

## Department of Youth Rehabilitation Services

### Local Wellness Policy

#### **SY 2016 - 2019**

This Local Wellness Policy (LWP) outlines the Department of Youth Rehabilitation Services (DYRS) 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. This policy applies to all secure and committed youth and staff who receive meal services at New Beginnings and Youth Services Center. Specific measureable goals and outcomes are identified within each section below.

#### **Local Wellness Committee**

##### **Committee Role and Membership**

DYRS will establish a Local Wellness Committee that meets at least two times per year to develop goals for and oversee implementation of health and safety policies/programs, including periodic reviews and updates of this LWP.

The Local Wellness Committee will represent all program levels and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program, physical education teachers; health education teachers; health professionals (e.g., nurses, physicians, dietitian, dentist, health educators, and other allied health personnel who provide medical health services), and mental health and social services staff (e.g., school counselors, psychologists, social workers, or psychiatrists); school administrators (e.g., superintendent, principal, vice principal. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators (SNAP-Ed).

##### **Leadership**

DYRS will designate a wellness policy coordinator, who will ensure compliance with the policy.

The designated official for oversight is Kimelia Austin, Supervisory Dietitian.

#### **Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

##### **Implementation Plan**

DYRS will develop and maintain an implementation plan for implementing this LWP. This plan will delineate the roles, responsibilities, actions and timelines specific to each facility; and include information about who will be responsible to making 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, food and beverage marketing, nutrition promotion and

education, physical activity, physical education and other school-based activities that promote student wellness.

DYRS will use a variety of tools (see list below) to complete facility-level assessments of implementation of this plan; based on the results; DYRS will create an action plan, implement the plan, and generate an annual report. 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.

Documentation maintained in these locations will include but is not be limited to:

- this written LWP;
- documentation of efforts to review and update the LWP; including an indication of who is involved in the update and methods the LEA uses to make stakeholders aware of their ability to participate on the Local Wellness Committee;
- documentation to demonstrate compliance with the annual public notification requirements;
- the most recent assessment on the implementation of the LWP

### **Triennial Progress Assessments**

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. This assessment and report will include a full description of the progress made in attaining the goals of DYRS's LWP.

The positions/persons responsible for managing the triennial assessment and report is the agency dietitian and a designated the School Food Authority member assigned the Local Wellness Committee

The above referenced individual will monitor DYRS facility's compliance with this LWP and develop the triennial progress reports by utilizing, among other tools, the annual LEA self-evaluations described in the above section.

### **Establishing a Plan to Measure the Impact and Implementation of the Local Wellness Policy**

DYRS will evaluate compliance and effectiveness of this LWP using existing data collection tools, such as, but not limited to:

- School Health Index;
- FITNESSGRAM data collection and analysis;

- OSSE Health and Physical Education student assessments;
- DC Healthy Schools Act School Health Profiles;
- Centers for Disease Control and Prevention School Health Profiles;
- Youth Risk Behavior Surveillance System results;
- WellSAT 2.0; and
- USDA triennial administrative review.

### **Revisions and Updating the Local Wellness Policy**

**This LWP will be assessed and updated at least every three years, following the triennial assessment discussed above.** The Local Wellness Committee will update or modify this LWP based on the results of DYRS’s annual self-assessment, the USDA triennial administrative review, and on other variables, including if/when DYRS’s health priorities change; the wellness goals are met; new health science arises, new technology emerges; and new federal or state guidance/standards are issued.

### **Community Involvement, Outreach and Communications**

DYRS are committed to being responsive to community input, which begins with awareness of the LWP. DYRS will actively communicate ways in which representatives of the Local Wellness Committee and others can participate in the development, implementation and periodic review and update of the LWP through a variety of means appropriate for DYRS. DYRS will also use these mechanisms to inform the community about the availability of the annual and triennial reports. Additionally, DYRS will disseminate this LWP to staff through posting it in the accessible areas within the facility.

### **Nutrition**

DYRS is committed to serving healthy meals to our youths, with plenty of fruits, vegetables, whole grains, lean protein and fat-free or low-fat dairy, that are moderate in sodium, low in saturated fat, have zero grams trans-fat per serving (nutrition label or manufacturer’s specification), and to meeting the nutrition needs of youths within their calorie requirements. The school meal programs aim to improve the diet and health of youths, help mitigate childhood obesity, model healthy eating habits to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

DYRS is committed to offering school meals through the National School Lunch Program (NSLP), School Breakfast Program (SBP), and other supplemental programs, that:

- are accessible to all youths;

- are appealing and attractive to students;
- are served in clean and pleasant settings;
- meet or exceed current nutrition requirements established by local and federal statutes and regulations;
- ensure all qualified students will become eligible for free lunch;
- facilities will provide at least 30 minutes for youths to eat lunch and sufficient time during the lunch period for every student to pass through the service line;
- facilities will operate a Universal “Free for All” School Breakfast Program in the cafeteria; and
- promote healthy food and beverage choices by using Smarter Lunchroom techniques, such as the following:
  - whole fruit options offered in attractive, accessible settings;
  - sliced or cut fruit offered, especially for age-appropriate students;
  - alternative entrée options (e.g., salad bar, vegetarian options, etc.) are highlighted on posters or signs within all service and dining areas;
  - student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas;
  - placing white milk at the front of the coolers; and
  - Menus will be created/reviewed by a RD or other certified nutrition professional.

DYRS will strive to implement the following Farm to School activities:

- Messages about agriculture and nutrition are reinforced throughout the learning environment
- Local and/or regional products are incorporated into the school meal program

### **Staff Qualifications and Professional Development**

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.

### **Water**

To promote hydration, free, potable drinking water will be available to all youths throughout the school day and throughout every living area. DYRS will make drinking water available where school meals are served during mealtimes. Additionally, DYRS will also:

- Water cups/jugs will be available in the cafeteria if a drinking fountain is not present

## **Competitive Foods and Beverages**

DYRS is committed to ensuring that all foods and beverages available to youths within the facility during the school day to support healthy eating. The foods and beverages served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools, are available [here](#)

## **Rewards**

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.

## **Third-Party Vendors**

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.

## **Food and Beverage Marketing in Schools**

DYRS is committed to providing a school environment that ensures opportunities for all youths to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. DYRS strives to teach youths how to make informed choices about nutrition, health and physical activity. It is DYRS’s intent to protect and promote youths’ health by not participating in any food advertising and marketing.

## **Nutrition Promotion**

DYRS will promote healthy food and beverage choices for all youths throughout the facility campus, as well as encourage participation in facility meal programs. This promotion will occur through at least:

- implementing 10 or more evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#); and
- ensuring 100 percent of foods and beverages promoted to students meet the USDA Smart Snacks nutrition standards. Additional promotion techniques that DYRS facilities may use are available [here](#).

## **Ensuring Quality Nutrition Education, Health Education and Physical Education**

DYRS aims to provide age-appropriate and culturally sensitive instruction in nutrition, health and physical education that help students develop the knowledge, attitudes, and skills to enjoy healthy eating habits and a physically active lifestyle.

### **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:

- is designed to provide youths with the knowledge and skills necessary to promote and protect their health;
- 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;
- includes enjoyable, developmentally appropriate, culturally relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- teaches media literacy with an emphasis on food and beverage marketing;
- includes nutrition education training for teachers and other staff; and
- All health care providers will provide opportunities for youths to practice the skills taught through the health education curricula.

### **Essential Healthy Eating Topics in Health Education**

DYRS will include in the health education curriculum the following essential topics on healthy eating:

- incorporates nutrition education and promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise); Smart snacking; Increasing consumption of nutrient and fiber rich carbohydrates; making healthy food choices, the basic of weight control etc.

### **Health Education**

DYRS is dedicated to providing formal, structured health education, consisting of planned learning experiences that provide the opportunity to acquire information and the

skills students need to make quality health decisions. As such, DYRS will provide youths a comprehensive health education that address 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. Health education curricula and instruction should address the DC Health Education Standards and incorporate the characteristics of an effective health education curriculum. DYRS will provide health education that:

- 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;
- is incorporated into classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- incorporates an age-appropriate sequential health education curriculum that is consistent with District and national standards for health education;
- incorporates active learning strategies and activities that youths find enjoyable and personally relevant;
- incorporates opportunities for youths to practice or rehearse the skills needed to maintain and improve their health;
- incorporates a variety of culturally-appropriate activities and examples that reflect the community's cultural diversity;
- incorporates assignments or projects that encourage students to have interactions with family members and community organizations;
- requires the health instructors to participate at least once a year in professional development in health education; and
- requires professional development for all teachers in classroom management techniques in the past two years.

Additionally, in an effort to ensure reinforcement of health messages that are relevant for students and meet community needs, DYRS will base its health education program, at least in part, on the results of the Health and Physical Education Assessment and in collaboration with the community. DYRS will also seek to imbed health education as part of youth visits with the medical center, through posters or public service announcements, and through conversations with family and peers.

### **Improving Environmental 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;

- school wide recycling programs; and
- Utilizing Eco- friendly supplies
- Limiting use of disposable items
- Waste Audits
- Purchasing of Energy Star equipment

**Physical Education and Physical Activity**

DYRS acknowledges the positive benefits of physical activity for student health and academic achievement. It is the goal of DYRS that students engage in the recommended 60 minutes per day of physical activity. Additionally, recognizing that physical education is a crucial and integral part of a child’s education, we 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.

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.

Youths shall be given opportunities for physical activity through a range of before-and/or after-school programs including, but not limited to interscholastic athletics, and physical activity clubs. DYRS will ensure that:

- physical education teachers shall develop and implement a curriculum that connects and demonstrates the interrelationship between physical activity, good nutrition, and health;
- 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
- physical activity is neither required nor withheld as punishment.

*Bimelia Austin* 8/30/17

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**Responsible Health Authority** **Date**

