

## 13th JUDICIAL CIRCUIT

### ROBERT L. PERRY JUVENILE JUSTICE CENTER

#### **WELLNESS PROGRAM**

The 13<sup>th</sup> Judicial Circuit and the Robert L. Perry Juvenile Justice Center recognize the relationship between student well-being and student achievement as well as the importance of a comprehensive agency wellness program. Therefore, the RLPJJC will provide developmentally appropriate and sequential nutrition and physical education as well as opportunities for physical activity. The wellness program will be implemented in a multidisciplinary fashion.

#### **Wellness Committee**

The 13<sup>th</sup> Judicial Circuit and the Robert L. Perry Juvenile Justice Center will establish a Wellness Committee that consists of at least one school administrator, one RLPJJC staff member, one Food Services staff member, one 13<sup>th</sup> Circuit staff member, one teacher, and other community members as appropriate. Wellness Committee members will participate in the development, implementation, and periodic review and update of the policy.

#### **Wellness Program Coordinator**

The 13<sup>th</sup> Judicial Circuit and the Robert L. Perry Juvenile Justice Center designate the Superintendent as the Wellness Program Coordinator. The Wellness Program Coordinator shall implement and ensure compliance with the policy by leading the review, update, and evaluation of the policy. In addition, the Wellness Program Coordinator is responsible for ensuring the school in the facility is in compliance with this policy.

#### **Nutrition Guidelines**

The nutrition guidelines outlined in this section do not apply to food or beverages brought from home by Day Treatment students for consumption solely by the student or food or beverages created or used by residents as part of the Robert L. Perry Juvenile Justice Center's instructional program. The RLPJJC does not allow food and beverages to be sold or marketed on its property.

It is the policy of the 13<sup>th</sup> Judicial Circuit of Missouri and Robert L. Perry Juvenile Justice Center that all foods and beverages served to residents during the school day on any property under the jurisdiction of the Robert L. Perry Juvenile Justice Center will meet the U.S. Department of Agriculture (USDA) school meal nutrition standards.

#### **Nutrition Promotion and Education**

The RLPJJC will provide all residents with nutrition education, as well as disseminate nutrition messages and other nutrition-related materials received from the USDA to residents and staff.

#### **Physical Activity and Education**

The RLPJJC will provide physical education and opportunities for physical activity aligned with the Detention Standards for all residents. Families of residents are encouraged to visit residents and to participate in programming developed to promote a positive family functioning.

### **Assessment**

The local wellness program will be assessed at least once every three years. The Wellness Committee will review the Wellness Program annually. The assessment will measure the Robert L. Perry Juvenile Justice Center's level of compliance with implementing the local wellness program, including compliance level in the school setting; the extent to which the Robert L. Perry Juvenile Justice Center's policy compares to model wellness policies; and a description of the progress made in attaining the goals of the program. Wellness program coordinator will report the results of assessments to the Wellness Committee and the Court Administrator, and the results of each assessment will be made available to the public on the Robert L. Perry Juvenile Justice Center's website. The wellness program coordinator will make recommendations for modifications to the wellness policy in accordance with these assessments, and the Wellness Committee will revise the wellness policy as it deems necessary based on these recommendations. Administrative procedures will be revised accordingly.

### **Records**

The wellness program coordinator will maintain records necessary to document compliance with law, including a copy of the policy; documentation of community involvement, including sign-in sheets or other documentation of the names of those who provided input to the committee; documentation of triennial assessments; and documentation that assessment findings were shared with the public.