**Lee County Youth Development Center Wellness Policy**

**Triennial Review 1.10.2024**

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| Area | Goal | Meeting Goal | Partially Meeting Goal | Not Meeting Goal | Corrective Action Notes |
| Wellness Committee | Wellness Committee will meet quarterly to establish goals and update the wellness policies and programs |  |  | Not in compliance | Set quarterly meeting dates for the year in order to ensure that it was not overlooked. |
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| Triennial Assessment | Committee will evaluate compliance with Wellness Policy |  |  | Triennial assessment should have been completed in 2023. | Triennial assessment was conducted in January 2024 to assess if we were meeting the goals and objectives of our wellness policy. The WellSAT 3.0 was used to assist in strengthening our wellness policy. |
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| Physical Fitness Assess. | Assess in PE Class on 15th |  |  | Not in compliance | Will meet with PE Coaches and set Physical Fitness assessment schedule with students. |
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| Nutritional Education | Meals are Accessible to all students | In Compliance |  |  |  |
|  |  |  |  |  |  |
|  | Meals are appealing and attractive to children | In Compliance |  |  |  |
|  |  |  |  |  |  |
|  | Meals are served in clean and pleasant settings | In Compliance |  |  |  |
|  |  |  |  |  |  |
|  | Meals meet or exceed current nutrition requirements | In Compliance |  |  |  |
|  |  |  |  |  |  |
|  | The school will provide and promote nutrition ed for all students | In Compliance |  |  |  |
|  |  |  |  |  |  |
|  | The school will educate, encourage, and support the skills needed to adopt healthy eating behavior for all students and faculty | In Compliance  This is done in the classroom, therapy groups and program group settings. |  |  |  |
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|  | Nutrition educ will be integrated into the school curriculum, physical activity and promoted into the community | In Compliance  We integrate nutrition education throughout the curriculum. Community partners help with a community garden with students and yoga classes. |  |  |  |
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|  | LCYDC cafeteria will display posters to promote healthy eating and display other nutrition education materials | In Compliance |  |  |  |
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|  | Nutrition ed will involve sharing information with families and the broader community to positively impact students and the health of the community |  | Not in full compliance |  | Improve LCYDC website to include information on importance of nutrition and distribute information on nutrition to families on Family Days. |
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|  | LCYDC will comply with the current USDA Dietary Guidelines for Americans | In compliance |  |  |  |
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|  | All promotional activities in schools will be connected to activities that encourage physical activity, academic achievement, or positive youth development following local guideline. | In Compliance  Agency produces two newsletters, one specifically highlights student achievements, positive development, and activities throughout the year |  |  | LCYDC will further enhance the promotion of nutrition and physical fitness and activity with a special section in the newsletter to address these issues. |
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|  | All school and community members will be encouraged to participate in all health-related activities | In Compliance  LCYDC has walking trails and conducts cancer walks, child abuse awareness walks, garden classes, etc. annually. |  |  |  |
|  |  |  |  |  |  |
|  | The school encourages teachers, school administrators, students, food service professional and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home. | In Compliance |  |  |  |
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|  | The school encourages all students to participate in school meals programs and protect the identity of students who eat free and reduced-price meals | In Compliance  No student at LCYDC is charged for meals. |  |  |  |
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| Water Consumption | Water Cups, water coolers will be available in the cafeteria | In Compliance |  |  |  |
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|  | Water coolers will be available at PE and in the classrooms as needed | In Compliance |  |  | Encourage use of portable water coolers at PE. |
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|  | All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards | In Compliance |  |  |  |
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| Celebrations and Rewards | All food offered will meet or exceed the USDA Smart Snacks in Schools nutrition standards including: | In Compliance for cafeteria and afterschool snacks. |  |  |  |
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|  | Celebrations and parties; healthy party ideas to caregivers and teachers, including non-food celebration ideas | In Compliance  LCYDC celebrates accomplishments with Awards Day, Movie Days, in addition to traditional party ideas |  |  |  |
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|  | Classroom snacks brought on campus will meet Smart Snack Nutrition standards |  | Partially Meeting Goal |  | LCYDC will provide educational staff with information on Smart Snack Nutrition standards |
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|  | Rewards and incentives will be done in alternative ways to reward students. Food and beverages will not be used as a reward or withheld as punishment for any reason. | In Compliance |  |  |  |
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| Health Education Curriculum topics | Relationship between healthy eating and personal health and disease prevention | In compliance.  Taught in Health curriculum and supported in science curriculum and other aspects such as counseling groups and other groups on campus. |  |  |  |
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|  | Food Guidance for MyPlate | In Compliance |  |  |  |
|  |  |  |  |  |  |
|  | Reading and using FDA nutrition fact labels | In Compliance |  |  |  |
|  |  |  |  |  |  |
|  | Eating a variety of foods every day | In Compliance |  |  |  |
|  |  |  |  |  |  |
|  | Balancing food intake and physical activity | In Compliance |  |  |  |
|  |  |  |  |  |  |
|  | Eating more fruits, veg and whole grain products | In Compliance |  |  |  |
|  |  |  |  |  |  |
|  | Choosing foods that are low in fat, saturated fat and cholesterol | In Compliance |  |  |  |
|  |  |  |  |  |  |
|  | Choosing foods and beverages with little added sugars | In Compliance |  |  |  |
|  |  |  |  |  |  |
|  | Eating more calcium rich foods | In Compliance |  |  |  |
|  |  |  |  |  |  |
|  | Preparing healthy meals and snacks | In Compliance |  |  |  |
|  |  |  |  |  |  |
|  | Risks of unhealthy weight control practices | In Compliance |  |  |  |
|  |  |  |  |  |  |
|  | Accepting body size differences | In Compliance |  |  |  |
|  |  |  |  |  |  |
|  | Food safety | In Compliance |  |  |  |
|  |  |  |  |  |  |
|  | Importance of water consumption | In Compliance |  |  |  |
|  |  |  |  |  |  |
|  | Importance of eating breakfast | In Compliance |  |  |  |
|  |  |  |  |  |  |
|  | Making healthy choices at restaurants | In Compliance |  |  |  |
|  |  |  |  |  |  |
|  | Eating Disorders | In Compliance |  |  |  |
|  |  |  |  |  |  |
|  | The Dietary Guidelines for Americans | In Compliance |  |  |  |
|  |  |  |  |  |  |
|  | Reducing sodium intake | In Compliance |  |  |  |
|  |  |  |  |  |  |
|  | Social influences of healthy eating | In Compliance |  |  |  |
|  |  |  |  |  |  |
|  | How to find valid information related to nutrition | In Compliance |  |  |  |
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|  | How to develop a plan and track progress toward achieving a personal goal to eat healthfully | In Compliance |  |  |  |
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|  | Influencing, supporting, or advocating for others healthy dietary behavior | In Compliance |  |  |  |
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| Physical Activity | Time allotted for physical activity is consistent with standards of a minimal of 30 minutes of structured daily physical activity. | In Compliance  Students receive a minimum of 50 minutes per day of physical activity. |  |  |  |
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|  | Physical Activity cannot be used to discipline students | In Compliance |  |  |  |
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|  | LCYDC will provide a school physical activity policy that encourages all staff and students to be physically active. The policy will be implemented, monitored, and evaluated for impact |  | Partial compliance |  | LCYDC encourages students and staff to be physically active but does not have a school policy that is monitored and evaluated for impact. |
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|  | LCYDC will provide opportunities for every student to develop the knowledge and skills for specific physical activities | In Compliance |  |  |  |
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|  | Provide opportunities for students to regularly participate in physical activity through access to playground facilities, work out equipment and walking trails | In Compliance |  |  |  |
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|  | Help students understand the short- and long-term benefits of a physically active and healthy lifestyle | In Compliance |  |  |  |
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|  | Provides training to enable teachers and other school staff to promote enjoyable, lifelong physical activity among students |  |  | Not in compliance | LCYDC will incorporate trainings into CLC faculty meetings. |
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|  | Physical activity participation will take into consideration the “balancing equation” of food intake and physical activity | In compliance |  |  |  |
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|  | Staff will be provided with incentives to join in before and/or after school physical activities |  |  | Not meeting goal |  |
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|  | To the extent practicable, the school will ensure that its grounds and facilities are safe, and equipment is available to students to be active | In compliance |  |  |  |
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|  | School will make efforts to keep school owned physical activity facilities open for use by students during school hours and afterschool activities that will encourage physical activities | In compliance |  |  |  |
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|  | School will encourage students to wear appropriate attire during any physical related activity | In compliance |  |  |  |
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| Active Academics | Teachers will incorporate movement and kinesthetic learning approaches into core subject instruction when possible and do their part to limit sedentary behavior during the school day. |  | Partial compliance. Students now change classes each period so they are much more active during the school day as they move around the campus. |  |  |
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|  | School will support classroom teacher incorporating physical and kinesthetic learning approaches by providing annual professional development opportunities and resources |  |  | Not in compliance | Mr. Parker will formulate professional development in-services for the faculty. |
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|  | Teachers will serve as role models by being physically active alongside the students whenever feasible | In compliance |  |  |  |
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| Community Partnerships | School will develop and enhance relationships with community partners (hospitals, universities/colleges, local businesses, etc) in support of this wellness policy’s implementation. | In compliance |  |  |  |
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|  | Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals. | In compliance |  |  |  |
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| Other School-based activity | Support for the health of all students is demonstrated by health screenings, substance abuse awareness and abstinence programs, and helping to enroll students in Medicaid and other state health insurance programs | In compliance |  |  |  |
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|  | School provides enough space and serving areas to ensure all students have access to school meals with minimal wait time | In compliance |  |  |  |
|  |  |  |  |  |  |
|  | School encourages and provides opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas | In compliance |  |  |  |
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|  | The local wellness committee will plan, implement and improve nutrition and physical activity in the school environment |  | Partially meeting goal |  | Will plan and implement activities for upcoming quarter during quarterly meetings when feasible |
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|  | School will provide hand sanitizer and handwashing prior to meal service | In compliance |  |  |  |
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|  | School will educate students on the importance of grooming and proper hygiene | In compliance |  |  |  |
|  |  |  |  |  |  |
|  | School will remain aware and caution all to follow CDC guidelines especially those of the recent COVID-19 pandemic | In compliance |  |  |  |