

KANE COUNTY JUVENILE JUSTICE CENTER WELLNESS POLICY

BELIEF STATEMENT

The Kane County Juvenile Justice Center is committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle and recognizes the positive relationship between good nutrition, physical activity and the capacity of residents to develop and learn. The entire environment shall be aligned with healthy goals to positively influence residents' beliefs and habits and promote health/wellness, good nutrition and regular physical activity. In addition, staff are encouraged to model healthy eating and physical activity as a valuable part of daily life.

INTENT

The purpose of this policy is to ensure an environment that promotes and supports resident health and wellness, helps to reduce childhood obesity and meets the requirements of the Child Nutrition and WIC Reauthorization Act of 2004 and the Illinois School Code, including, without limitation, goals for nutrition education and physical activity designed to promote resident wellness; nutrition guidelines for all foods available during the day; and a plan for measuring implementation including designating one or more persons charged with operational responsibility.

RATIONALE

19.7 percent of children and adolescents are overweight. Congress passed the Child Nutrition and WIC Reauthorization Act of 2004 on June 30, 2004. Recognizing the role schools can play in health promotion; this law requires local education agencies participating in a program authorized by the National School Lunch Act or the Child Nutrition Act of 1966 to develop a local wellness policy. The objectives of the wellness policy are to improve the school nutrition environment, promote resident health and reduce childhood obesity. In addition, Public Act 094-0199 amends the Illinois School Code, requiring the Illinois State Board of Education to establish a state goal that all districts have a wellness policy.

The link between nutrition and learning is well documented. Healthy eating patterns are essential for residents to achieve their full academic potential, full physical and mental growth and lifelong health and well-being. Healthy eating is demonstrably linked to reduced risk for mortality and development

of many chronic diseases. Schools and school communities have a responsibility to help residents acquire the knowledge and skills necessary to establish and maintain lifelong healthy eating patterns. Well planned and implemented wellness programs have been shown to positively influence children's health.

Schools also have a responsibility to help residents establish and maintain lifelong habits of being physically active. According to the U.S. Surgeon General, regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall well-being. Regular physical activity reduces the risk of premature death in general and of heart disease, high blood pressure, colon cancer, and diabetes.

NUTRITION EDUCATION & PROMOTION

- In accordance with the Illinois State Board of Education requirements, the Kane County JJC will incorporate nutrition education into its academic courses and also its cognitive behavior training. This curriculum will adhere to Illinois Learning Standards and the Common Core Standards. School meals are consistent with federal regulations.
- JJC residents will receive a combination of classroom instruction, gardening instruction, nutrition education, guest speaker/assemblies and other appropriate, approved nutritional/wellness education.
- The JJC medical and mental health teams, including nurses, nurse practitioners, physicians and mental health professionals will communicate with the JJC Administrative Cook regarding the dietary needs of the youth. This includes the need to increase caloric intake, food allergies and other nutritional needs.
- Besides JJC education program teachers incorporating nutrition education into their academic courses, JJC Youth Counselors, Supervisors, and appropriate guest presenters will provide the above-described nutrition education during JJC classes, cognitive focus groups, and other opportunities.
- Periodic meetings (quarterly) will be held to assess progress of and implement any changes to the wellness policy. Meetings will include the administrative cook, the education program coordinator, the JJC Superintendent/Assistant Superintendent, representatives from the JJC

education team and a representative from the JJC medical team.

- The JJC garden ensure residents have the opportunity to experience planting, harvesting and tasting food grown onsite by the youth. Ethnic and cultural diversity of the resident population is reflected in the crops grown. The JJC incorporates the garden into the standards-based curriculum as a hands-on, interdisciplinary teaching tool to influence resident food choices and lifelong eating habits.

PHYSICAL ACTIVITIES

- All residents shall participate in daily physical education that enables them to achieve and maintain a high level of personal fitness; emphasizes self-management skills including energy balance (calories in minus calories out); is consistent with state/district's standards/guidelines and is coordinated within a comprehensive health education curriculum. The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards.
- In accordance with Section 3-15-2 of the Unified Code of Corrections, all residents will receive one hour a day of physical activity in either the facility's gymnasium or outdoor recreation area.

OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE RESIDENT WELLNESS

- School meals shall be served in clean, safe and pleasant settings with adequate time provided for residents to eat, at a minimum, in accordance with state and federal standards and guidelines. The National Association of State Boards of Education recommends that residents have adequate time to eat, relax and socialize.
- All food service personnel shall have adequate pre-service training and regularly participate in professional development activities that provide strategies for providing tasty, appealing and healthy school meals; nutrition education strategies including coordination of classroom and cafeteria activities; and effective promotional techniques to encourage healthy eating habits.
- The Administrative Cook shall work closely with school instructional staff to reinforce nutrition instruction and foster an environment where residents can learn about and practice healthy eating.
- The Administrative Cook shall take every measure to ensure that resident access to foods and beverages meets federal, state and local laws and

guidelines.

- The JJC shall promote nutritious food and beverages consistent with the current Dietary Guidelines for Americans and Food Guidance System (MyPyramid) such as fruits, vegetables, low-fat dairy foods and whole grain products.
- All foods and beverages made available shall comply with the federal, state and local food safety and sanitation regulations.
- For the safety and security of food, access to any area involved in storage, preparation or service of food shall be limited to authorized personnel.
- School personnel shall be encouraged to use non-food incentives or rewards with residents and shall not withhold food from residents as punishment.
- School personnel shall not use physical activity as a punishment or withhold participation in physical education class as a punishment.

NUTRITION GUIDELINES FOR ALL FOOD AND BEVERAGES AVAILABE AT THE JJC

- The Administrative Cook shall offer a variety of appealing foods and beverages and employ food preparation, purchasing and meal planning practices consistent with the current Dietary Guidelines for Americans (i.e., provide a variety of fruits and vegetables; serve low-fat and fat-free dairy products; ensure that whole grain products are served).

GUIDELINES FOR SCHOOL MEALS

- School meals served shall be consistent with the recommendations of the Dietary Guidelines for Americans and/or shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program and all applicable state and local laws and regulations.

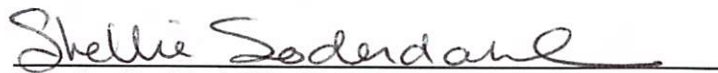
WELLNESS LEADERSHIP, ASSESSMENTS & REPORTING

- The JJC Administrative Cook, along with the JJC Superintendent/Assistant Superintendent, are responsible for the Local Wellness Policy oversight.
- The JJC Administrative Cook is responsible for the completion of triennial assessments of the wellness policy, reporting on and updating the policy.
- The JJC Administrative Cook is responsible for posting menus, maintaining nutritional documentation of meals and ensuring meals comply with all state and

federal statutes regarding nutrition.

PUBLIC INVOLVEMENT & UNUSED FOOD SHARING

- The JJC complies with all federal, state and school breakfast/lunch program guidelines. The JJC also complies with all Administrative Office of the Illinois Courts and Illinois Department of Juvenile Justice Standards for the care and well-being of detained youth, including food service. These agencies perform audits on the facility to ensure compliance.
- The JJC Administrative Cook works closely with the JJC medical team to ensure youth dietary needs are being met. This includes notifying the Administrative Cook of food allergies and increasing caloric intake based upon the needs of the youth. Information regarding a youth's health and wellness are received from the detaining agency, parents, courts, physical examinations and self-reporting.
- All JJC meal service contracts are reviewed by the Kane County Board in a public forum.
- In order to keep food waste to a minimum, the JJC orders and prepares meals in accordance with the number of youths residing at the facility. Any leftover food is reserved for new admissions which may arrive after meals have already been served.


Shelly Soderdahl, JJC Administrative Cook

12-12-24
Date


Amy Sierra, JJC Assistant Superintendent

12/12/24
Date


Mike Davis, JJC Superintendent

12-12-24
Date