



## **Brazos County Juvenile Detention Center Local Wellness Policy**

### **Introduction**

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 the Richard B. Russell National School Lunch Act (42 U.S.C.1751 et seq.) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.), to establish a local school wellness policy by July 1, 2006.

In response to this requirement, this juvenile department implemented a Local Wellness program that was developed by the Brazos County Juvenile Department to enhance our resident's health and education as it is applied to this policy. Such practices began before July 1, 2006 and are now being documented in the form of a written policy and procedure. In addition, it was recommended that prior to adopting this policy the department involve residents, health professionals, juvenile supervision officers and administrators.

## Brazos County Juvenile Services Department

### **Local Wellness Policy**

#### Local Wellness Policy for The Brazos County Juvenile Department

The Brazos County Juvenile Department is committed to creating a healthy environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support resident achievement.

#### **Nutrition Education**

Every year, all residents detained or enrolled in the Brazos County Juvenile Department, grades 4-12, shall receive nutrition education that is aligned with the *Texas Department of Agriculture* Nutrition education. This teaches the knowledge, skills, and values needed to adopt healthy eating behaviors and shall be integrated into the curriculum. Nutrition education information shall be offered while detained and/or enrolled in either the detention facility or Academy including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall have the appropriate training.

#### **Nutrition Standards**

The Brazos County Juvenile Department shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. The department shall offer and encourage residents to make good nutritious food choices.

The department shall monitor all food and beverages served to residents, including those available outside the federally regulated child nutrition programs. The department shall consider nutrient density and portion size before permitting food and beverages to be served to residents.

The detention center's superintendent shall continually evaluate policies and contracts. Contracts and vendors that do not meet the intent and purpose of this policy shall be referred to the Director of Juvenile Services for possible modifications or termination of the contract.

#### **Physical Education and Physical Activity Opportunities**

The Juvenile Department facilities shall offer physical education opportunities that include the components of a quality physical education program.<sup>1</sup> Physical education shall equip residents with the

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<sup>1</sup> Including goals for physical activity is required by federal law Section 204 of Public Law 108-265. Physical education, while recommended, is not required.  
<http://www.fns.usda.gov/tn/Healthy/108-265.pdf>

knowledge, skills, and values necessary for lifelong physical activity. Physical education instruction shall be aligned with the *Texas Juvenile Justice Department standards for physical activities and aligned with the Texas Education Agency standards for physical education.*

Every day, all residents shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short and long-term benefits of a physically active and healthy lifestyle. Those residents who pose a risk to the safety and security of the facility will be monitored and screened by the manager to decide whether they will have the opportunity to participate in any form of physical fitness dependent upon the child's current behavior.

### **Other Juvenile Department-Based Activities Designed to Promote Resident Wellness**

The Juvenile Department facilities may implement other appropriate programs that help create an environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

### **Implementation and Measurement**

The detention center's superintendent or designee shall implement this policy and measure how well it is being managed and enforced. The detention center's superintendent or designee shall develop and implement administrative rules consistent with this policy. Input from managers, teachers, nurse, residents, and juvenile service administrators and the public shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The detention center's superintendent shall report to the juvenile board upon request, the Department's programs and efforts to meet the purpose and intent of this policy.

### **Administrative Rules Regarding the Brazos County Juvenile Department Local Wellness Policy**

In order to enact and enforce the Brazos County Juvenile Department Local Wellness Policy, the Superintendent and administrators, with input from the assistant superintendent, managers, supervisors, and public will have developed these administrative rules.

To assist in the creation of a healthy environment, the department shall establish a Coordinated Health Team that will provide an ongoing review and evaluation of the Brazos County Juvenile Department Local Wellness Policy and these administrative rules.

The Superintendent shall appoint a member of the administrative staff of the department to organize the Coordinated Health Team and invite appropriate staff and public to become members of the Health Team. The Health Team may include representatives from the following areas:

- Administrators from Administration, Detention, and Academy.
- Counseling/psychological/placement services.
- Food services
- Health/Medical education services.
- Probation services
- Public representative

Staff shall be reminded that healthy residents come in all shapes and sizes. Residents should receive consistent messages and support for:

- Self respect
- Respect for others
- Healthy eating
- Physical activity

These rules are subject to ongoing administrative review and modification as necessary to help assure compliance with the purpose and intent of the Brazos County Juvenile Department Wellness Policy. Any citizen of Brazos County wishing to express a viewpoint, opinion, or complaint regarding these rules should contact:

Christopher Coffey, Detention Superintendent  
1904 SH 21 West  
Bryan, Tx. 77803  
979/361-1829

Residents, staff, and the community will be informed about the Local Wellness Policy annually via the Brazos County website.

### **Nutrition Education**

Nutrition education, a component of comprehensive health education, shall be offered every year to all students of the department. The department may offer age-appropriate nutrition education classes. In addition, nutrition education topics shall be integrated into the entire curriculum when appropriate.

The Brazos County Juvenile Department shall implement a quality nutrition education program that addresses the following:

#### ***Curriculum:***

- Has a curriculum aligned with the *standards set forth by the Texas Juvenile Justice Department as well as the Texas Department of Agriculture-Special Nutrition Program.*

- Equips residents to acquire the knowledge and skills needed to engage in sound nutrition behavior.

*Instruction and Assessment:*

- Aligns curriculum, instruction, and assessment.
- Builds residents' confidence and competence in making healthy nutrition choices.
- Engages residents in learning that prepares them to choose a healthy diet.
- Includes residents of all abilities.

*Opportunity to Learn:*

- Includes residents of all abilities.
- Provides adequate instructional time to build residents' confidence and competence in health-enhancing skills.

This nutrition education may be provided in the form of handouts, wall or bulletin board posters or banners, postings on the departmental website.

**Nutrition Standards**

The department shall offer meal programs with menus meeting the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA). The department shall serve residents and encourage residents to make healthy food choices based on the most current Dietary Guidelines for Americans. Food and beverages that compete with the department's policy of promoting a healthy environment shall not be offered.

The department shall offer and promote the following food and beverages in all venues outside federally regulated child nutrition programs:

- Whole and enriched grain products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes consistent with the current USDA standards.
- Fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques, and 100 percent fruit or vegetable juice in 12-ounce servings or less.
- Nonfat, low-fat, plain and/or flavored milk and yogurt, nonfat and/or low-fat real cheese, rather than imitation cheese. Offer the following serving sizes: yogurt in eight-ounce servings or less, milk in 16-ounce servings or less, cheese in 1.5-ounce (two-ounce, if processed cheese) servings or less.
- Nuts, nut butters, seeds, trail mix, and/or soybean snacks in one-ounce portions or less; portions of three ounces or less of cooked lean meat, poultry, or fish using healthy food preparation techniques.

- Accompaniments (sauces, dressings, and dips), if offered, in one-ounce servings or less.<sup>2</sup>

The department shall monitor food service distributors and snack vendors to ensure that they provide predominantly healthy food and beverage choices that comply with this policy's purpose in all venues.

The department shall not use food as a reward or punishment for any type of behavior and shall encourage serving healthy food at all celebrations.

### **Physical Education and Physical Activity Opportunities**

Developmentally appropriate physical education shall be offered every year to all residents of the department. In addition, physical education topics shall be integrated into the entire curriculum when appropriate.

The department shall implement a quality physical education program that addresses the following:

#### *Curriculum:*

- Equips residents with the knowledge, skills, and attitudes necessary for lifelong physical activity.
- Has a curriculum aligned with the *Texas Juvenile Justice Department (TJJD) on physical education* and *The Texas Education Agency (TEA) on physical education*.
- Influences personal and social skill development.

#### *Instruction and Assessment:*

- Aligns curriculum, instruction, and assessment.
- Builds residents' confidence and competence in physical abilities
- Engages residents in curriculum choices that prepare them for a wide variety of lifetime activities.
- Includes residents of all abilities.
- Keeps all residents involved in purposeful activity for a period of one hour in a structure recreation activity and may include one hour in a non-structured recreation activity as mandated by standards set forth by the TJJD or TEA.

#### *Opportunity to Learn:*

- Builds residents' confidence and competence in physical abilities.
- Has an officer-to-student ratio consistent with the ratios mandated in standards by the Texas Juvenile Justice Department.
- Has enough functional equipment for each resident to actively participate.
- Includes residents of all abilities.
- Offers instructional periods totaling 150 minutes per week (elementary) and 225 minutes per week (middle and high school).

- Provides facilities to implement the curriculum for the number of students served.

The department shall provide proper equipment and a safe area designated for a supervised recreational setting. The department staff will not withhold participation in recreation from residents nor cancel recreation activities unless this jeopardizes the safety and security of the facility. The department shall provide opportunities for some type of physical activity for those residents who might be on room confinement and do not pose a threat to the safety and security of the department or its resident and staff.

### **Other Department-Based Activities Designed to Promote Resident-Wellness**

The department shall strive to create a healthy environment that promotes healthy eating and physical activity. In order to create this environment, the following activities shall be implemented:

#### *Dining Environment*

- The department shall provide:
  - a clean, safe, enjoyable meal environment for residents,
  - enough space and serving areas to ensure all residents have access to meals with minimum wait time,
  - drinking water accessibility, so that residents can get water at meals and throughout the day,
  - encouragement to maximize resident participation in the meal program.

#### *Time to Eat*

- The department shall ensure:
  - adequate time for residents to eat their meal.
  - that lunch time is scheduled as near to the middle of the school day as possible, and

#### *Food or Physical Activity as a Reward or Punishment*

- The department shall:
  - prohibit the use of food as a reward or punishment in schools
  - not deny residents participation in recess or other physical activities as a form of discipline.
  - not use physical activity as a punishment.

#### *Consistent Department Activities and Environment*

- The Brazos County Juvenile Department shall:
  - have all classrooms structured to ensure that school activities and the environment support healthy behaviors.
  - provide opportunities for on-going professional training and development for foodservice staff and officers in the areas of nutrition and physical education,
  - encourage residents, probation officers, supervision officers, administrators and foodservice professionals to serve as role

models in practicing healthy eating and being physically active in their personal lives.

- o encourage and provide opportunities for residents and staff to practice healthy eating and serve as role models in school dining areas,

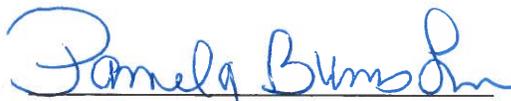
**Implementation and Measurement**

All employees of the Brazos County Juvenile Services Department are encouraged to be a positive healthy lifestyle role model for residents by following, at a minimum, these administrative rules. Residents can learn healthy lifestyle habits by observing the food and physical activity patterns of department personnel and other adults who serve as role models in their lives. In order to send consistent messages to residents, all adults in the department are encouraged to make healthy food choices and engage in physical activity.<sup>16</sup> The department shall work through its Coordinated Health Team to find cost effective ways to encourage staff wellness.

The Brazos County Juvenile Services Department’s local wellness plan and the implementation of this plan have been approved by the authority of the Brazos County Juvenile Board.

  
\_\_\_\_\_  
Executive Director      9-22-17      Date

  
\_\_\_\_\_  
Detention Superintendent      9/25/17      Date

  
\_\_\_\_\_  
Nurse      9/26/17      Date

  
\_\_\_\_\_  
Duane Peters, County Judge,  
Juvenile Board Chair      9/22/17      Date

Parents, students or community members interested in serving on Brazos County Juvenile Department Wellness Committee may contact Christopher Coffey at [ccoffey@brazoscountytexas.gov](mailto:ccoffey@brazoscountytexas.gov) or Todd McKey at [tmckey@brazoscountytexas.gov](mailto:tmckey@brazoscountytexas.gov).

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mail:

U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;  
(2) fax: (202) 690-7442; or  
(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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