



Bay County Juvenile Home Local Wellness Policy *(Rev 10/4/2023)*

On June 30, 2004, Congress passed Section 204 of Public Law 108-265 of the Child Nutrition and WIC Reauthorization Act of 2004. This law requires each local education agency participating in a program authorized by Richard B Russell National School Lunch Act or the Child Nutrition Act of 1966 to establish a local school wellness policy by July 1, 2006. On 2010, Public Law 111-296 The Healthy, Hunger-Free Kids Act was implemented.

As part of the requirement, RCCI (Residential Child Caring Institutions) which participate in the USDA Food Nutrition Program must also have a Wellness Policy/Program. The Federal Government recognizes that such institutions are not entirely similar to regular school programs or school districts so the Wellness Policy can be tapered to fit the needs of the children lodged at the RCCI.

Nutrition Education and Promotion

Students housed at Bay County Juvenile Home will receive consistent messages throughout classroom instruction and with MSU Extension program and BCJH staff:

- Education staff will integrate nutrition education into science & health course curricula
- The MSU Extension will provide nutrition education to students when residents are not in the school program.
- Staff of the juvenile home are strongly encouraged to model healthy eating habits, and are not permitted to eat a non-facility issued meal in front of the youth in our care
- Teachers and staff are encouraged to not drink sugary beverages during the school day.

Specifically, the nutrition curriculum will encompass:

- The promotion of adequate nutrient intake and healthy eating habits
- Skill development-reading nutrition labels
- USDA my plate material-posted in cafeteria at food serving window
- Nutrition information posted in classroom
- Dietary guidelines
- Food safety
- Childhood obesity reduction

Nutrition Standards for All Food and Beverages Served in the facility

USDA School meals-breakfast and lunch: School meals will include a variety of healthy choices while accommodating special dietary needs. All meals will meet the USDA standards and our facility will participate in the USDA breakfast, lunch and snack programs.

Updated on 10/4/2023

In addition:

- All reimbursable meals will meet the nutrition standards mandated by the USDA
- All kitchen staff will be trained on USDA standards and meal planning, reimbursable meals, sanitation and food safety
- Students will be provided at least 15 minutes to eat breakfast and 20 minutes to eat lunch after being seated
- Meals will be served in a clean setting and under appropriate supervision
- Youth housed in the facility will have access to hand washing/hand sanitizing facilities before each meal
- Participation in school meal programs will be promoted.
- Whole fruits, vegetables, nuts are preferable to processed food items
- Only low-fat (1), non-fat or non-dairy milk in 8oz portions (plain or flavored) will be served
- 100 fruit juice in 8oz or 4oz portions will be served
- Students will have access to free, safe fresh drinking water during all meals and throughout the day
- Water will be promoted as a substitute for sugar sweetened beverages
- The use of withholding food as a punishment is strictly prohibited
- The use of sugary foods or candy as a reward is prohibited

Physical Education

All BCJH residents will receive physical education (60 minutes per day) 5 days per week. Physical education standards will be followed using state & national measures. The courses will include motor skills, concepts and strategies, engagement in physical activity, fitness and benefits of physical education. This will include:

- Physical education class will count towards credits toward graduation. Time spent in class will transfer to a residents home school when they depart the facility
- Teacher to student ratio will be no greater than 1: 10
- The BCJH will provide adequate space for physical activity and equipment
- All physical education classes will be taught by a qualified physical education teacher

Physical Activity

All youth center residents will have opportunity for physical activities beyond physical education class on a daily basis. In addition to the 60 minutes of physical education during school, our residents will participate in 60 additional minutes of physical activity 7 days per week in the gymnasium or outdoors. Students are encouraged to reduce sedentary time by participating in physical activity.

Evaluation and Enforcement

The BCJH wellness policy was developed by a wellness committee that is comprised of a Nurse, Director, Supervisor and a member of the local school district. Other members will be encouraged as well. The LWP will be reviewed and evaluated. When necessary, changes will be made to the policy. The following items will be considered when reviewing and evaluating the LWP: (1) extent to which the facility is in compliance with the wellness policy; (2) progress made in attaining goals of the policy; (3) any recommended changes to the policy; (4) action plan of goals and objectives for the upcoming year; (5) any other required information required by the USDA.

Updated on 10/4/2023

The wellness plan will be available for review by the public on the Bay County Juvenile Home Website.

The BCJH Director or designee will be the designated official that will ensure compliance for the wellness policy.

Public Updates

The BCJH will inform the public annually about the local wellness policy, including its content and any updates to and about the policy. The Triennial Assessment, including progress toward meeting the goals of the policy, will also be made available to the public. The BCJH will provide information on how the public can participate on the wellness committee and assist with the development, implementation, and periodic review and update of the wellness policy. This information will be available via the BCJH website.

Employee Wellness and Health Promotion to specifically include:

- All employees are eligible for free membership to work out at the Bay County Community Center and Delta's fitness center. The County also allows for a discounted family rate at Delta's fitness center
- Employees are encouraged to not drink sugary beverages during the school day.
- All employees are eligible for discounted membership at the Bay County YMCA
- All employees are encouraged to participate in the walk challenges throughout the year earning partial reimbursement for fitness trackers and entry into prize drawings.
- All employees are eligible for total reimbursement for entry fees to sponsored fitness events in the throughout the county such as 3k or 5k walk/run.
- Several wellness fact sheets are sent out via broadcast email to all employee weekly

Fundraising

N/A -- no fundraising is completed at the Bay County Juvenile Home

Food and Beverage Marketing in Schools

N/A – There is no food and beverage marketing in the Bay County Juvenile Home

Civil Rights Statement

The following civil rights statement will be used on program materials:

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Updated on 10/4/2023

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
Program.Intake@usda.gov

This institution is an equal opportunity provider.

BAY COUNTY JUVENIL HOME
LOCAL WELLNESS POLICY GOALS AND ASSESSMENT

Assessment of the BCJH Local Wellness Policy Goals appear to be in order.

Youth are being served meals in a clean environment. The meals appear to meet the requirements of the school nutrition program. Water is available at all meals and throughout the day.

Youth are given supplies and opportunity to practice proper hand hygiene throughout the day. Youth are also given supplies and opportunity to participate in proper oral hygiene.

Youth are participating daily in physical activity both guided and freestyle. Activities are various and include indoor and outdoor activities.

Teachers and BCJH employees encourage youth to make good food and beverage choices and model good food and beverage choices during the school program. Food and candy are not used as a reward. Guest speakers are discouraged from bringing in sugary treats.

The BCJH Wellness Committee on 10/8/23 have reviewed the LWP and determined that the goals and policies are in order and being met. This was established by reviewing the school curriculum, facility menus, policies, daily facility notes involving youth activities, and standard practices:

Director Reynolds, BCJH
Supervisor Beauchamp, BCJH
Tracy Harris, Bay Arenac ISD
Art Amador, YDW BCJH