



DELAWARE COUNTY WELLNESS POLICY

Mission Statement:

The mission of The Delaware County Juvenile Detention Center is to provide secure, safe custody and promote the health and well-being of the youth committed to its care, and to create an environment that fosters social, emotional, intellectual, and physical development.

Delaware County Wellness Policy

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Delaware County Juvenile Detention Center Wellness Policy

Preamble

The Delaware County Juvenile Detention Center, a Residential Child Care Institution located in Lima, Pa., is committed to the optimal development of every resident. The Detention Center believes that for our residents to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year /and during their placement in the facility.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically. Finally, there is evidence that adequate hydration is associated with better cognitive performance. This policy outlines the Detention Center’s approach to ensuring environments and opportunities for all residents to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Residents in the Detention Center have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the Detention Center – in accordance with Federal and State nutrition standards;
- Residents receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Residents have opportunities to be physically active before, during and after school;
- Classroom instruction includes nutrition and physical activity promotion and other activities that promote student wellness;
- Detention Center Staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of the Detention Center.

- The Detention Center is engaged in supporting the work of the NSLP in creating continuity between the Detention Center and the transition of the resident to their home or other residential placement so they may continue to practice lifelong healthy habits;
- The Detention Center establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students/residents and staff of the Detention Center. Specific measurable goals and outcomes are identified within each section below.

I. Detention Center Wellness Committee

The wellness committee will convene at least four (2) times per year to establish goals for and oversee Detention Center health and safety policies and programs, including development, implementation and periodic review and update of the wellness policy.

Committee Role and Membership

- Mark A. Murray, Director
- Parjinder Singh, Deputy Director
- Joan Lockwood, D.C.I.U. Health & Gym Lead Teacher
- Connie Hamilton, DCJDC Nurse
- Loretta Decenzi, Financial Assistant
- Thomas Mclean, Kitchen Supervisor
- James Stickney, Training Supervisor
- Christian Dale, Staff Representative
- Resident

Leadership

The designated official responsible for convening the Wellness Committee, facilitating the development of the wellness policy, oversight of the Wellness Policy, compliance with and implementation of updates to the policy is: Mark A. Murray, Delaware County Juvenile Detention Center Director.

The names, titles and contact information of these individuals are:

Name	Title	Email Address	Role on Committee
Mark A. Murray	DCJDC Director	MurrayM@co.delaware.pa.us	Designated Official
Parjinder Singh	Deputy Director	singhp@co.delaware.pa.us	Policy Coordinator
Joan Lockwood	DCIU Health and Gym Lead Teacher	lockwoodj@co.delaware.pa.us	Health Education & Gym
Connie Hamilton	Nurse	juvnurse@co.delaware.pa.us	Medical Consult
Loretta Decenzi	DCJDC Fiscal Assistant	decenzi@co.delaware.pa.us	Fiscal compliance
Thomas Mclean	Kitchen Supervisor	mcleant@co.delaware.pa.us	Nutrition Promotion
James Stickney	Training Supervisor	stickneyj@co.delawa.pa.us	Training Compliance
Christian Dale	Staff Representative	N/A	Snack Compliance Physical Activity Programming
Open Program Supervisor	Program Supervisor		

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

Implementation Plan

The Delaware County Juvenile Detention Center has adopted a Wellness Policy that provides nutrition education, physical activity that promotes resident wellness and balanced nutritional breakfast and lunch meals in accordance with and approved by the NSLP guidelines. In order to comply with and continue the practice of these policies, the following wellness committee members have been assigned the following responsibilities.

Mark A. Murray; designated as the person that will convene Wellness Committee Meetings, oversee the facilitation of the wellness policy, and promote on-going updating and policy compliance.

Parjinder Singh; designated as the Wellness Policy Coordinator and will assist with the acquisition and implementation of nutrition and health education materials, programming and related activities.

Joan Lockwood, D.C.I.U. Teacher, will be provided educational materials for her classroom instruction that supports the Wellness Policy goals as well as gym time during recreation classroom activities.

Connie Hamilton, DCJDC Nurse, will provide medical counsel and treatment for the residents, support wellness activities and education thru use of media materials, host a medical clinic with Dr. Himmelstein, perform physical exams, and administer vaccinations and medication administration.

Open Program Supervisor, Supervisor, will assist in monitoring compliance with program attendance, nutrition requirements of snacks, and wellness program availability on living units, and use of scheduled yoga, and gym time.

Loretta Decenzi, fiscal assistant, performs all NSLP related financial functions, assists in off-site and on site assessments, and provides support for all other NSLP requirements and compliance.

Christian Dale, Staff, recreational activities and staff support of wellness program.

Thomas Mclean, Kitchen Supervisor, performs on-site kitchen assessments, monitors compliance with NSLP, schedules inspections Develops menu.

Record Keeping

Once reviewed and updated the Wellness Policy will be posted on the Delaware County Web page under the Juvenile Detention Center. This will allow the community that we serve and general public to have access.

Documentation of all meetings, efforts to review and update the Wellness policy, notification and invitations to attend Wellness Committee meetings, and all assessments of the program will be kept and made available for review.

Triennial Progress Assessments

The persons responsible for hosting /managing the triennial assessments will be Mark A. Murray, DCJDC Director, and Parjinder Singh, Policy Coordinator. The next update will be due in 2021.

Revisions and Updating the Policy

All revisions will be based on the results of the triennial assessments, new health information, and new federal or state guidance standards that may be issued. The Wellness Policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

Community Involvement, Outreach and Communications

The Delaware County Juvenile Detention Center is a Residential Child Care Institution (RCCI). Although confidentiality of our residents is mandated by State law, we continually look to the Delaware County Community as a resource for meaningful and beneficial programming for our residents.

Parents of our residents are provided information about the Detention Center's Wellness practices in our Parents information letter, which is available in both English and Spanish. The parent packet is mailed upon admission of a resident into the detention center.

The wellness policy bulletin is also posted in the lobby for all parents to see during visitation.

Our Community involvement includes collaboration with government and private agencies, both contracted and volunteer, who provide a variety of programs all of which relate to wellness thru nutrition and health education, mental health, physical exercise and related structured activities like gardening, and social skills. These organizations include but are not limited to: The Delaware County Intermediate Unit, Child Guidance Counseling, , Dr. Bernard Zoranski, , Thresholds, The Crime Victim’s Center of Delaware County (WAR) and Yoga .

The Detention Center will actively communicate its Wellness Program to the parents of the residents by providing a link to the wellness program in the parent Notification Packet. NSLP Brochures will be placed in our lobby, allowing access for both our parents and the general public. To generate greater awareness and promote wellness through better eating habits and physical activities. ealthy Choices and Practice posters are placed in the cafeteria. Additionally, a copy of the Wellness Policy will be posted on the Delaware County Detention Centers Website for parents and the general public to view.

III. Nutrition

School Meals

The Detention Center is committed to serving healthy meals to our residents.

- Breakfast and Lunch meals will be served under the guidelines of the National School Program and will meet, at a minimum, nutrition requirements as established by local, state and federal regulations.
- All meals will be appealing and attractive to the residents.
- All meals will be served in clean and pleasant settings.
- When a child misses a meal due to an appointment, court, visit or other reason, or his/her admission occurs between the dinner and breakfast, an alternative meal, sometimes referred to as a ‘bag’ lunch will be provided.
- To promote healthy food and beverage choices, the following Smarter Lunchroom techniques are used:
 - a. Whole fruit options are displayed in attractive bowls or baskets
 - b. Daily fruit options are displayed in a location in the line of sight and reach of residents

- c. All staff members, especially those serving, have been trained/instructed to politely prompt residents to select and consume the daily vegetable.
 - d. White milk is an option at every meal
 - e. Alternative entrée options (e.g. salad bar option) are highlighted on posters within all serving and dining areas.
 - f. Sliced, whole or cut fruit will be available daily.
 - g. Vegetable options have been given descriptive names.
 - h. A reimbursable meal can be created in the serving areas available to our resident's .i.e. the serving window and the salad bar.
- Menus will be posted at the serving table daily.
 - The Detention Center Medical staff will advise the Kitchen staff and shift supervisor of all special dietary needs and the kitchen staff will accommodate/provide for these needs.
 - Students will be allowed at least 20 minutes to eat breakfast and at least 20 minutes to eat lunch.
 - Residents will be served lunch at a reasonable time of the day.
 - Three farm to school activities that have been implemented are:
 - a. The gardening program consisting of 4 raised beds
 - b. Agriculture and nutrition are reinforced throughout the learning environment by including the residents in all gardening activities such as planting, weeding, watering and harvesting.
 - c. Local and regional products, including produce from the Detention Center Gardens are incorporated into the lunch salad bar.

Qualifications of School Food Service Staff

We are inspected annually by the USDA, since we participate in the USDA Commodity Program. Through this program, we receive food items that reduce the operating costs of our food service department. We are also ensured high quality and healthy foods from USDA for the residents residing in our care. The Detention center uses The Primero Edge food program to insure that our meals meet the highest nutritional standards set under the NSLP guidelines. All meals and snacks are nutritionally balanced through utilizing this system.

In addition, our Food Service Staff are required to have 20 hours of training per year under 3800 regulations, some of these trainings involved in the following:

- Certified in Serve Safe
- Trained in HACCP (Hazard Analysis and Critical Control Point) Kitchen Supervisor only
- Certified in CPR and First Aid
- Certified in Fire Training
- Safe Physical restraint management
- Harassment/Sexual harassment training
- Civil rights Training
- Members of JDCAP (Juvenile Detention Center Association of Pennsylvania)

7.

Water

To promote hydration, free, safe unflavored water will be available to all students throughout the day and throughout the Detention Center. The Detention Center will make drinking water available where all meals are served during mealtimes.

- Water fountains are placed strategically throughout the Detention Center.
- All water sources and containers are maintained on a regular basis to ensure good hygiene and health safety standards.

Competitive Foods and Beverages

The Detention Center will limit the availability of food outside of the 3 meals and snacks provided by the Detention Center Kitchen.

- Vending machines: Residents do and will not have direct access to these. Only during evening visits are parents allowed to purchase a snack or beverage for the child.

Celebrations

The Detention Center will acknowledge major holidays on the actual holiday and birthdays on the actual birthday. For these limited occasions, such as on birthdays, ice cream and cake may be served or a traditional turkey dinner may be served on Thanksgiving and Christmas.

For Holidays such as Memorial Day, the 4th of July, and Labor Day, the Kitchen usually prepares a traditional barbeque menu and the meal may be served in picnic format in an outdoor area, weather permitting .

These food items are not served on a regular basis and are served in a limited quantity.

Fundraising

As an RCCI, the Detention Center does not have its residents participate in fundraising.

Nutrition Promotion

Nutrition promotion will be achieved in several ways at the Detention Center.

- Classroom instruction during regular school hours will be provided on many different health and nutrition subjects.
- The classroom instruction will be supported by the healthy choices offered through our participation in the NSLP, and the SFA's raised bed garden program and salad bar.
- Fruit choices will be displayed in attractive baskets or other attractive serving vessels in the serving line for the residents to pick from.
- A salad bar will be offered during every lunch meal and a side salad is available on a regular basis at the dinner meal as well. All vegetables on the salad bar will be fresh and when seasonally available, may be provided from the Detention Centers own raised bed gardens. The fruit served on the salad bar will either be fresh or pre-sliced and canned, depending upon availability and the time of year.
- The Detention Center will continue to pursue activities with organizations that promotes healthy choices for our residents like our current classes in yoga.
- The Detention Center will also promote nutritional wellness thru the use of educational posters which will be placed in the dining room.

Nutrition Education

The Education Program is provided by the Delaware County Intermediate Unit. Instruction will comply with by the Pa. Dept. of Education guidelines. The Detention Center will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other instruction through subjects such as math, science, and the social sciences;

- Includes enjoyable , developmentally appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole grain products, low-fat and fat free dairy products;
- Promotes physical activity and exercise;
- Links with school meal programs, Detention Center raised-bed gardens, and other contracted community providers programming;
- Teaches media literacy with an emphasis on food and beverage marketing;
- Includes nutrition education training for teachers and staff.

Essential Healthy Eating Topics in Health Education

The Detention Center has incorporated the following essential topics on healthy eating into their health education curriculum:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from My Plate
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grains products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat
- Choosing foods and beverages with little added sugars
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Importance of water consumption
- Importance of eating breakfast
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture

Some examples of the programming provided at the Detention Center that addresses many of the topics listed above are as follows:

1. Healthy Eating and Exercise
2. Caffeine: How Much is Too Much
3. Advertising, the Media and Your Health
4. Diabetes: Why Many Teens are at Risk
5. Understanding Fetal Alcohol Syndrome
6. Top 5 Food Mistakes Every Teen should Avoid
7. Cancer Update: Causes, Treatment and Prevention
8. Tobacco and Death: Perfect Together
9. The Danger of Sugar and Salt
10. The Mind/Body Connection: How Emotions affect your Health
11. Super-Size Me; consequences of a fast food diet

Food and Beverage Marketing in Schools

The Detention Center is a RCCI, and as such we do not do any marketing in the facility. All food and beverages are provided at no cost to each resident. In addition to participating in the NSLP, healthy habits, good nutrition and exercise are promoted in their formal education, as well as special programming and activities that are provided.

Staff Wellness

The Detention Center recognizes and values the health and well-being of every staff member, as does the County of Delaware which offers a comprehensive wellness program for all employees of the County. The Detention Center encourages its employees to participate in the many programs offered. The Wellness Committee will strive to offer additional programming on-site that promotes good nutrition, exercise and other healthy behaviors, and will continue to promote the same thru the use of educational posters placed strategically throughout the building.

Physical Activity

Physical activity for the residents of the Detention Center is not limited to recess, classroom physical activity breaks or physical education.

Prior to any physical activity in the Detention Center, all residents receive a physical examination performed by Dr. Bernard Zoranski, D.O. The medical staff will advise Detention Center staff of the exams results if there are any physical limitations or restrictions to be followed by each child for their own physical safety and protection.

Once a resident is cleared by the Medical staff, the resident will have the opportunity to engage in a variety of physical activity at least two times each day in the gym for periods of 50-60 minutes on both weekdays and weekends, outside in the yard, weather permitting, and two times a day in the Gym or Recreation room, also for periods of 50-60 minutes.

Physical Education

The Delaware County Intermediate Unit teachers regularly provide residents with scheduled physical education as recommended/required by the Pa. Dept. of Education, using age appropriate, sequential physical education curriculum consistent with national and state standards for physical education. All residents are provided equal opportunity to participate in physical education classes.

- Residents are encouraged to be vigorously active for at least 50% of the physical education class time.
- All physical education classes are taught by licensed teachers who are certified or endorsed to teach physical education.

Essential Physical Activity Topics in Health Education

The Detention Center will strive to include the following essential topics in their health education curriculum

- The physical, psychological, and social benefits of physical activity • How physical activity can contribute to a healthy weight
- How an inactive lifestyle contributes to chronic disease
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching

- Weather related safety.....i.e. avoiding heat stroke, hypothermia and sunburn while being physically active outdoors
- Dangers of using performance enhancing drugs, such as steroids
- Social influences on physical activity, including the media, family, peers and culture
- Preventing injury during physical activity
- How physical activity can contribute to the academic learning process
- Health related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility and body composition
- Phases of an exercise session, i.e. warm-up, workout, and cool down

Outdoor Recess

Outdoor recess and activities will be offered when the weather is appropriate. If the weather is appropriate, scheduled gym time for the detention residents may instead be used outside in the yard.

Classroom Physical Activity Breaks

The Youth Center recognizes that students and residents are more likely to be attentive and ready to learn if provided with periodic breaks from sitting, and when they can be physically active or stretch. At the Detention center, there are 4 teachers that provide the required education for all of our residents. Each teacher has his/her own classroom, and the residents travel in between each class to different classroom, thereby getting a chance to stretch their legs, walk, utilize the facilities, and get a drink of water.

After School Activities

After school activities are offered to all residents of the Detention Center through a variety of methods. There is free time allotted so that residents may write letters, make entries into their journals, visit the nurse if needed, or consult with their attorney, probation officer and/or CYF caseworker.

Each of the 5 living units has scheduled gym time after school and in the evenings after dinner, including on weekends. The gym is equipped for standards activities/games such as basketball, volley ball, and dodge ball. The gym is also used for scheduled Yoga classes.

Each living unit also has its own selection of board games, reading material and a television. All units have exercise videos or wii's for unscheduled opportunities for physical exercise.

Additional equipment such as a stationary bicycle, treadmill, elliptical, a ping pong table and pool table for other optional activities are available in additional rooms.

During Spring, Summer and Fall months, the Detention Center also provides outdoor physical and educational activity through participation in the tilling /preparation, planting, watering, weeding and harvesting of the Raised Bed Gardens.

Other Activities that Promote Student Wellness

In addition to classroom instruction, The Detention Center also offers the following special programs and activities facilitated by Detention Center Staff and Collaborating Organizations that also foster not just healthy eating, but healthy habits and lifestyles as well.

- The Garden Program: Consists of raised beds. Residents are given instruction on and participate in tilling and prep of soil, planting, watering, weeding, harvesting, donating, cleaning and eating of produce.
- Child Guidance Resources: evidence based programs provided are an advocacy program Safe Dates, SPORT, Say it Straight, Project Alert(D&A) and Gambling Prevention
- Project Thresholds provides a smart decision program
- CPR program
- Heads Up Drug Program; Heroin Education And Dangerous Substance Understanding Program
- Yoga and The Brain.

Community Partnerships

For many years, The Detention Center has partnered with Dr. Rima Himmelstein to provide additional health education and health care to our residents. Education, testing and treatment for STD's, along with education on prevention have and will continue to be provided.

A partnership with Penn State Cooperative resulted in the successful building of our 4 raised bed gardens. Residents are asked to volunteer in every step of the gardening process, so that they may learn as much as is possible about how the food they eat is grown. It is also an opportunity for residents to taste test new vegetables they may never have tried before, and they also get to eat the 'fruits' of their labor as an afternoon snack and at dinnertime.

Community Health Promotion and Family Engagement

As an RCCI, the Detention Center is limited in its ability to involve the general community in Health Promotion activities or events because of the state and federal mandated confidentiality required for all of its' residents.

Families of the residents are informed of all Wellness policies through a Parent Packet that is mailed to every parent at the time of resident's admission to our facility.

Pamphlet's describing our Wellness Policy and Practices at the Detention Center are placed in our lobby and are available to parents as well as the general public.

Our Wellness Policy is displayed on the Detention Center's website for the general public to view.

Staff Wellness and Health Promotion

The County of Delaware has a Wellness Policy and Program that is offered to all County employees. Since Detention Center employees are employees of Delaware County, they are entitled to attend and encouraged to attend any and all programs offered through the County Wellness Program.

The Delaware County encourages all employees to sign up for wellness letter e-alerts so that wellness information can be dismantled directly to the staff. This information implements strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors.

Staff also have access to all exercise equipment in the building include a staff only workout area. Staff has received training in mental health first aid designed to reduce stress. Staff is also training in CPR first aid.

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