

Victoria Regional Juvenile Justice Center

Wellness Policy Triennial Assessment

Facility Wellness Policy 11.6.

Date: 7/22/19

Guidelines and wellness goal development

The wellness policy, assessments and USDA Nondiscrimination Statement will be available on the county website. The youth are provided the “Let’s eat for the health of it” pamphlet and the USDA Nondiscrimination Statement. The post adjudicated youth’s parents are mailed a copy of both.

The food management company used for the VRJJC is Labatt Company.

Stephanie Whitley, contract dietitian conducts the nutritional information for products yearly and approves and updates the developed menu. A copy of the policy was emailed to the dietician for review.

All nutrition program staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professions. The food services staff will attend continuing professional development through the Region 3 workshop or Institute of Child Nutrition.

Kitchen Supervisor Olga Salazar has completed the continuing education requirements. The kitchen supervisor will maintain the Learn to Serve Texas Food Manager Certification. The director will maintain 8 hours of food safety training every 5 years.

Kitchen staff Rose Martinez has completed the required continuing education requirements for 2019-2020.

Kitchen staff Dora Lively has been employed for 5 months and will complete continuing education requirements by the end of this school year 2019-2020 which will include the Food Handlers Class Training Courses.

Training will be monitored by the kitchen supervisor and training coordinator.

Meals, Snacks and Beverages

All food and snacks served during the school day will meet NSB and NSL nutritional standards for reimbursable meals. All reimbursable school meals will meet current USDA nutritional standards.

The facility does not offer A La Carte, Cafeteria style service, Family Style Meals, Multiple Choice menus, Offer VS. Serve meals, Salad or Theme Bars, Vending machines or Smart Snacks.

Youth meals are scheduled between 11-1pm for lunch which allows 30 minutes for the meal (includes 10 minutes sit down time and 20 minutes set down time for dinner). Trays are prepared in the kitchen with the same portions on each tray with the exception of special diets. The medical department provides a list of dietary restrictions to the kitchen staff to follow. These specific trays are labeled for staff.

If a youth is pulled out of a scheduled meal for an activity the youth will be allowed to eat during that activity.

A snack including milk will be served during the school day in the morning beginning 7/26/19. The snack will be taken to the youth in the unit when they break from a class. The snack list was updated by the contract dietitian.

Beverages served will not contain caloric sweeteners and youth will be provided with 2 options for milk. Low fat and 1%.

Water will be available at all meals and snack. Youth will be provided access to drinking water throughout the day. It was mentioned the water fountains in the youth's rooms were not working properly. The water dispensers in the rooms will be checked by the supervisor J. Everitt to ensure they are working properly and provide the list of needed maintenance to Assistant Chief K. Arnecke. A list was provided however the maintenance staff indicated they could not be repaired. Therefore, the facility administrator advised youth will be provided cups to get water from their faucet in their room.

Youth is allowed time to wash their hands before eating and brush their teeth following their meals and snack.

Youth will not share food or beverages. Celebrations will be limited to no more than 4 events during the school calendar year to be approved by the facility administrator.

Food will not be used as a punishment or a reward.

Health & Physical Education

Nutritional education is provided to the youth upon intake and posters are displayed in the units, including the civil rights poster which is also posted in the lobby. The Senior Clerk will order the posters.

Nutrition topics are integrated in a comprehensive health education curriculum at every grade level of youth detained. Nutrition education is taught in academic classes by the teachers, a component in the parenting classes which are provided by the facility nurse and in the substance abuse groups provided by the counselor. The youth receive Nutrition, Health, and Wellness through Science - chemical/fats, History - food throughout history, Math – measurements and Economics. Education will include caloric balance/food intake/energy expenditure, healthy eating habits and the importance of exercise.

Education will include lessons for reading food labels and menu planning. The fitness gram will be used for PE charting growth.

The physical education curriculum is aligned with national and state physical education standards. Physical education will be taught by a certified/licensed teacher who is endorsed to teach physical education and/or teacher assistant under the direction of a certified PE teacher on campus provided by VISD. The State certified Physical Education teacher will provide physical education classes following the school schedule. The teacher ratio for the physical education is 1:12 with a juvenile supervision also present. The physical education teacher and teacher assistant receive professional development annually through VISD.

Physical education is provided daily for 1 hour during the school year and for the summer sessions. When school is not in session and on weekends/holidays the youth are scheduled 1 hour of large muscle exercise daily. Outside recreation is also scheduled daily (weather permitting) and monitored by the juvenile supervision officers. Staff encourage the youth to participate in moderate to vigorous physical activities daily.

Physical activity will not be used as a punishment or withheld as a punishment.

Promotion and Marketing

Marketing is limited to the promotion of food/beverages that meet nutrition standards through the posters in the unit. Food will not be sold to the youth during the school day. Youth will not participate in fundraising. Advertising of foods and beverages is prohibited.

Staff is encouraged to model healthy eating/ drinking. Staff is prohibited from consuming food/beverages that may not be sold to youth during the school day. While on shift the staff will eat the same meal the youth are served if in the presence of the youth with the exception of the staff with a doctor ordered special diet. However, the staff is not required to eat with the youth.

Staff Wellness

Health and Wellness Newsletters are sent out via email to staff from Human Resources. If the staff does not have a work email copies are provided by the Facility Administrator and available at by the time clock. The newsletters include exercises and recipes to encourage healthy eating. Additional resources are provided in the newsletters for health and wellness.

The Employee Assistance program provides free and confidential assistance for stress/Anxiety, Grief/Loss, Alcohol/Drug Problems, and family issues. Crisis counselors are available 24/7 through Interface EAP.

Victoria County provides a discount membership though Citizens Healthplex.

The county also encourages a Health Risk Assessment each year through county primary health care. If completed the employee receives a discount on health insurance.

The county provides a discount on health insurance if an employee participates in the HRA annually. Primary health care is available through a contract PA for employees and dependants at no cost to the employee, if carrying health insurance through the county.

Teledoc is also available to county employees 24/7.

Wellness Committee

The Wellness Advisory Committee will include at a minimum the Asst. Chief, Facility Administrator, VISD on site Principal, Senior Clerk/Clerk III, Kitchen Supervisor, Compliance Officer, Supervisor, LVN and Dietician.

The committee will review the wellness policy annually to review compliance, assess progress and determine areas of improvement. The Report of Review findings from the monitor will be made available for review to the committee. A triennial meeting will be held to review compliance of the policy.

An annual assessment was not held with the committee. However, meetings were held individually as well a survey of meals was completed by the youth and presented to the senior clerk. Included were the most/least favorite foods served and suggestions for different possibilities of foods to be served to decrease the amount of waste of food.

Civil Rights Discrimination

Civil Rights Discrimination grievances will be reported to TDA by the compliance officer. There have been no Civil Rights Discrimination grievances to date.

The training Coordinator will provide Civil Rights training annually and upon employment.

The next annual wellness committee meeting will be held prior to the 2020-2021 school year. Committee members will be notified via email.