

POLICY #: 600.09	CHAPTER: Safety and Emergency Procedures	SUBJECT: Wellness
RELATED STANDARDS: 7 CFR 210.31		
_____	_____	Supercedes: None
Administrator Approval	Effective Date	

PURPOSE:

Define and establish policy for daily food services and school wellness.

POLICY:

The Linn-Benton Juvenile Detention Center will identify the position of the Local Educational Agency official responsible for the implementation and oversight of the local school wellness policy.

Each juvenile held at the Linn-Benton Juvenile Detention Center will be served three meals and a snack per day. Special diets will be provided upon request by the medical staff. Juveniles will be given at least one hour of major muscle exercise daily.

No food will be withheld or limited; however, it may be varied from the approved menu for disciplinary reasons. (Policy 600.07) If varied it shall still meet USDA meal patterns.

Each juvenile will be given approximately 30 minutes to complete each meal.

The Linn-Benton Juvenile Detention Center is committed to the optimal development of every youth and believes that a positive, safe/secure and health-promoting learning environment is necessary for youth to have the opportunity to achieve personal, academic, developmental and social success.

Pursuant to National School Lunch Program Policy, the Detention Wellness Policy will be available for public access at “<https://www.co.linn.or.us/juvenile/page/linn-benton-juvenile-detention-center>.”

DEFINITIONS:

Local Educational Agency (LEA): person responsible for the implementation and oversight of the local school wellness policy to ensure compliance with the policy. The Detention Manager will be identified as the Executive Contact, the Administrative Assistant will be identified as the Child Nutrition Program Manager.

Medical Down Status (MD): is used when a youth is admitted to the center that is suffering from an illness, going through drug or alcohol withdrawal, has a physical limitation (cast, splint) or reports during the Medical Assessment that they have a condition that limits their ability to exercise.

No Physical Activity Status (NPE): is used when a youth can participate in activities such as group

meetings, school and non-strenuous chores. The youth cannot participate in any physical exercise.

Walk-Only Status (WKO): is used when a youth is admitted to the center and is suffering from a condition that limits their ability to participate in the regular exercise program. Walk-Only status is authorized by the intake worker or nursing staff and can only be lifted by the nursing staff. Any youth reporting asthma or pregnancy without acute complications is automatically placed on Walk-Only.

Modified Exercise Status (MPE): is used when the nursing staff has seen a youth and certain exercises have to be omitted from the regular exercise routine.

Regular Exercise Status: is used when a youth reports no physical limitations and is not suffering from any illness or condition.

PROCEDURES:

Eating environment

1. Staff will distribute meal trays to the youth.
2. On school days, youth that are on level 3 will eat their lunch and dinner meals in the commons area.
3. On non- school days, all group level youth may eat their lunch and dinner meals in the commons area dependent upon staffing.
4. Drinking water is available for youth at all meal times.
5. Linn-Benton Juvenile Detention Center menus will meet the USDA meal patterns for both breakfast and lunch.
6. Afterschool snacks served on school days will meet USDA's required pattern and production records with snack counts.

Child Nutrition Operations

1. Currently contracted with Oak Creek Food Service who oversees our food program.
2. All full time staff is required to complete the Oregon Department of Education annual on-line training.
3. All full time staff will have an up-to-date Food Handlers Card that will be kept on file.

Physical Activity

Each youth will participate in at least 60 minutes of physical activity every day. The only exception to this would be if the medical staff placed the youth on No Physical Activity or Medical Down Status and if a detainee is on Down Status due to behavior.

Each youth will participate in physical activity that will consist of but not limited to non-competitive sports and staff will encourage those youth to participate in life long physical activity.

All physical activity will be monitored by staff. Staff may participate in activities with youth so long as there is adequate supervision of all youth.

Modified Exercise Status:

The exercise routine will be modified to meet the individual needs of the youth. The nursing staff will communicate what exercise the youth can participate in or omit.

Walk-Only Exercise Status:

Each youth will walk for approximately 45 minutes. Walking will be done at an even steady pace. The youth will participate in cool down stretches.