

3420-D6 Wellness Policy

Policy

Dakota County Juvenile Services Center (JSC) encourages/promotes Wellness for all residents through Nutrition, Physical Activity, and Health Information.

Purpose

To fulfill the requirements of the MN Department of Education Standards, to establish lasting Wellness habits, and to promote the well-being of all JSC and New Chance residents.

Definitions

Health Information Information regarding the condition of being sound in body, mind, or spirit.

Nutrition The process by which a person takes in and utilizes food.

Physical Activity Action activities relating to the body.

Stakeholders Residents, JSC staff, parents/guardians, probation staff, contracted staff, and/or school staff.

Wellness The quality or state of being in good health.

Procedural Guidelines

- A. The JSC will engage residents, school staff, food service professionals, health service staff, probation staff, and other interested members in developing, implementing, monitoring, and reviewing the JSC's Nutrition and Physical Activity.
 1. A Suggestion Box installed in the JSC lobby will be available to Stakeholders so that they may leave comments/suggestions regarding this Wellness Policy.
 2. A subset of Stakeholders will review this Wellness Policy triennially to review suggestions made, pilot projects started, and make necessary revisions.
- B. All residents will have opportunities, support, and encouragement to be physically active on a regular basis.
 1. All residents will receive daily physical education, or its equivalent of two-hundred twenty-five (225) minutes/week, for the entire school year.
 2. A certified physical education teacher will teach all physical education classes.

3. Resident participation will be at each individual's skill level, with emphasis on lifelong physical activities. Residents will have at least fifty (50) percent of physical education class time to participate in moderate to vigorous Physical Activity.
 4. In addition to physical education class, the JSC will provide the residents with forty-five (45) minutes of Physical Activity every day. The JSC will provide activities that meet the needs and abilities of all residents, regardless of ability.
 5. Teacher and staff will not use Physical Activity (i.e. running laps, push-ups, or sit-ups) as punishment, or withhold opportunities for Physical Activity (i.e. physical education) as punishment.
- C. Food and beverages served at the JSC will meet the Nutrition recommendations and standards of the U.S. Dietary Guidelines for Americans, as well as the Minnesota Department of Corrections.
1. Meals served will be appealing, attractive, and served in a clean and pleasant setting. Meals shall meet the minimum Nutrition requirements established by local, state, and federal statutes and regulations.
 2. The JSC will offer a variety of fruits and vegetables.
 3. The JSC will serve USDA-approved fat free, one (1) percent, or nutritionally equivalent, non-dairy alternatives.
 4. Condiments (two (2) each) that complement the meal will be offered each meal.
 5. The JSC will ensure that one hundred (100) percent of grain products served will be whole grain rich.
 6. The JSC will share information about the nutritional content of meals with the parents/guardians and residents by posting this information in the main lobby and in the dining room.
 7. The JSC prohibits residents from sharing their food or beverages with one another during meal or snack times.
 8. The JSC provides water without added caloric sweeteners; fruit juice, and fruit-based drinks that contain one hundred (100) percent fruit juice, and do not contain additional caloric sweeteners; unflavored low-fat fluid milk, and chocolate skim milk (which contains trivial amounts of caffeine).
 9. Snacks served will make a positive contribution to resident's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks, and water as the primary beverage. The Department of Corrections mandates the timing of snacks based on timing of school meals, resident's nutritional needs, resident's age, and other considerations.
 10. The JSC will not withhold food or beverages (including food served through meals) as a punishment.
 11. The JSC will accommodate the religious, ethnic, and cultural diversity of the resident population in meal planning.
 12. The JSC does not sell snacks to the residents of either the secure program or of the non-secure New Chance program.

- D. The JSC will provide Nutrition education and physical education to foster lifelong habits of healthy eating and Physical Activity and will establish links between health education and school meal programs.
1. Nutrition education is offered as part of a sequential, comprehensive, standards-based program designed to provide residents with the knowledge and skills necessary to promote and protect their health. It is part of health education classes as well as classroom instruction in subjects such as math, science, and life skills classes.
 2. The JSC will provide information to parents/guardians about physical education and other school-based Physical Activity opportunities during and after the school day. This information will be posted in the main lobby.

Authority/Reference

Authority for this policy resides in the statutory duty of the County Administrator (M.S. 375A.06) or designee, the Director of the Community Corrections Department, who is required to comply with County policies, meet statutory requirements and abide by State mandates.

MN DOC 2960.0080
MN DOC 2960.0270
JDAI Environmental Issues

Approval

As approved by:

Suwana F. Kirkland
Community Corrections Director

Distribution

01/17/2024 – Copies distributed to department manuals
01/17/2024 – Notification of policy revision to applicable department staff via Outlook e-mail
11/30/2023 – Copies distributed to department manuals
12/19/2018 – Copies distributed to department manuals
12/04/2006 – Notification of policy revision to all department staff via Outlook e-mail

Date Information

01/17/2024 – Approved by Suwana F. Kirkland, Community Corrections Director

11/30/2023 – Approved by Suwana F. Kirkland, Community Corrections Director

12/19/2018 – Approved by Brian K. Kopperud, Community Corrections Director

09/11/2014 – Approved by Barbara J. Illsley, Community Corrections Director

11/29/2006 – Approved by Barbara J. Illsley, Community Corrections Director