



Brazos County Juvenile Services 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 Brazos County Juvenile Services to enhance our resident/student 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.

This policy is reviewed annually by the Executive Director, Assistant Director, Facility Administrator, Academy Superintendent, Quality Assurance Administrator and the Detention Nurse. Parents, residents/students, and the public were not included in the development of the Brazos County Juvenile Center's Wellness Policy because the center is a secure Pre-Adjudication Facility.

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Local Wellness Policy

The Brazos County Juvenile Services 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/student achievement.

Nutrition Education

Every year, all residents/students 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 youth are detained in the detention facility and/or enrolled in the Academy School, including but not limited to school dining areas, common areas and classrooms. Staff members who provide nutritional and/or physical education shall have the appropriate training. Nutrition Education will be integrated into the broader curriculum where appropriate. All residents/students shall receive consistent nutrition messages throughout the facility and kitchen (Square Meals posters, etc.).

Nutrition Standards

The Brazos County Juvenile Services Department shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations for breakfast, lunch, dinner, and snacks. Meals served through the food services program shall comply with the National School Lunch and/or Breakfast standards for meal patterns, nutrient levels, and calorie requirements for residents/students in grades 4-12, as specified in 7 CFR 210.10, 220.8 as applicable.¹ The department shall offer and encourage residents/students to make good nutritious food choices.

All menus and menu items shall be reviewed and approved by a licensed dietician on an annual basis.

The department shall monitor food service distributors to ensure that they provide predominantly healthy food and beverage choices that comply with this policy's purpose. Meals shall often include fresh foods from farms engaged in sustainable practices.

Physical Education and Physical Activity Opportunities

¹ Title 7—United States Department of Agriculture, Chapter ii - Food and Nutrition Service, Department of Agriculture, Part 210 - National School Lunch Program.

<https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-210>

Nutrient dense foods are those that provide substantial amounts of vitamins and minerals and relatively fewer calories. Foods that are low in nutrient density are foods that supply calories but relatively small amounts of micronutrients (sometimes not at all).

<https://odphp.health.gov/our-work/nutrition-physical-activity/dietary-guidelines>

The Juvenile Services Department shall offer physical education opportunities that include the components of a quality physical education program. Physical education should equip residents with the 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 as well as the Texas Education Agency standards for physical education. Physical education for grades 4-12 shall be taught by a certified / licensed teacher.

Each resident/student shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the benefits of a physically active and healthy lifestyle. Those residents/students who pose a risk to the safety and security of the facility will be monitored and screened by the shift manager to determine whether they will have the opportunity to participate in any form of physical fitness, depending on current behavior.

The department shall offer daily opportunities for unstructured physical activity, commonly referred to as recreation, for all residents/students. Recreation should be in addition to physical education class time and not be a substitute for physical education. The department shall provide proper equipment and a safe area designated for a supervised recreational setting. The department staff should not withhold participation in recreation from residents/students nor cancel recreation/pt 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/students who may be in room confinement who do not pose a threat to the safety and security of the detention center or its residents and staff.

Implementation and Measurement

The Facility Administrator will monitor and ensure compliance with established nutrition and physical wellness policies. All employees of the Brazos County Juvenile Services Department are encouraged to be a positive role model for residents/students by following, at a minimum, these administrative rules. Residents/students 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.

Department-Based Activities Designed to Promote Wellness

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

Dining Environment

- The department shall provide:
 - a clean, safe, enjoyable meal environment for residents/students,
 - enough space and serving areas to ensure all residents/students have access to meals with minimum wait time,
 - drinking water accessibility, so that residents/students can get water at meals and throughout the day. Drinking water is available in each individual room as well as in the gym and outside recreation areas during

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recreation for residents in detention. Water fountains are located near the restrooms for students in The Academy.

Time to Eat

- The department shall ensure:
 - program schedules for The Academy and Detention allow up to 30 minutes of seat time for residents/students to eat their meal,
 - that lunch time is scheduled as near to the middle of the school day as possible.

Consistent Department Activities and Environment

- The 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 staff participation in programs offered by Brazos County such as the Wellness Rewards Program, Health and Safety Expo, and the Brazos County Benefits Fair,
 - encourage residents/students and staff to serve as role models in practicing healthy eating and being physically active in their personal lives.

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 participation in recreation or other physical activities as a form of discipline,
 - not use physical activity as a punishment.

Promotion

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

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

Records Retention

Brazos County Juvenile Services shall retain all required records associated with the wellness policy, in accordance with law and the department's records management program.

Policy Review

This policy is reviewed annually by the Executive Director, Assistant Director, Facility Administrator, Academy Superintendent, Quality Assurance Administrator, and the Detention Nurse to help ensure policy compliance, assess progress, and determine areas in need of

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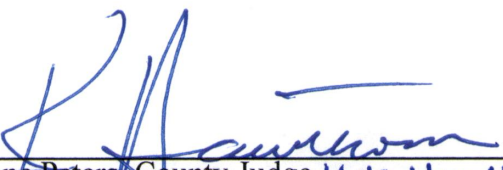
improvement. The committee shall assess the policy every 3 years using the Wellness School Assessment Tool. Parents, residents/students, and the public are not included in the development or review of the Brazos County Juvenile Center's Wellness Policy because the center is a secure Pre-Adjudication Facility.

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

Christopher Coffey, Facility Administrator
1904 SH 21 West
Bryan, Texas 77803
(979) 361-1829

Residents/Students, staff, and the community will be informed about the Local Wellness Policy through the Brazos County Website at <http://www.brazoscountytexas.gov/>. A report will be included on the website to include an assessment on compliance and progress made in achieving goals.

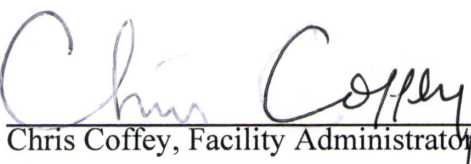
The Brazos County Juvenile Services Local Wellness Policy and the implementation of this plan have been approved by the authority of the Brazos County Juvenile Board on this 26th day of June 2025.



Duane Peters, County Judge Kyle Hawthorne Date 6/26/25
Juvenile Board Chair, Presiding



Linda Ricketson, Executive Director Date 6/26/25



Chris Coffey, Facility Administrator Date 6/26/25

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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.ascr.usda.gov/sites/default/files/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, or 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:

mail:

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

fax:

(833) 256-1665 or (202) 690-7442;

email:

program.intake@usda.gov.

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