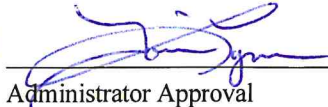


POLICY #: 600.09	CHAPTER: Safety and Emergency Procedures	SUBJECT: Wellness
RELATED STANDARDS: 7 CFR 210.31, ORS 329.496		
 Administrator Approval	<u>2/6/25</u> Effective Date	Supercedes: None

PURPOSE:

Define and establish policy for daily food services and school wellness.

POLICY:

At the Linn-Benton Juvenile Detention, we value student health and wellness. We strive to provide an environment that is conducive to learning and that allows students to succeed. This policy outlines Linn-Benton Juvenile Detention’s approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. Linn-Benton Juvenile Detention will adhere to this policy and all requirements as directed by United States Department of Agriculture and the Oregon Department of Education.

Wellness Committee

The Wellness Committee consists of committed school and community stakeholders including representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators. The Wellness Committee will meet at least [four] times a year. The Wellness Committee will establish goals for and oversee development, implementation, periodic review and update of the Linn-Benton Juvenile Detention Wellness Policy. The Detention Manager or designee(s) will convene the Wellness Committee and facilitate development and updates to the wellness policy, and ensure compliance.

The Wellness Committee members include:

Name	Title/Relationship to RCCI	Email Address	Role/Responsibility on Committee
Debbie Hernandez	Office Specialist III	dhernandez@co.linn.or.us	
Brooke Shepard	Licensed Practical Nurse	bshepard@co.linn.or.us	
Kevin Husk	Detention Manager	khusek@co.linn.or.us	

I. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Linn-Benton Juvenile Detention will retain records demonstrating compliance with the [federal requirements for a local wellness policy](#), including copies of periodic assessment reports for each school under the RCCI’s jurisdiction, wellness committee meeting information, and how interested parties can become involved. The Linn-Benton Juvenile Detention will actively inform the public annually about this policy, updates to the

policy and implementation status. The Linn-Benton Juvenile Detention Wellness Policy and information can be found at “<https://www.co.linn.or.us/juvenile/page/linn-benton-juvenile-detention-center>.”

At least once every three years, the Linn-Benton Juvenile Detention will conduct a triennial progress assessment. The assessment will determine:

- The extent to which the schools under the jurisdiction of the juvenile detention are in compliance with the wellness policy;
- The extent to which the district’s policy compares to a model wellness policy; and
- A description of the progress made in attaining the goals listed in the policy.

Linn-Benton Juvenile Detention will actively notify the public of the availability of the triennial progress report.

II. Nutrition Promotion and Nutrition Education

Healthy eating has been linked in studies to improved learning outcomes and helps ensure that students are able to reach their potential. The school nutrition environment provides students with opportunities to learn about and practice healthy eating. This can be accomplished through the available foods and beverages, nutrition education, and messages about food in the facility.

III. Standards for Foods and Beverages

At the minimum Linn-Benton Juvenile Detention will ensure that:

- All reimbursable meals served as part of the school nutrition program will meet or exceed USDA meal pattern standards
- All foods and beverages available for sale during the school day outside of reimbursable meals must meet [Oregon Smart Snacks Nutrition Standards](#).
- All foods given away free of charge: snacks, rewards, classroom celebrations will meet or exceed [Oregon Smart Snacks Nutrition Standards](#).
- Any foods and beverages marketed or promoted to students in the facility during the school day will meet or exceed the nutrition standards set by the USDA.

IV. Physical Education & Physical Activity

Schools can create an environment that offers many opportunities for students to be physically active throughout the school day. A comprehensive school physical activity program (CSPAP) is the national framework for physical education and youth physical activity. A CSPAP reflects strong coordination across five components: physical education, physical activity during school, physical activity before and after school, staff involvement, and family and community engagement.

At a minimum, the Linn-Benton Juvenile Detention will ensure that student performance standards and program minute requirements¹ are developed and assessed in order to meet the Oregon Department of Education’s physical education content standards and state law.

Physical activity during the school day will not be withheld as punishment for any reason.

V. Other Activities that Promote Student Wellness

Linn-Benton Juvenile Detention will integrate wellness activities throughout the entire detention program. Linn-Benton Juvenile Detention will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complimentary.

The Linn-Benton Juvenile Detention Center will identify the position of the Local Educational Agency official responsible for the implementation and oversight of the local school wellness policy.

Each juvenile held at the Linn-Benton Juvenile Detention Center will be served three meals and a snack per day. Special diets will be provided upon request by the medical staff. Juveniles will be given at least one hour of major muscle exercise daily.

No food will be withheld or limited; however, it may be varied from the approved menu based upon safety reasons, see Policy 600.07. All varied meals shall still meet USDA meal standards.

Each juvenile will be given approximately 30 minutes to complete each meal.

DEFINITIONS:

Local Educational Agency (LEA): person responsible for the implementation and oversight of the local school wellness policy to ensure compliance with the policy. The Detention Manager will be identified as the Executive Contact, the Administrative Assistant will be identified as the Child Nutrition Program Manager.

Medical Down Status (MD): is used when a youth is admitted to the center that is suffering from an illness, going through drug or alcohol withdrawal, has a physical limitation (cast, splint) or reports during the Medical Assessment that they have a condition that limits their ability to exercise.

No Physical Activity Status (NPE): is used when a youth can participate in activities such as group meetings, school and non-strenuous chores. The youth cannot participate in any physical exercise.

Walk-Only Status (WKO): is used when a youth is admitted to the center and is suffering from a condition that limits their ability to participate in the regular exercise program. Walk-Only status is authorized by the intake worker or nursing staff and can only be lifted by the nursing staff. Any youth reporting asthma or pregnancy without acute complications is automatically placed on Walk-Only.

Modified Exercise Status (MPE): is used when the nursing staff has seen a youth and certain exercises have to be omitted from the regular exercise routine.

Regular Exercise Status: is used when a youth reports no physical limitations and is not suffering from any illness or condition.

PROCEDURES:

Eating environment

1. Staff will distribute meal trays to the youth.
2. On school days, youth that are on level 3 will eat their lunch and dinner meals in the commons area.
3. On non- school days, all group level youth may eat their lunch and dinner meals in the commons area dependent upon staffing.
4. Drinking water is available for youth at all meal times.
5. Linn-Benton Juvenile Detention Center menus will meet the USDA meal patterns for both breakfast and lunch.
6. Afterschool snacks served on school days will meet USDA's required pattern and production records with snack counts.

Child Nutrition Operations

1. Currently contracted with Oak Creek Food Service who oversees our food program.
2. All full time staff is required to complete the Oregon Department of Education annual on-line training.
3. All full time staff will have an up-to-date Food Handlers Card that will be kept on file.

Physical Activity

Each youth will participate in at least 60 minutes of physical activity every day. The only exception to this would be if the medical staff placed the youth on No Physical Activity or Medical Down Status and if a detainee is on Down Status due to behavior.

Each youth will participate in physical activity that will consist of but not limited to non-competitive sports and staff will encourage those youth to participate in life long physical activity.

All physical activity will be monitored by staff. Staff may participate in activities with youth so long as there is adequate supervision of all youth.

Modified Exercise Status:

The exercise routine will be modified to meet the individual needs of the youth. The nursing staff will communicate what exercise the youth can participate in or omit.

Walk-Only Exercise Status:

Each youth will walk for approximately 45 minutes. Walking will be done at an even steady pace. The youth will participate in cool down stretches.

¹Physical Education Requirements

ORS 329.496, (2007) (effective July 1, 2017) Also known as "HB 3141" (revised 2017) SB 4 (2017 Legislative session)

- Requires a minimum of 120 minutes in 2019-2020 school year and 150 minutes in the 2020-2021 school year for grades K-5 or 180 minutes in the 2021-2022 school year and 225 minutes in the 2022-2023 school year grades 6-8 of PE each week for the entire school year.
- Requires that schools offer PE instruction that meets the standards outlined in ORS 329.045.
- Requires that at least 50 percent of the PE class time be devoted to physical activity
- Requires that students with disabilities or chronic health problems shall include suitably adapted PE in their individualized health plans.
- Requires regular assessments to determine if the minimum number of PE minutes are met.
- Requires that all PE teachers for grades K-8 shall be adequately prepared and regularly participate in professional development activities to deliver the PE program effectively.