***RCCI Wellness Policy***

**Why is the Detention Wellness Policy important?** The intent of the policy is to instill healthy habits in students by promoting healthier snacks and encouraging physical activity during the school day.

**Measurable Goals.** The Detention Wellness policy will address long‐term and short‐term goals focused on specific, measurable goals stating *who* will make *what* changes by *how much, where* and by *when*. This will provide direction for Detention by meeting health and wellness goals.

1. Washoe County Juvenile Services Detention implements a standard-based nutrition education by:
   1. Strategically posted nutritional information posters throughout detention.
   2. The dining room will have a nutritional information poster specifically noting generalized key food in detention.
   3. Students will be provided with a weekly menu provided by the Food Manager.
   4. Students will be able to have a survey binder available for current eating habits, likes and dislikes, so they can provide input and feedback to the Kitchen; this input will be submitted by Detention staff to the Food Manager.
2. Washoe County Juvenile Services Detention strives for active participation in the Nutri-Kids program by:
   1. Maintaining approved menus through the state and maintained by the Food Manager or his/her designee.
      1. Submitting to a menu audit every 3 years (by the state).
      2. Keeping a production sheet up to date to monitor quantity, quality and nutritional values of meals, as overseen by the Food Manager.
   2. Model healthy Caloric intake maintenance (staff and clients).
   3. Model healthy Sodium intake maintenance (staff and clients).
   4. Model healthy Fat intake maintenance (staff and clients).
   5. Model healthy Sanitation certification, which will be reviewed every 5 years.
3. Washoe County Juvenile Services Detention strives for Professional Nutrition Education Development for staff by:
   1. Civil Rights training annually (all Detention staff).
      1. Nutritional education overseen by the Food Manager.
   2. Education of all employees of the appropriate quantities of food choices.
      1. Education overseen by the food manager.
   3. Maintaining the daily check off list for reimbursable meals (breakfast only).
      1. This will be completed by Detention staff through observation of client choices from the self serve breakfast bar.
4. Educational reinforcement
   * 1. Model healthy physical activity behaviors; 4 Allotted times promoting physical fitness per day (140 minutes per day/980 per week)
        1. Require staff to lead warm up exercise schedule prior to physical activity.
           1. Associated warm up exercise poster tutorials are located on walls in outside recreation and in the gym.
     2. Required programming from Youth Advisors to implement physical participation and exercise at an appropriate level for all juveniles.
        1. Exercise programs are reviewed by Detention Management and medical staff for appropriateness.
     3. Staff will model healthy eating behaviors; through a healthy eating habits initiative of staff meals and what is acceptable in the Detention area.
     4. Staff will be modeling lifelong wellness through a positive reinforcement of eating and exercise habits by practicing Detention associated meals and programming.
5. Meal consumption
   1. All meal times are scheduled for a 20 minute time frame.
   2. Washoe County Juvenile Services Detention supplies morning and afternoon snacks with healthy choices.
6. Washoe County Juvenile Services Detention strives towards annual goals by:

Supply information to parents, students and staff members about community programs that offer physical activity opportunities to families. Health and wellness fairs, sport programs, intramural sports, etc.

* 1. Develop a poster contest on wellness topics for various points of the year.
  2. Develop a school wellness campaign.
  3. Develop public announcements to be read to the students such as “Healthy Tip of the Day, Week or Month”
  4. Adopt a marquis or bulletin board for wellness tips.
  5. Develop programs that may coincide with National Nutrition Month (March), Ride your Bike to School Day (May), or Walk to School Day (Oct).
  6. Create a Detention Olympics to build and understanding of nutritional exercise needs in line with competition.

Physical goals

Implement standard-based physical activity opportunities by:

* 1. Conduct a survey to determine baseline activity.
  2. Focus on Detention’s physical activity climate to assess current practices
  3. Develop standards/guidelines/curriculum framework.
  4. Take measures to ensure all students have access to physical activity programs offered in our detention center
  5. Assess school environment against state’s/district’s educational goals and curriculum standards.

03/11/2015