

**WASHOE COUNTY**

**DEPARTMENT OF JUVENILE SERVICES**

**Jan Evans Juvenile Justice Center**

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**Washoe County Juvenile Services Detention Wellness Policy**

**Policy**

Washoe County Juveniles Services aims to improve long-term wellness outcomes for students and staff.

**Purpose**

The Washoe County Juvenile Services Detention Wellness Policy is designed to promote and support healthy habits among youth in detention. By fostering nutrition education, providing nutritious food choices, encouraging physical activity, and modeling healthy behaviors.

**I. Nutrition Education Standards**

Washoe County Juvenile Services Detention supports nutrition education through the following strategies:

1. **Visual Education:**
* Nutritional information posters will be strategically displayed throughout the facility.
* A dedicated poster highlighting key food options will be placed in the dining area.
1. **Transparency and Feedback:**
* Weekly menus will be displayed for students by the Food Manager.
* Students will be able to provide feedback through the grievance process or by communicating with staff, along with a survey to document eating habits, preferences, and suggestions. Detention staff will provide this feedback to the Food Manager for review.

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**II. Participation in the Nutri-Kids Program**

The facility ensures compliance with state nutrition standards and Nutri-Kids program guidelines through:

1. **Menu Management:**
* Menus will be maintained by the Food Manager and audited every three years by the state.
	+ Production sheets will track meal quantity, quality, and nutritional values.

2.**Healthy Modeling:**

* + Staff and students will model appropriate caloric, sodium, and fat intake.

3.**Sanitation Standards:**

* + Food sanitation certifications will be maintained and reviewed every five years.

**III. Staff Professional Development**

Washoe County Juvenile Services Detention commits to providing nutrition-related training to staff.

1.**Training Requirements:**

* + All detention staff will complete annual Civil Rights training, including nutrition education, overseen by the Detention Manager and Food Manager.

2.**Reimbursable Meals Monitoring:**

* + Staff will observe and document client choices at the breakfast bar to ensure compliance with reimbursable meal standards.

**IV. Physical Activity and Educational Reinforcement**

The facility promotes physical activity and reinforces lifelong wellness behaviors through the following:

1.**Physical Fitness Initiatives:**

* + Youth will participate in a minimum of 30 minutes of moderate to vigorous physical activity during each regular school day.
	+ Staff will lead pre-activity warm-up exercises using posted tutorials located in recreation areas and the gym.
	+ Juvenile Detention Specialists will implement Washoe County School District-approved structured exercise programs, tailored to the students’ abilities.

2.**Modeling Healthy Behaviors**:

* Staff will demonstrate healthy eating and physical activity habits.
* Positive reinforcement initiatives will focus on staff modeling lifelong wellness through meal choices and active participation in fitness programming.

**V. Meal and Snack Consumption**

To ensure proper nutrition:

1.**Structured Meal Times:**

* All meals will be scheduled to allow **20 minutes** for consumption.

2.**Healthy Snack Options:**

* The facility will provide morning and afternoon snacks that prioritize healthy choices.

**VI. Annual Wellness Goals**

The facility will establish annual health and wellness goals that promote engagement, education, and community involvement.

1.**Family and Community Outreach**:

* Staff will share information to students = about promoting physical activity, such as health prevention, physical activities, and recreational opportunities.

2.**Wellness Awareness Initiatives:**

* Maintain a dedicated wellness bulletin board or marquis with tips and information.
* Organize Detention recreational activities to educate students on the importance of physical fitness through structured competition.

**VII. Physical Activity Standards**

1. The facility commits to improving access to physical activity programs by:

2. Evaluating the facility’s physical activity climate and identifying areas for improvement.

3. Developing standards and curriculum frameworks for physical activity programs.

4. Ensuring equitable access to physical activity opportunities for all students.

5. Aligning physical activity programs with state and district educational goals and curriculum standards.