

DYRS

Health and Wellness

TRIENNIAL ASSESSMENT Plan

SY 2022-2023



Goal Area 1: Establishing Local Wellness Committee

Action Plan	Fully in Place	Partially in Place	Comments on Partially in Place Status if Applicable	Not in Place
DYRS will establish a Local Wellness Committee that meets at least once yearly to develop goals for and oversee implementation of health and safety policies/programs, including periodic reviews and updates of this LWP.		X	This is a work in progress.	

Goal Area 2: Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Action Plan	Fully in Place	Partially in Place	Comments on Partially in Place Status if Applicable	Not in Place
DYRS will create an action plan, implement the plan, and generate an annual report.		X	Work in progress	
DYRS will retain records to document compliance with the requirements of this LWP at the Health and Wellness Coordinator's main office and with the Office of the State Superintendent of Education.	X			
At least once every three years, DYRS will conduct a Triennial Progress Assessment and develop a report that reviews each facility's compliance with this LWP.		X	Process is on-going	

Goal Area 3: Nutrition Standards for Food Served During the School Day

Action Plan	Fully in Place	Partially in Place	Comments on Partially in Place Status if Applicable	Not in Place
Food is accessible to all youths	X			
Foods is appealing and attractive to youths;	X			
Food is serve in clean and pleasant settings;	X			
Food meets or exceed current nutrition requirements established by local and federal statutes and regulations;	X			
Facilities will provide at least 30 minutes for youths to eat their meals and sufficient time for them to pass through service line.	X			
Facilities will operate a Universal “Free for All” Meal Program for qualified Youth and staff.	X			
Menus will be created /reviewed by a RD .	X			

All school nutrition program directors and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals.	X			
DYRS will make drinking water available where meals are served during mealtimes.	X			
DYRS will not use foods or beverages as rewards, incentives, or prizes for academic performance or good behavior that do not meet the nutritional requirements above.	X			
DYRS will not permit third-party vendors to sell foods or beverages of any kind to youths on facility campus from midnight on the day school begins to 90 minutes after the school day ends, in accordance with Healthy Schools Act and USDA Smart Snacks Standards.	X			
DYRS's intent to protect and promote youths' health by not participating in any food advertising and marketing.	X			

Goal Area 4: Ensuring Quality Nutrition Education, Health Education and Physical Education

Action Plan	Fully in Place	Partially in Place	Comments on Partially in Place Status if Applicable	Not in Place
Nutrition Education DYRS will teach, model, encourage and support healthy eating by all youths. Facilities will provide nutrition education and engage in nutrition promotion that:	X			
is designed to provide youths with the knowledge and skills necessary to promote and protect their health;	X			
is part of not only health education classes, but also integrated into other program instruction through subjects such as math, science, language arts, social sciences and elective subjects;	X			

includes enjoyable, developmentally appropriate, culturally relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;	X			
promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;	X			
emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);	X			
links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;	X			
includes nutrition education training for FNS staff	X			
All health care providers will provide opportunities for youths to practice the	X			

skills taught through the health education curricula.				
Action Plan	Fully in Place	Partially in Place	Comments on Partially in Place Status if Applicable	Not in Place
Health Education: DYRS will provide youths a comprehensive health education that addresses a variety of topics such as alcohol and other drug use and abuse, healthy eating/nutrition, mental and emotional health, personal health and wellness, physical activity, safety and injury prevention, sexual health, tobacco use, and violence prevention. Facilities will provide health education and engage in health education activities that:	X			
is offered at least 75 minutes per week as part of a sequential, comprehensive, standards-based program designed to provide youths with the knowledge and skills necessary to promote and protect their health;	X			
incorporates an age-appropriate sequential health education curriculum that is consistent with District and national standards for health education;	X			

incorporates active learning strategies and activities that youths find enjoyable and personally relevant;	X			
incorporates opportunities for youths to practice or rehearse the skills needed to maintain and improve their health;	X			
incorporates a variety of culturally-appropriate activities and examples that reflect the community's cultural diversity;	X			
incorporates assignments or projects that encourage youths to have interactions with family members and community organizations;	X			
requires the health care personnel to participate at least once a year in professional development in health education; and	X			
Provide professional development training for all youth care workers in classroom management techniques in the past two years.	X			

Action Plan	Fully in Place	Partially in Place	Comments on Partially in Place Status if Applicable	Not in Place
Physical Education and Opportunities for Physical Activities: DYRS will provide opportunities to ensure that students engage in healthful levels of vigorous physical activity to promote and develop the students' physical, mental, emotional, and social well-being. DYRS will teach, model, encourage and support healthy eating by all youths	X			
The components of DYRS's physical education program shall include a variety of kinesthetic activities, including team, individual, and cooperative sports and physical activities, as well as aesthetic movement forms, such as dance, yoga or the martial arts, volleyball, football as well as, goals to increase physical activity for youths to satisfy the Healthy Schools Act requirement.	X			

physical education teachers shall develop and implement a curriculum that connects and demonstrates the interrelationship between physical activity, good nutrition, and health;		X		
50 percent of physical education class time is devoted to actual physical activity;				
physical education staff shall appropriately limit the amount or type of physical exercise required of youths during air pollution episodes, excessively hot weather, or other inclement conditions; and	X			
physical activity is neither required nor withheld as punishment.	X			

Goal Area 5: Improving Environmental Sustainability

Action Plan	Fully in Place	Partially in Place	Comments on Partially in Place Status if Applicable	Not in Place
Environment Sustainability: DYRS will seek to improve its environmental sustainability and engage in sustainable agriculture practices through:				
contracting with food service vendors that utilize locally grown, locally processed and unprocessed foods from growers engaged in sustainable agriculture practices;	X			

school wide recycling programs;	X			
Utilizing Eco- friendly supplies	X			
Waste Audits	X			
Purchasing of Energy Star equipment	X			