



# TARRANT COUNTY JUVENILE SERVICES POLICY AND PROCEDURE MANUAL

<b>Chapter:</b>	Nutrition
<b>Subject:</b>	<b>School Wellness Policy on Physical Activity and Nutrition</b>
<b>Related Standards:</b>	N/A
<b>Policy</b>	<p>Tarrant County Juvenile Services participates in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) to promote children’s health, well-being, and ability to learn by supporting healthy eating and physical activity.</p> <p>Therefore, it is the policy of Tarrant County Juvenile Services that:</p> <ul style="list-style-type: none"> <li>• The food service program, juvenile staff, and school staff shall provide all youth with nutritious meals and snacks according to nutritional standards required by state and federal guidelines.</li> <li>• We will engage youth in our institutional program, and alternative education program, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing nutrition and physical activity policies.</li> <li>• All youth will have opportunities, support, and encouragement to be physically active on a regular basis.</li> <li>• Qualified professionals will provide youth with access to nutritious, and appealing foods that meet the health and nutrition needs of these youth; accommodate the religious, ethnic, and cultural diversity of the youths in meal planning; and will provide clean, safe, and pleasant settings and adequate time for youth to eat.</li> <li>• To the maximum extent practicable, all of the department’s programs will participate in available federal school meal programs, such as School Breakfast Program and National School Lunch Program.</li> <li>• Each program will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.</li> <li>• Staff will not withhold food or beverages as a punishment.</li> </ul>
<b>Definitions</b>	N/A



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Forms	N/A
TJPC CRM Standard Link	N/A
<p>Director Effective Date: <b>03/26/08</b></p>  <p>_____ Randy Turner Director, Tarrant County Juvenile Services</p>	<p>Juvenile Board Approval Date: <b>08/20/14</b></p>
Replaces Policy Dated: <b>No</b>	Revised/New Policy: <b>New</b>

PROCEDURES:	PERSON RESPONSIBLE
<p><b>Background:</b></p> <p>In the Child Nutrition and WIC Reauthorization Act of 2004, the U.S. Congress established a new requirement that all school districts with a federally-funded school meals program develop and implement wellness policies that address nutrition and physical activity.</p>	
<p><b>Wellness Advisory Committee</b></p> <p>The Department will convene a Wellness Advisory Committee to develop, implement, monitor, review, and, as necessary, revise nutrition and physical activity policies. The committee also will serve as resources to the departmental programs for implementing these policies. The Wellness Advisory Committee shall consist of a group of individuals representing the individual programs affected, program youth, food service personnel, facility administrators, teachers, and health professionals.</p>	<p>Deputy Director/Deputy Assistant Director /Food Service Supervisor</p>
<p><b>Qualifications of Food Service Staff.</b></p> <p>Qualified food service professionals will administer the school meal programs. As part of Juvenile Services responsibility to operate a food service program the department will provide continuing professional development for all food service professionals in the facility. Staff development programs will include appropriate certification and/or training programs for kitchen supervisor, cooks, and part time cooks according to their levels of responsibility.</p>	<p>Food Service Supervisor</p>



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PROCEDURES:	PERSON RESPONSIBLE
<p><b>Nutritional Quality of Foods and Beverages Served in the Cafeteria</b></p> <p><b><u>School Meals</u></b></p> <p>Meals served through the National School Lunch and Breakfast Programs will:</p> <ul style="list-style-type: none"> <li>• be appealing and attractive to adolescents;</li> <li>• be served in clean and pleasant settings;</li> <li>• meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;</li> <li>• offer a variety of fruits and vegetables that meet meal pattern guidelines;</li> <li>• serve fat free and low-fat (1%) and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and</li> <li>• ensure that half of the served grains are whole grain enriched.</li> <li>• Staff will not withhold food or beverages as a punishment.</li> </ul> <p>In addition, the facilities may share information about the nutritional content of meals with staff and students.</p>	<p>Food Service Supervisor Food Service Staff</p>
<p><b><u>Beverages</u></b></p> <p><b>Allowed:</b> water without added caloric sweeteners; fruit and vegetable juices that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA);</p>	
<p><b><u>Meal Times and Scheduling</u></b></p> <p>Facilities serving meals:</p> <ul style="list-style-type: none"> <li>• will provide youth with at least 10 minutes to eat after receiving their meal;</li> </ul>	<p>Deputy Assistant Directors/ Assistant Facility Administrators Operations Managers/Academic Supervisors/ Institutional Probation Officers</p>



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PROCEDURES:	PERSON RESPONSIBLE
<ul style="list-style-type: none"> <li>• schedule meal periods at appropriate times, e.g., lunch should be scheduled between 10:45 a.m. and 1:00 p.m.;</li> <li>• will provide youth access to hand washing or hand sanitizing before they eat meals or snacks; and</li> <li>• should take reasonable steps to accommodate the tooth-brushing regimens of youth with special oral health needs.</li> </ul>	
<p><b><u>Sharing of Foods and Beverages.</u></b></p> <p>Youth assigned to Department’s programs are prohibited from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on diets and written policy.</p>	<p>Institutional Probation Officers</p>
<p><b><u>Snacks.</u></b> If snacks are served during the school day or in after-school care, they will make a positive contribution to children’s diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Each program will assess if and when to offer snacks based on timing of school meals, nutritional needs, ages, and other considerations.</p>	<p>Deputy Assistant Directors/ Assistant Facility Administrators Operations Managers/Academic Supervisors/Institutional Probation Offices/Teachers</p>
<p><b><u>Rewards.</u></b> Programs will not use foods or beverages that do not meet USDA Smart Snacks guidelines during school hours.</p>	
<p><b><u>Celebrations and other activities during the school day.</u></b> Programs will limit celebrations and other activities during the school day to no more than four events during the school calendar year, which involve food and beverages that do not meet USDA guidelines. The Deputy Assistant Director shall approve all events, including foods and beverages provided to youth. All celebrations will be held in the afternoon after the last lunch period.</p>	

<b>Nutrition and Physical Activity Promotion</b>	
<b><u>Nutrition Education and Promotion.</u></b> Tarrant County Juvenile Services aims to teach, encourage, and support	<p>Deputy Assistant Directors/ Assistant Facility Administrators</p>



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healthy eating by students. Each program should provide nutrition education and engage in nutrition promotion that:

- is offered at each age level as part of a sequential, comprehensive, standards-based program designed to provide the youth with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as a math, science, language arts, and social science;
- includes developmentally-appropriate, culturally-relevant, participatory activities, that may include taste testing, farm visits, and school gardens;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise)
- Use the cafeteria or eating areas as learning laboratory to support nutrition education through healthy meals, wall posters and discussions with staff and youth about importance of healthy meals;
- Focus on changing specific behavior rather than on learning general facts about nutrition
- Provide assurance that the guidelines for reimbursable meals shall not be less restrictive than regulations and guidance issued by the USDA.

Operations Managers/Academic  
Supervisors/Institutional  
Probation Offices  
FWISD Teachers  
Nursing Staff  
Food Service Supervisor



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**Integrating Physical Activity into the Classroom Setting**

For the youth to fully embrace regular physical activity as a personal behavior, youth will be given opportunities to participate in large muscle exercise through the physical education program classroom as demonstrated in the schedule.

Programs shall discourage extended periods of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, each program shall give youth periodic breaks during which they are encouraged to stand and be moderately active.

Deputy Assistant Directors/  
Assistant Facility Administrators  
Operations Managers/Academic  
Supervisors/Institutional  
Probation Officers  
FWISD Teachers  
Food Service Supervisor

**Daily Physical Education**

All youth ages 10-18, including youth with disabilities, special health-care needs, and in alternative educational settings, will be scheduled for daily physical activity for the entire school year. The youth will spend a percentage of physical education class time participating in moderate to vigorous physical activity.

**Strategies and goals may include, but not limited to; Improving health and wellbeing:**

- Encouraging a personal commitment by the youth to adopt healthy activities as a permanent lifestyle;
- Helping to reduce stress and improve mental functioning;
- Improving productivity in school and community
- Providing adequate and appropriate equipment for all youth to participate in physical education/activity

**Physical Activity and Punishment:** Teachers and other staff members will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Deputy Assistant Directors/  
Assistant Facility Administrators  
Operations Managers/Academic  
Supervisors/Institutional  
Probation Offices  
FWISD Teachers

**Communications with Parents** Tarrant County Juvenile Services will support parents' interest to provide a healthy diet and daily physical activity for their children.

Deputy Assistant Directors

The Department will provide information about nutrition and other program-based physical activity opportunities provided for their children upon request.

Food Service Supervisor

**Staff Wellness.** The Department highly values the health and

All Staff



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<p>well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Tarrant County offers a Wellness Program accessible to all full time county employees at various locations in the county. Tarrant County promotes staff health and wellness through websites, e-mail and newsletters on a continuous basis.</p>	
<p><b>Monitoring and Policy Review</b></p>	
<p><b>Monitoring.</b> The Deputy Director of Juvenile Services or designee will ensure compliance with established nutrition and physical activity wellness policies. In each program, the Deputy Assistant Director or designee will ensure compliance with those policies in his/her program and will report on compliance to the Deputy Director of Juvenile Services or designee.</p>	<p>Deputy Director</p>
<p>Food service staff will ensure compliance with nutrition policies within the school food service areas and will report on this matter to the Deputy Assistant Director.</p>	<p>Food Service Supervisor</p>
<p><b><u>Policy Review</u></b></p>	<p>Deputy Director Deputy Assistant Directors Assistant Facility Administrators Food Service Supervisor</p>
<p>Nutrition and physical activity assessments will be conducted annually to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the Department will review its nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The Department will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.</p>	<p>Deputy Director Deputy Assistant Directors Assistant Facility Administrators Food Service Supervisor Deputy</p>