_USDA_School_Meal_Programs.pdf)
- FAQ on School Pouring Rights Contracts, American Dental Association, [http://www.ada.org/public/topics/softdrink\\_faq.asp](http://www.ada.org/public/topics/softdrink_faq.asp)

### **Fruit and Vegetable Promotion in Schools**

- Fruits and Vegetables Galore: Helping Kids Eat More, U.S. Department of Agriculture, [www.fns.usda.gov/tn/Resources/fv\\_galore.html](http://www.fns.usda.gov/tn/Resources/fv_galore.html)
- School Foodservice Guide: Successful Implementation Models for Increased Fruit and Vegetable Consumption, Produce for Better Health Foundation. Order on-line for \$29.95 at [www.Shop5aday.com/acatalog/School\\_Food\\_Service\\_Guide.html](http://www.Shop5aday.com/acatalog/School_Food_Service_Guide.html)
- National Farm-to-School Program website, hosted by the Center for Food and Justice, [www.farmtoschool.org](http://www.farmtoschool.org)
- Produce for Better Health Foundation website has downloadable fruit and vegetable curricula, research, activity sheets and more at [www.5day.org](http://www.5day.org)

### **Snacks**

- Healthy School Snacks, (forthcoming), Center for Science in the Public Interest

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- Materials to Assist After-school and Summer Programs and Homeless Shelters in Using the Child Nutrition Programs (website), Food Research and Action Center,  
[www.frac.org/html/building\\_blocks/afterschsummertoc.html](http://www.frac.org/html/building_blocks/afterschsummertoc.html)

### **Consequences**

- Constructive Classroom Rewards, Center for Science in the Public Interest
- Alternatives to Using Food as a Reward, Michigan State University Extension,  
[www.tn.fcs.msue.msu.edu/foodrewards.pdf](http://www.tn.fcs.msue.msu.edu/foodrewards.pdf)
- Prohibition against Denying Meals and Milk to Children as a Disciplinary Action, U.S. Department of Agriculture Food and Nutrition Service [Link to PDF]

### **Celebrations**

- Guide to Healthy School Parties, Action for Healthy Kids of Alabama,  
[www.actionforhealthykids.org/AFHK/team\\_center/team\\_resources/AL/N&PA%2032%20-%20parties.pdf](http://www.actionforhealthykids.org/AFHK/team_center/team_resources/AL/N&PA%2032%20-%20parties.pdf)
- Classroom Party Ideas, University of California Cooperative Extension Ventura County and California Children's 5 A Day Power Play! Campaign,  
<http://ucce.ucdavid.edu/files/filelibrary/2372/15801.pdf>

### **Nutrition and Physical Activity Promotion and Food Marketing:**

#### **Health Education**

- National Health Education Standards, American Association for Health Education,  
[http://www.aahperd.org/aahe/pdf\\_files/standards.pdf](http://www.aahperd.org/aahe/pdf_files/standards.pdf)

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### **Nutrition Education and Promotion**

- U.S. Department of Agriculture Team Nutrition website (lists nutrition education curricula and links to them),  
[www.fos.usda.gov/tn/Educators/index.htm](http://www.fos.usda.gov/tn/Educators/index.htm)
- The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions, U.S. Food and Drug Administration and U.S. Department of Agriculture's Food and Nutrition Service,  
[www.fns.usda.gov/tn/resources/power\\_of\\_choice.html](http://www.fns.usda.gov/tn/resources/power_of_choice.html)
- Nutrition Education Resources and Programs Designed for Adolescents, compiled by the American Dietetic Association,  
[www.eatright.org/Public/index\\_19218.cfm](http://www.eatright.org/Public/index_19218.cfm)

### **Integrating Physical Activity into the Classroom Setting**

- Brain Breaks, Michigan Department of Education,  
[www.emc.cmich.edu/brainbreaks](http://www.emc.cmich.edu/brainbreaks)
- Energizers, East Carolina University,  
[www.ncpe4me.com/energizes.html](http://www.ncpe4me.com/energizes.html)

### **Food Marketing to Children**

- Pestering Parents: How Food Companies Market Obesity to Children, Center for Science in the Public Interest,  
[www.cspinet.org/pesteringparents](http://www.cspinet.org/pesteringparents)
- Reviewing of Research on the Effects of Food Promotion to Children, United Kingdom Food Standards Agency,  
[www.foodstandards.gov.uk/multimedia/pdfs/foodpromotiontochildren1.pdf](http://www.foodstandards.gov.uk/multimedia/pdfs/foodpromotiontochildren1.pdf)
- Marketing Food to Children (a report on ways that different countries regulate food marketing to children [including marketing in schools]), World Health Organization (WHO),  
<http://whqlibdoc.who.int/publications/2004/9241591579.pdf>
- Guidelines for Responsible Food Marketing to Children, Center for Science in the Public Interest,  
<http://cspinet.org/marketingguidelines.pdf>



# **POLICY & PROCEDURE**

Resident Wellness/Physical Activities & Nutrition

**Subject: Medical  
Section: IV  
Code: 4.08**

- Commercial Activities in Schools, U.S. General Accounting Office, [www.gao.gov/new.items/d04810.pdf](http://www.gao.gov/new.items/d04810.pdf)

## **Staff Wellness**

- School Staff Wellness, National Association of State Boards of Education [link to pdf]
- Healthy Workforce 2010: An Essential Health Promotion Sourcebook for Employers, Large and Small, Partnership for Prevention, [www.prevent.org/publications/Healthy\\_Workforce\\_2010.pdf](http://www.prevent.org/publications/Healthy_Workforce_2010.pdf)
- Protecting Our Assets: Promoting and Preserving School Employee Wellness, (forthcoming), Directors of Health Promotion and Education (DHPE)

## **Physical Activity Opportunities and Physical Education:**

### **General Resources on Physical Activity**

- Guidelines for School and Community Programs to Promote Lifelong Physical Activity among Young People, Centers for Disease control and Prevention, [www.cdc.gov.mmwr/preview/mmwrhtml/00046823.htm](http://www.cdc.gov.mmwr/preview/mmwrhtml/00046823.htm)
- Healthy People 2010: Physical Activity and Fitness, Centers for Disease Control and Prevention and President's Counsel on Physical Fitness and Sports, [www.healthypeople.gov/document/HTML/Volume2/22Physical.htm#\\_Toc490380803](http://www.healthypeople.gov/document/HTML/Volume2/22Physical.htm#_Toc490380803)
- Physical Fitness and Activity in Schools, American Academy of Pediatrics, <http://pediatrics.aapublications.org/cgi/reprint/105/5/1156>

### **Physical Education**

- Opportunity to Learn: Standards for Elementary Physical Education, National Association for Sport and Physical Education. Order on-line for \$7.00 at <http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=368&section=5>

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- Opportunity to Learn: Standards for Middle School Physical Education. National Association for Sport and Physical Education. Order on-line for \$7.00 at <http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=726&section5>
- Opportunity to Learn: Standards for High School Physical Education. National Association for Sport and Physical Education. Order on-line for \$7.00 at <http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=727&section5>
- Substitution for Instructional Physical Education Programs, national Association for Sport and Physical Education, [www.aahperd.org/naspe/pdf\\_files/pos\\_papers/substitutions.pdf](http://www.aahperd.org/naspe/pdf_files/pos_papers/substitutions.pdf)
- Blue print for Change, Our Nation's Broken Physical Education System: Why It Needs to be Fixed, and How We Can Do It Together, PE4life, [www.pe4life.org/articles/blueprint204.pdf](http://www.pe4life.org/articles/blueprint204.pdf)

### **Physical Activity Opportunities Before and After School**

- Guidelines for After School Physical Activity and Intramural Sport Programs, national Association for Sport and Physical Education, [www.aahperd.org/naspe/pdf\\_files/pos\\_papers/intramural\\_guidelines.pdf](http://www.aahperd.org/naspe/pdf_files/pos_papers/intramural_guidelines.pdf)
- The Case for High School Activities, national Federation of State High School Associations, [www.nfhs.org/scriptcontent/va\\_custom/vimdisplays/contentpagedisplay.cfm?content\\_id=71](http://www.nfhs.org/scriptcontent/va_custom/vimdisplays/contentpagedisplay.cfm?content_id=71)
- Rights and Responsibilities of Interscholastic Athletes, national Association for Sports and Physical Education, [www.aahperd.org/naspe/pdf\\_files/pos\\_papers/RightsandResponsibilities.pdf](http://www.aahperd.org/naspe/pdf_files/pos_papers/RightsandResponsibilities.pdf)

### **Monitoring and Policy Review:**

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- School Health Index, Centers for Disease Control and Prevention (CDC), <http://apps.nccd.cdc.gov/gov/shi/>
- Changing the Scene: Improving the School Nutrition Environment Toolkit, U.S. Department of Agriculture, [www.fns.usda.gov/tn/Healthy/changing.html](http://www.fns.usda.gov/tn/Healthy/changing.html)
- Criteria for Evaluating School-Based Approaches to Increasing Good Nutrition and Physical Activity, Action for Healthy Kids, [www.actionforhelathykids.org/docs/specialreports/report\\_small.pdf](http://www.actionforhelathykids.org/docs/specialreports/report_small.pdf)
- Opportunity to Learn: Standards for Middle School Physical Education, National Association for Sport and Physical Education. Order on-line for \$7.00 at <http://member.aahperd.org/Template.cfm?template=ProductionDisplay.cfm&Productid=726&section5>
- Opportunity to Learn: Standards for High School Physical Education, National Association for Sport and Physical Education. Order on-line for \$7.00 at <http://member.aahperd.org/Template.cfm?template=ProductionDisplay.cfm&Productid=727&section5>

### **Wellness Policy Information Samples:**

- Information and samples on writing and organizing a Wellness Policy for your school at <http://www.schoolwellnesspolicies.org/WellnessPolicies.html>

### **Correction of Errors**

Correction of errors may occur when discovered and shall be retroactive. Neither the NCJJC nor the employee shall benefit by errors in application or interpretation of County policies, practices or procedures.

### **Exceptions**

Exceptions to this policy may be considered on a case-by-case basis. Such written exceptions must be submitted to the Director of Operations, and if need be,

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approved by the Office of Court Administration and shall be considered a one time, non-precedential, exception and not the establishment of a past practice. Exceptions made without written approval as described above shall be invalid.

### **Reference Forms**

National School Lunch Program  
DPW 3800 Regulations

### **Approved By:**

Director of Operations

Date: June 30, 2017