**Neaves-Davis Center for Children Wellness Policy**

The Neaves-Davis Center (NDCC) promotes healthy residents by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The NDCC supports a healthy environment where residents learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, the NDCC contributes to the basic health status of residents. Improved health optimizes student performance potential.

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1. mail: U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW

Washington, D.C. 20250-9410

1. fax: 202-690-7442
2. Email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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**THE SIX COMPONENTS OF A HEALTHY SCHOOL NUTRITION ENVIRONMENT**

**The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating is linked to reduced risk for mortality and development of many chronic diseases as adults. Schools have a responsibility to help students and faculties establish and maintain lifelong, healthy eating patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits.**

**All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, faculty and support staff will model healthy eating and physical activity as a valuable part of daily life. Schools have prepared, adopted and implemented a comprehensive plan to encourage healthy eating and physical activity. This plan shall make effective use of school and community resources and equitably serve the needs and interests of all students, faculty and support staff taking into consideration differences in cultural norms.**

**Mission**

The NDCC is committed to the improvement of health and quality of life for our residents by reducing the incidence and severity of chronic disease and obesity through physical activity and nutrition education.

**Goals**

School faculty and staff will strive:

1. To promote and enable residents to eat smarter.

2. To promote and enable active lifestyles in our residents.

The NDCC is committed to providing a school environment that promotes and protects children’s health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of each school that:

1. All residents will have opportunities, support, and encouragement to be physically active on a regular basis.
2. Foods and beverages served at the NDCC will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans* and the restrictions as implemented by the Alabama State Board of Education.
3. Qualified child nutrition professionals will provide residents with access to a variety of nutritious and appealing foods that meet the health and nutrition needs of students; will reasonably accommodate the religious, ethnic, cultural and dietary restrictions of the residents in meal planning; and will provide clean, safe, and pleasant settings and adequate time for residents to eat.
4. The NDCC will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

**WELLNESS COMMITTEE**

The NDCC will convene a representative wellness committee that meets periodically to establish goals for and oversee the health and safety policies and programs, including development, implementation, and periodic review and update of the NDCC wellness policy.

No later than the first day of the school year, NDCC shall establish a wellness policy to ensure compliance with the Richard B. Russell National School Lunch Act.

The wellness committee will be comprised of kitchen staff, detention staff, facility nurse, education staff, staff involved with physical activity for juveniles, community members, and the Wellness Policy Leader. The committee shall receive input from juveniles, parents, and the public using methods that include, but are not limited to, surveys, targeted conversations, and informal feedback.

1. The committee shall meet yearly to address any changes needed to the policy.
2. On a triennial basis, the committee will evaluate compliance with the policy and the programs offered in detention, compare the policy to model policies, and measure progress toward wellness policy goals. The committee shall conduct a quantitative assessment of policy implementation every three years using the School Health Index.
3. The Wellness Policy Leader will keep minutes of these meetings and ensure that needed changes to the policy are completed and implemented.
4. Every two-three years, the wellness committee will review the latest national recommendations pertaining to school health and will update the wellness policy accordingly.

**Monitoring**

The wellness committee will be involved in establishing the goals for the wellness policy, success indicators, reporting methodology and frequency of reporting to the Facility Manager. The Wellness Committee Leader will recommend for facility approval specific quality indicators used to measure the implementation of the policy (e.g., nutrient analysis of meals, feedback from food service personnel, administrators, members of the school health council and other appropriate persons). The Wellness Policy Leader will report each year on wellness policy compliance to the facility director and school administrators to inform them of the findings related to policy compliance.

**Review**

The facility will conduct a baseline assessment of nutrition and physical activity programs and policies, which is compiled by the Wellness Committee Leader and used to set priorities. The nutrition and physical activity assessment will be completed at least every three years to determine compliance and progress in the implementation and adoption of the school wellness policy. As necessary, the wellness policy should be revised to address changes in state and federal law, as well as areas in need of improvement.

**Communication and Public Notification**

The wellness policy will be made public on the Neaves-Davis Center for Children’s website along with the triennial assessment.

**Designee to Ensure Compliance**

The Wellness Policy Leader is responsible for the operational implementation of the wellness policy and will ensure that the wellness committee meets on a yearly basis.

**NUTRITION EDUCATION**

The Huntsville City Schools system provides NDCC’s teaching staff and the curriculum from which they teach from. All residents receive curriculum in line with Huntsville City Schools during their stay. Due to the NDCC being a short-term holding facility, any and all nutrition education is provided by Huntsville City Schools teachers, and any grades received during the resident’s stay, is transferred back to the school they are attending.

The medical department will provide a monthly calendar of their health education courses to the teachers. The medical department as part of their ongoing health education presentations in the classrooms shall have classes on:

* 1. Mental health
  2. Nutrition education
  3. Hygiene
  4. Drug and alcohol education
  5. Teen pregnancy

**Nutrition Environment**

The NDCC will attempt to provide a pleasant eating experience for residents and adults

1. Residents have the ability to comment on the meals served in detention in the following ways:
   1. As part of the surveys they complete throughout the year. The data from each survey is collected and shared with the kitchen.
   2. Through the grievance procedure as outlines in chapter 4-5.
2. The kitchen will work with the medical department to meet the needs of residents with special diets whenever possible within regulatory requirements.
3. Drinking fountains and/ or water jugs will be available for residents and staff to get water at meals and throughout the day.
4. Detention staff will provide supervision during meal service times.
5. Staff members shall be encouraged to model healthy eating and physical activity behaviors.

**Food and Beverage Advertising and Sale**

Due to the NDCC being a detention center, there is no marketing or sale of any outside food or beverages and there are no vending machines inside detention.

1. The only food provided to residents during school hours is made and served by the detention center kitchen staff. The kitchen adheres to the federal meal pattern and child nutrition requirements as set by the USDA National School Lunch Program and School Breakfast Program.
2. Outside food and drink are not permitted in the classrooms without the permission of the Detention Manager.
3. No sale or marketing of outside food or beverages of any kind during after school activities.
4. Advertising of foods and beverages of any kind is prohibited inside NDCC’s Detention Center where residents are housed, attend class, and participate in recreational activities.

**PHYSICAL EDUCATION**

The physical education teacher and detention staff shall facilitate at least one-hour daily physical activity of large muscle exercise for five days a week.

1. The physical education teacher or detention staff shall also promote and conduct small group exercise and activity programs to promote a healthy lifestyle.
2. Huntsville City Schools provides all education staff, including the physical education teacher.
   1. Physical education for grades K-12 is required to be taught by a certified/licensed teacher who is endorsed to teach physical education.
   2. NDCC follows all Huntsville City Schools education curriculum, including physical education. Physical education curriculum identifies the progression of skill development in grades K-12.
   3. The physical education curriculum for grades K-12 will be aligned with established state physical education standards.

The Detention Center will implement a physical education program that:

1. Is for all residents at all grade levels for the entire year.
2. Provides 1 hour of physical education every school day.
3. Provides a 50-minute physical activity after school and on weekends.
4. Provides a range of activities that meet the needs, interests, and abilities of all students including boys, girls, students with disabilities, and students with special health-care needs.
5. Engages students in moderate to vigorous activity during at least 50 percent of physical education class or program time.

Physical education and evening physical activity will either be held in the gym or outdoors, weather permitting. After-school enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

**Physical Activity and Punishment**

Teachers and detention staff will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

**NUTRITION GUIDELINES**

**Nutrition guidelines and promotion**

Effort shall be made to adhere to the best possible standards in food preparation with due regard for the following principles:

1. Follow the United States Department of Agriculture (USDA) Nutritional Standards for school meals
2. Continue offering healthy foods
3. Enhance palatability and attractiveness of menus
4. Ensure safety for consumption
5. Promote nutritious choices using methods that include, but are not limited to, posting the monthly menu, posters/signage for healthy food choice, and positive reinforcement

**School Meals**

Meals served through the National School Lunch and Breakfast Programs will:

1. Be appealing and attractive to children.
2. Be served in clean and pleasant settings.
3. Meet at a minimum, nutrition requirements established by local, state and federal law.
4. Offer a variety of fruits and vegetables.
5. Serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives.
6. Ensure that 100% of the served grains are whole grain.

The NDCC should:

1. Engage residents, through taste-tests of new entrees and surveys, in selecting foods offered through the meal programs in order to identify new, healthful and appealing food choices.
2. Share information about the nutritional content of meals with residents. *(The information could be made available on menus and on cafeteria menu boards.)*

**Breakfast**

To ensure that all children have breakfast to meet their nutritional needs and enhance their ability to learn, the detention center will:

1. Operate a breakfast program that offers healthy food options.
2. Utilize methods to serve breakfasts that encourage participation.

**Meal Times and Scheduling**

The NDCC:

1. Will provide residents with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
2. Should schedule meal periods at appropriate times, e.g. lunch should be scheduled between 11:00 a.m. and 1:00 p.m.
3. Will provide residents access to hand washing or hand sanitizing before they eat meals or snacks.
4. Should take reasonable steps to accommodate the tooth-brushing regiments of residents with special oral health needs (e.g. orthodontia or high tooth decay risk).

**Qualification of Food Service Staff**

Qualified food service staff will administer the meal programs. As part of the NDCC’s responsibility to operate a food service program, the Center will:

1. Provide continuing professional development for all kitchen staff.
2. Provide staff development programs that include appropriate certification and/or training programs for the food service coordinator and cooks, according to their levels of responsibility.

**Water**

To promote hydration, free, safe, unflavored drinking water will be available to all residents throughout the school day. The NDCC will make drinking water available in residents’ halls and where school meals are served during mealtimes.

1. Water cups/jugs will be available in the cafeteria if a drinking fountain is not present.
2. Water fountains are present in every resident hall.
3. All water sources and containers will be maintained on a regular basis to ensure good hygiene standards. Such sources and containers may include drinking fountains, water jugs, or other methods for delivering drinking water.

**Sharing of Foods**

The NDCC will not allow residents to share their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some residents’ diets.

**Rewards**

School will not use foods or beverages, especially those that do not meet the nutrition standards for food and beverages as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

**Food Safety**

All foods made available at detention will adhere to food safety and security guidelines.

1. All foods made available at detention will comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools. [http://www.fns.usda.gov/tn/Resources/servingsafe\_chapter 6.pdf](http://www.fns.usda.gov/tn/Resources/servingsafe_chapter%206.pdf)
2. For the safety and security of the food and facility, access to the food service operations are limited to child nutrition staff and authorized personnel.

**Snacks**

The NDCC will provide snacks to residents that are compliant with the National School Lunch Program and the “Smart Snacks In Schools” guidelines along with after-school enrichment activities. The snacks provided will make a positive contribution to student’s diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and choice of water, milk, or juice as the primary beverages.

1. Smart Snack policy can be viewed here: <https://www.federalregister.gov/documents/2016/07/29/2016-17227/national-school-lunch-program-and-school-breakfast-program-nutrition-standards-for-all-foods-sold-in>

Scheduled enrichment activities include, but are not limited to:

1. homework assistance
2. tutoring
3. supervised “drop-in” athletic programs
4. arts and crafts programs
5. extended day programs

**Nutrition Standards for Snacks**

All food items must:

1. Be a “whole grain-rich product; OR grain products must include 50% or more whole grains by weight or have whole grain as the first ingredient
2. Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; OR
3. Be a combination food that contains at least ¼ cup of fruit or vegetable; OR
4. Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber) \* Beginning July 1 2016, the 10% DV criteria will not be allowed

**Calorie, Sodium, Sugar, and Fat limitations**

**Calories limits:** Snack Items: ≤ 200 calories

Entrée Items: ≤ 350 calories

**Sodium limits:** Snack Items: ≤ 200 mg

Entrée Items: ≤ 480 mg

**Fat limits:** Total fat: ≤ 35% of calories

Saturated Fat: ≤ 10% of calories

Trans fat: Zero Grams

**Sugar limits:** ≤ 35% of weight from total sugars in foods

**Nutrition Standards for Beverages**

All beverages provided must be:

1. Plain water (with or without carbonation)
2. Unflavored low fat milk
3. Unflavored or flavored fat free milk
4. 100% fruit or vegetable juice and
5. 100% fruit or vegetable juice diluted with water with no added sweeteners