

GOVERNMENT OF THE DISTRICT OF COLUMBIA
DEPARTMENT OF YOUTH REHABILITATION SERVICES
LOCAL WELLNESS POLICY
SY 2020-2021

I. PURPOSE

This Local Wellness Policy (LWP) outlines the Department of Youth Rehabilitation Services approach to ensuring environments and opportunities for all youths to practice healthy eating and physical activity behaviors throughout the day while minimizing commercial distractions.

II. POLICY

The U.S. Congress established a requirement in the Child Nutrition and Women, Infants, and Children (WIC) Reauthorization Act of 2004, that **all school districts with a federally funded school meal program draft a local school wellness policy**. In 2010 Congress passed the Healthy, Hunger-Free Kids Act of 2010 (the Act). Section 204 of the Act added Section 9A to the Richard B. Russell National School Lunch Act (NSLA) (42 U.S.C. 1758b), *Local School Wellness Policy Implementation*. The provisions set forth in Section 204 expand upon the previous local wellness policy requirement from the Child Nutrition and WIC Reauthorization Act of 2004.

The law requires that these policies must, at a minimum, (1) include goals for nutrition education, physical activity, and other school-based activities that promote student wellness, as well as, goals for nutrition promotion, (2) establish nutrition guidelines for all foods available on each school campus during the school day with the objectives of promoting student health and reducing childhood obesity, (3) provide assurance that those guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance applicable to school meals issued by the Secretary of Agriculture, (4) establish a plan for measuring the implementation of the local wellness policy, including designation of one or more persons with operational responsibility for ensuring that the schools meet the wellness policy; (5) involve teachers of physical education and school health professionals, parents, students, and representatives of the school food authority, school board, school administrators, and the public, in the development and implementation of the school wellness policy; and (6) inform and update (including parents, students, and others in the community) about the content and implementation of the local wellness policy.

The Department of Youth Rehabilitation Services (DYRS) recognizes that nutrition education, food served, and physical activity each affect youth wellness. We also recognize the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school. Therefore, DYRS will use the above requirements as a baseline and expand the policy to cover additional youth wellness areas as follow:

1. Goals for nutrition education, nutrition promotion, physical activity, and other program-based activities that promote youth wellness.
2. Nutrition guidelines for all foods available on site during the school day with the objectives of promoting youth health and reducing childhood obesity.
3. Assurance that those guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture.
4. A plan for measuring the impact and implementation of the local wellness policy, including designation of one or more persons with operational responsibility for ensuring that the facility is in compliance with the wellness policy, the policy compares to model wellness policies, and progress is made in attaining wellness policy goals.
5. Involvement of youth, health and wellness committee and representatives of the school food authority, in the development of the local wellness policy.
6. Goals, in accordance with the Healthy Schools Act of 2010, for: improving the environmental sustainability of the program; increasing the use of locally grown foods; and increasing physical activity in program activities.

III. DEFINITIONS

- A. **Health Education**— Information on preventing illness and maintaining healthy lifestyle.
- B. **Physical Activities** –Aerobic activity that stimulates and improves physical and mental health through the use of large-muscle activities such as walking, jogging in place, basketball, and isometrics.

IV. PROCEDURES

Section 1: Ensuring Quality Nutrition Education, Health Education and Physical Education

The Department of Youth Rehabilitation Services aims to provide age-appropriate and culturally sensitive instruction in nutrition, health and physical education that help youths develop the knowledge, attitudes, and skills to enjoy healthy eating habits and a physically active lifestyle.

Health and Nutrition Education

DYRS will provide health education that:

- is incorporated into program activities;
- 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); and

Physical Education and Physical Activity

The Department of Youth Rehabilitation Services acknowledges the positive benefits of physical activity for youth health and academic achievement. It is the goal of DYRS that youths 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 youths engage in healthful levels of vigorous physical activity to promote and develop the youth's physical, mental, emotional, and social well-being.

The components of the 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 walking, jogging in place, basketball, volleyball, football, soccer, juggling, team handball, dance, yoga, and isometrics.

Youths shall be given opportunities for physical activity through a range of program activities including, but not limited to, outside yards, gymnasias, and multipurpose rooms, providing opportunities for exercise such as basketball, handball, running and calisthenics. The *Department of Youth Rehabilitation Services* will ensure that:

- Supervisory Recreation Therapist teachers shall develop and implement a curriculum that connects and demonstrates the interrelationship between physical activity, good nutrition, and health;
- Fifty percent of Gym activity 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.

Section 2: Establishing Nutritional Guidelines for All Foods Served and Sold on Campus During the School Day

A component of the educational mission of DYRS is teaching youths to establish and maintain life-long healthy eating habits. This mission shall be accomplished through serving healthful food in our secure facilities. DYRS will ensure that:

Free and Reduced-Price Meals

- All qualified youths will become eligible for free lunch;
- DYRS will provide youths with at least 20 minutes to eat after sitting down for breakfast, at least 30 minutes after sitting down for lunch, and sufficient time for each youth to pass through the food service line;
- DYRS will operate a Universal "Free for All" Breakfast Program in the cafeteria; and

- All foods served meet, at minimum, the following nutritional requirements of the USDA's Healthier US School Challenge Program at the Gold Award level and District of Columbia Healthy Schools Act (HSA).

After School 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. DYRS will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

Vending machines, a la carte lines, and commissary stores shall only offer foods and beverages that meet the competitive foods and beverages criteria of the USDA's Healthier US School Challenge at the Gold Award level and Smart Snacks Standards.

Rewards

DYRS will not use foods or beverages as rewards, incentives, or prizes for academic performance or good behavior during the school day.

Third-Party Vendors

DYRS will not permit third-party vendors to sell foods or beverages of any kind to youths on DYRS property 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.

Section 3: Assurance that Guidelines for School Meals are Not Less Restrictive than Those Set at the Federal Level by the Secretary of Agriculture

The Health Services Administrator or designated personnel will review this policy and ensure that the policies are not less restrictive than those set by the Secretary of Agriculture or state law.

Section 4: 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, and locally processed and unprocessed foods from growers engaged in sustainable agriculture practices; and
- school-wide recycling programs.
- Community gardening
- Composting
- Utilizing Eco- friendly supplies
- Limiting use of disposable items
- Waste Audits
- Purchasing of Energy Star equipment
- Water and energy conservation

Section 5: Community Involvement

DYRS will seek involvement from all program areas in the development and implementation of the local wellness policy. Representatives will include staff, youths, DYRS program health professionals, and representatives of the school administration, school food authority, and community.

Section 6: Establishing a Plan to Measure the Impact and Implementation of the Local Wellness Policy

DYRS shall develop a steering committee to monitor the wellness policy. This committee shall be responsible for evaluating the policy annually and making available to the public an assessment on the implementation of the wellness policy, including the extent to which the facility is in compliance with its wellness policy, the extent to which its wellness policy compares to model wellness policies, and progress made in attaining wellness policy goals. The steering committee will also ensure that the wellness policy is revised at least once every 3 years in accordance with the Healthy Schools Act.

The State Education Office will also monitor the status of the school's local wellness policy while conducting reviews and site visits to ensure that the program's activities remain in compliance with its local wellness policy.

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Supervisory Dietitian

8/06/2020
Date

