

Local School Wellness Program

910.1 SCHOOL WELLNESS COMMITTEE

The members of the School Wellness Committee will be selected by the Chief Probation Officer or designee. The committee will welcome participation of parents/guardians, members, and other stakeholders in support of student wellness activities and programs.

910.2 ACCESS TO HEALTHY FOODS

The contracted food vendor provides nutritious foods to youths in probation institutions, enhancing their physical and mental development. The vendor is required to comply with the rules and regulations of the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants and Children (WIC) Reauthorization Act (Sec. 204 of Public Law 108-265); the Healthy, Hunger-Free Kids Act of 2010 (Sec. 204 of Public Law 111-296); Title 7, Code of Federal Regulations, parts 210 and 220; and California Education Code Section 49431.9.

Youths receive fresh fruits and vegetables, whole grains, milk, and healthy sources of protein. Additionally, the food service team collaborates with the medical staff to provide therapeutic diets for youths with specific dietary needs.

910.3 NUTRITION EDUCATION

Rady Children's Hospital San Diego's Center for Healthier Communities (CHC) Wellness Team provides individual and group health education for youths while in probation facilities and provides linkage to community-based providers for aftercare services.

The goals of the Wellness Team are to promote healthier behaviors and lifestyle, avoid high-risk behaviors, and enhance the healthcare delivery system for the juvenile population. At minimum, the curriculum consists of "MyPlate" – the current nutrition guide published by the USDA Center for Nutrition Policy and Promotion which includes the following core material:

- (a) Educational opportunities provided by a registered dietitian and nutrition coach.
- (b) Nutrition 101 seminars – review of basics of healthy eating, making balanced lifestyle choices and understanding how nutrition influences whole-person wellness.
- (c) Focus on covering five food groups: Protein, complex carbohydrates, healthy fat, fibrous vegetables and fruits.
- (d) Physical Activity and other healthy habits such as sleep and hydration.

910.4 PHYSICAL ACTIVITIES

San Diego County Probation Department

Institutional Services Procedure Manual

Local School Wellness Procedures

The Probation Department encourages healthy eating and physical activity offering students the opportunity, support, and encouragement to be physically active.

Opportunities to participate in physical activities are incorporated into the daily routine such as basketball, volleyball, kickball, soccer, softball, use of punching bags, recreation walking, running club, mud runs, 5K races, yoga, and community outings.

910.5 SMARTER LUNCHROOMS

The Smarter Lunchrooms movement is an evidenced based set of tools and strategies that are shown to improve student participation in the school meals program while encouraging consumption of more whole grains, fruits, vegetables, and legumes while decreasing plate waste.

The contracted food vendor will ensure that food service staff receive professional development in Smarter Lunchrooms principles, strategies, and practices.

910.6 COMPETITIVE FOODS AND BEVERAGES

All foods and beverages that are available to students will meet nutrition standards and promote healthy food and beverage habits. The contracted food vendor will meet or exceed Smart Snacks in School standards, which limits fat, sugar, sodium, and calorie content and prohibits marketing of foods that do not meet the Smart Snacks in School requirements during the school day on campus.

910.7 REQUIRED POSTING

Probation Institutional Facilities will annually post information regarding the Local School Wellness Program (LSWP) on the department website and at least the area in each facility where public compliance notices are posted along with additional wellness resources:

- <https://www.fns.usda.gov/civil-rights>
- <http://www.livewellsd.org/content/livewell/home/live-well-every-day/tips-and-tools-for-individuals-and-families.html>

910.8 ONGOING PROGRAM REVIEW

The School Wellness Committee will strive to review and revise the Local School Wellness policy and procedures on an annual basis.