

## Fort Bend County Juvenile Probation Department Wellness Policy

The Fort Bend County Juvenile Probation Department (FBCJPD) is committed to providing nutritious meals and sufficient physical activities that promote the overall health and wellness of juveniles while they are in the department's custody.

### **NUTRITIONAL STANDARDS**

FBCJPD shall ensure that all meals meet the National School Lunch Program requirements and nutritional standards set forth by federal regulations.

FBCJPD shall provide meals that meet the meal patterns and nutritional standards established by the USDA Food Guide. FBJPD shall provide food based on the current Dietary Guidelines for Americans.

### **PHYSICAL EDUCATION AND PHYSICAL ACTIVITY OPPORTUNITIES**

FBCJPD shall offer physical education opportunities that equip juveniles with the knowledge, skills, and values necessary for lifelong physical fitness.

All juveniles will participate daily in morning physical training of approximately 50 minutes of stretching and calisthenics. One hour of supervised physical activities, either organized or unstructured, intended to maintain physical fitness will also be incorporated into each day.

Physical activities should address the following:

- Equip juveniles with the knowledge, skills, and attitudes necessary for continuance of lifelong physical fitness
- Promote social skill development
- Build confidence and competence in physical abilities
- Include students of all abilities
- Keep all students involved in purposeful activity for entire recreation session

### **OTHER FACILITY BASED ACTIVITIES DESIGNED TO PROMOTE JUVENILE WELLNESS**

FBCJPD may implement other programs that convey consistent wellness messages. This additional programming may address the spiritual and physiological health and wellbeing of juveniles.

### **IMPLEMENTATION AND MEASUREMENT**

FBCJP management will follow established policies and procedures regarding required activities as well as those outlined by the Texas Juvenile Probation Commission. FBCJPD staff (administration, line staff, education staff, food service staff, and medical personnel) monitors activities.

### **ADMINISTRATIVE RULES REGARDING FBCJPD LOCAL WELLNESS POLICY**

Staff shall be reminded that healthy juveniles come in all shapes and sizes. Students should receive consistent messages of encouragement and support for:

- Self-respect and respect for others
- Healthy eating and healthful food choices
- The importance of lifelong physical activity

These rules are subject to ongoing administrative review and modification as necessary to help assure compliance with the purpose and intent of FBCJPD Local Wellness Policy.

Management, staff, and juveniles will be informed about the local Wellness Policy during intake (for juveniles) and for staff at manual review or at facility staff meetings.

### **OTHER ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS**

FBCJPD shall strive to create an environment that promotes healthy eating and physical activity. In order to create this environment, the following parameters will be implemented:

#### **Dining Environment**

FBCJPD shall provide a clean, safe, meal environment for juveniles.

#### **Time to Eat**

FBCJPD shall ensure

- Adequate time for juveniles to eat meals
- Lunch time is scheduled as near to the middle of the school day as possible
- Meals are served uninterrupted

#### **Food or Physical Activity as Reward or Punishment**

- FBCJPD shall prohibit the restriction of food as a punishment
- FBCJPD will not deny juvenile participation in physical activities as a form of discipline
- FBCJPD will not use physical activity as a punishment
- FBCJPD will encourage using physical activity as a reward, such as a staff and resident interaction during physical activity

**Staff of the FBCJPD is encouraged to promote healthy/positive lifestyle role modeling for juveniles by following, at a minimum, the above Wellness Policy.**