

Tom Green County Juvenile Justice Center

# Resident Wellness Policy

TAC §343.300, §343.302, §343.306, §343.308, §343.312, §343.489

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*\*In order to ensure that the nutritional needs of residents are consistently met, the Tom Green County Juvenile Justice Center has adopted the following Resident Wellness Policy. This policy shall serve to provide the residents of Tom Green County Juvenile Justice Center with a healthy environment that recognizes the importance of a healthy lifestyle through proper sustenance, physical activity, and education as mandated by the Texas Administrative Code, Child Nutrition Act, National School Lunch Act, and the National School Lunch Program. Upon release, residents will have the proper training and education to enable a lifelong continuation of the healthy lifestyle abetted while in detention at Tom Green County Juvenile Justice Center. The Tom Green County Juvenile Justice Center will keep records for 3 years and will also incorporate a triennial assessment to review the program. The stipulations dictated in this policy shall be persistently monitored and evaluated at least once annually to guarantee its continuation and improvement.\**

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## 1. Goals for Nutrition Education:

- 1.1. Juveniles in the Tom Green County Juvenile Detention Center (TGCJDC) shall possess the knowledge and skills necessary to make nutritious food choices.
- 1.2. (TGCJDC) offers a school lunch program with menus that meet the meal patterns and nutrition standards established by the US Department of Agriculture and the Texas Department of Agriculture.
- 1.3. All programs and literature pertaining to nutrition education will cater to each child's age, comprehension level, nutritional needs, and primary language. If the facility does not possess materials in a juvenile's primary language, every effort will be made to obtain them.

## 2. Goals for Physical Activity:

- 2.1. Residents shall be provided with at least one (1) hour of structured large muscle exercise.
- 2.2. Parents/guardians will be encouraged to assist their children in staying active after being released in order to maintain the healthy lifestyle their child was provided with while in detention at Tom Green County Juvenile Justice Center.
- 2.3. The recreational goals for each resident shall be documented in their Release Plan to be reviewed by both the resident and their parent or guardian.

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- 2.4. Staff shall be trained in the proper operating techniques of recreational or physical education program hours in order to promote optimum residential health and fitness.
- 2.5. Educational Staff will be encouraged to participate in the professional development of Physical Education activities conducted during the school year.
- 2.6. Residents shall not be required to engage in physical activity as punishment. Physical activity will not be withheld as punishment for poor behavior.

### 3. Resident Meal Nutrition Standards:

- 3.1. A licensed dietician and the Facility Administrator must approve any and all menus prior to their acceptance or use for facility meals.
- 3.2. Residents will have restricted access to food and drink deemed unhealthy by modern dietary research.
- 3.3. Nutritional guidelines and best practices will be followed for all food and beverages available in the detention center that is given to each resident detained.

### 4. School Meals Program:

- 4.1. The facility will provide residents with a clean, safe, and enjoyable meal environment. Residents will have enough time to eat their meals at a comfortable speed.
- 4.2. Meals will be prepared so that they are ready at scheduled mealtimes, keeping the wait time for residents to get their food at minimum.
- 4.3. Residents will have access to drinking water on a regular basis during normal program hours.
- 4.4. A licensed dietician must approve all facility meals before they are served.

### 5. Healthcare Services:

- 5.1. Residents entering the care, custody, and control of Tom Green County Juvenile Detention Center shall be provided access to the healthcare services upon request.
- 5.2. (TGCJDC) shall promote employee wellness activities and programs in order to promote a healthy lifestyle.

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## 6. Policy Monitoring and Evaluation:

6.1. The Tom Green County Juvenile Detention Center's Facility Administrator is responsible for the implementation and oversight of the Resident Wellness Policy and other wellness programs of Tom Green County Juvenile Detention Center. The Resident Wellness Policy and programs shall be evaluated annually and published on the Tom Green County website by representatives of Tom Green County Juvenile Detention Center as well as San Angelo Independent School District's website. Tom Green County Juvenile Detention Center representatives shall include the Chief Probation Officer, Facility Administrator, Health Service Authority employed by HealthcareSTAT, Juvenile Supervision Officers and the detention food service coordinator. The San Angelo Independent School District representatives shall include School Administrator(s) and Teacher(s). During the starting month of each school year, prior to the first day of school, these representatives shall meet to review and make any necessary changes to the Resident Wellness Policy. All proposed changes must be in the best interest of the health and wellness of the residents of Tom Green County Juvenile Detention Center and shall not be adopted until approved by the Facility Administrator.