



School Wellness Policy

Effective Date: 9/10/2021	Programs: AFYC, DOVE, JUST, Waypoint	Procedure #: 2.09
Rev: 1/15/2015	6/20/2016, 7/12/2017, 8/15/2018, 9/12/2020	

I. Purpose

Twin Oaks Juvenile Development, Inc. recognizes that children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive. Our wellness plan additionally recognizes that:

- good health fosters student attendance and education;
- obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;
- heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;
- 33% of high school students do not participate in sufficient vigorous physical activity;
- only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;
- nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes; and
- community participation is essential to the development and implementation of successful school wellness policies

Twin Oaks believes that students who begin each day as healthy individuals can learn more and are more likely to complete their formal education. Twin Oaks also recognizes that students in our RCCI's have relationships with staff that are more familial than a typical school and that healthy staff can more effectively model appropriate wellness behaviors for students. This policy encourages a holistic approach to staff and student wellness that is sensitive to individual and community needs.

II. Procedure

- a. In compliance with CARF accreditation requirements, Twin Oaks Juvenile Development utilizes a Quality Improvement Committee to plan, monitor and evaluate the quality of food services in the agency. The Quality Improvement Committee meets quarterly, members of this committee include: Chief

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Operations Officer, the Program Director of each facility/Site, Food Services Director, a Nurse, Activities Coordinator/Director of the Boys & Girls Club. This committee works directly with subcommittees at each RCCI site with participation including: Directors, counselors, case managers, teachers, and students. Annual review effectiveness evaluation of the plan occurs via this committee and is documented in the annual Twin Oaks Written Plan Update. The Chairperson of the committee and Compliance Officer for the NSLP School Wellness Plan is Karen Friedman, Quality Services Director. Contact information: kfriedman@twinoaksfl.org; (850) 933-9385. The compliance officer is responsible for ensuring compliance with federal and state regulations and reporting school's compliance with the wellness policy.

- b. Academic performance and quality of life issues are affected by the choice and availability of good foods on our campus. Healthy foods support physical growth, brain development, and resistance to disease, emotional stability and ability to learn. There are no "non-sold" foods available on our campus; youth have no access to vending machines or for purchase consumables. During the school day, all foods meet NSLP requirements.
- c. Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the Twin Oaks Food Services Department. Menu and product selection shall include youth, parent, staff and community advisory groups whenever possible. The cafeteria and classroom shall provide clear and consistent messages to promote and reinforce healthy eating. Posters are available throughout the campus.
- d. Students have no access to vending or "sold foods". Parties and special celebrations do not occur during the school day.
- e. Nutrition services policies and guidelines for reimbursable meals shall not be less restrictive than federal and state regulations require.
- f. Nutrition services shall support activities for all youth that include hands-on applications of good nutrition practices to promote health and reduce obesity.

Health Education and Life Skills

- a. Healthy living skills are taught as part of the regular program curriculum and provides the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.
- b. Each Twin Oaks RCCI has a Boys & Girls club located on each site that facilitates evidenced based curriculum that addresses the relationships between healthy eating, physical activity and a healthy body. The curriculum

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is used nationally by B&GC Clubs, TRIPLE PLAY: A Game Plan for the Mind, Body and Soul. Lessons focus on the relationships between healthy eating, physical activity, and a healthy body. Triple Play is a dynamic wellness program that demonstrates how eating right, keeping fit and forming positive relationships add up to a healthy lifestyle. The goal of the Triple Play program is to improve knowledge of healthy habits; increase the number of hours per day students participate in physical activities; and strengthen their ability to interact positively with others and engage in positive relationships.

- c. Students have access to valid and useful health information through the club as well as through regular Treatment Team meetings that specifically focus on their health and needs.
- d. Students additionally have the opportunity to practice behaviors that enhance health and/or reduce health risks during weekly group counseling that focuses on healthy life style choices and prevention of harmful behaviors such as drugs, alcohol, and tobacco.
- e. Through individual and group counseling, Boys & Girls Club programming, and Treatment Team, students are taught communication, goal setting and decision making skills that enhance personal, family and community health.
- f. Staff, including cafeteria staff and vocational (culinary) staff receive training in compliance with new requirements published by USDA. Trainings include modules from www.smarterlunchrooms.org.

Physical Education and Activity

- a. Physical education and physical activity is an essential element of each program's curriculum. Each site provides the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity.
- b. Physical Education Program: The physical education program is designed to stress physical fitness and encourage healthy, active lifestyles. The physical education program focuses on physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of the student. Opportunities are built into the daily schedule, both during recreation periods and Boys & Girls Club periods.
- c. All students receive 300 minutes of instructionally relevant physical education each week; including Physical Education and Boys and Girls Club.

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- d. Students are supported in setting and meeting personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.
- e. Students are additionally provided with varied opportunities for enjoyment, challenge, self-expression and social interaction that will lead to a physically active lifestyle, this includes incentive activities such as kayaking, horseback riding, hiking, fishing, and gardening.

Healthy and Safe Environment

- a. A healthy and safe environment for all, before, during and after school supports academic success. Safer communities promote healthier individuals. Healthier people do better in school and make greater contributions to their community.
- b. Buildings and grounds, structures, vans and equipment shall meet all current health and safety standards, including environmental air quality, and be kept inviting, clean, safe and in good repair. Each site participates in quarterly Health Inspections, annual external fire inspection, annual external vehicle inspections, as well as State monitoring (respective to Department of Juvenile Justice, Department of Children and Families, and Agency for Health Care Administration contract monitoring).
- c. Campus buildings and administrative offices maintain an environment that is free of tobacco, alcohol and other drugs. Twin Oaks maintains a Drug-Free Workplace and tobacco free campuses.
- d. Safety procedures and appropriate training for students and staff support personal safety and a violence-free and harassment-free environment.
- e. Each work site, school and classroom shall work to create an environment where students, parents/guardians and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.

Social and Emotional Well-Being

- a. Programs and services that support and value the social and emotional well-being of clients, families and staff build a healthy learning environment. Twin Oaks shall provide a supportive environment that includes guidance, counseling, and social work services that encourages clients, families and staff to request assistance when needed and links them to school or community resources. Each RCCI site maintains a partnership with the Department of Children and Families that allow program staff to assist students and their families during transition by submitting applications for financial and nutritional assistance through the State's ACCESS system.

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- b. Students are provided the skills to express thoughts and feelings in a responsible manner and give and receive support from others. This is accomplished through daily counseling and health interventions.
- c. Students and staff are encouraged to balance work and recreation and help to become aware of stressors that may interfere with health development.

Health Services

- a. An effective health care delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers will improve the mental and physical health of students and staff.
- b. The health care team at each RCCI site include a medical doctor and a psychiatrist one day per week and daily care and medical supervision by registered nurses. Primary coordination of health services is through the Nursing Director at each site.
- c. Twin Oaks collaborates with community health liaisons and resources to promote health and wellness for clients, families, staff and community. Each site is partnered with the American Red Cross, local health departments and community advisory boards to address:
 - Financial and nutritional assistance via ACCESS
 - Violence prevention
 - School/work safety
 - Communicable disease prevention
 - Health screening, including Body Mass Index (BMI)
 - Community health referrals
 - Immunizations
 - Parenting skills
 - First aid and other priority health education topics.

Family, School and Community Partnership

- a. Long-term effective partnerships improve the planning and implementation of health promotion projects and events within Twin Oaks and throughout the community. Family, students and community partners are included on an ongoing basis in wellness planning processes.
- b. The equality and diversity of the community shall be valued in planning and implementing wellness activities. Twin Oaks RCCI's follow a cultural competency plan that is reviewed for performance annually.

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- c. Community partnerships are developed and maintained as a resource for programs, projects, activities and events and include: local education agencies, regional workforce boards (one-stop career centers), vocational/technical centers, service providers, businesses, families, churches, and other support groups unique to the individual community.
- d. Our students reside at the RCCI, and therefore, family engagement is a challenge and a priority. Although families may live far from the site, parents are encouraged to attend all Treatment Teams by phone, weekly visiting days are designed to remove barriers to attendance, parents are encouraged to visit anytime their schedules will allow, and special activity family fun days are built into the school year.

Staff Wellness

- a. Twin Oaks provides information about wellness resources and services and through on-going formal training and staff meetings, assist in identifying and supporting the health, safety and well-being of site staff.
- b. Each site shall remain in compliance with drug, alcohol and tobacco-free policies.
- c. Each program shall provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws, policies and rules. Twin Oaks RCCI's contribute to and maintain compliance with an Accessibility Plan that is reviewed and updated annually. The plan both ensures a safe and accessible work environment while seeking to identify and remove less obvious barriers, such as stigmatization.
- d. Employees are encouraged to engage in daily physical activity during the workday as part of work breaks and/or lunch periods or before or after work hours in site-sponsored programs.

Evaluation

- a. The Wellness Plan for Twin Oaks will be evaluated annually by the Quality Improvement Committee to review the nutritional and physical activity policies and practices and the provision of an environment that supports healthy eating and physical activity. The Program Director of each facility shall report annually to the committee regarding the implementation and effectiveness of the Wellness Plan. This report shall include, but not be limited to, challenges, effectiveness, obstacles, compliance with DJJ or DCF policy, and recommendations for revision. The committee shall consider the input from the Program Directors when reviewing, updating, and/or revising this policy.

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- b. Monitoring: The Twin Oaks Quality Services Director in partnership with the Program Director of each RCCI site is responsible for ensuring implementation and monitoring compliance of the School Wellness Policy at their facility.

III. Authority

Chapter 985, Florida Statutes

IV. Reference

FAC 65E-9; Chapter 381.0072, Florida Statutes
Section 204 of the Public Law 108-265 the Child Nutrition and WIC
Reauthorization Act of 2004