

POLICIES AND PROCEDURES	POLICY	1 OF 8
OFFICE OF YOUTH SERVICES	OYS 1-01	
ADMINISTRATION	RELATED STANDARDS:	
SUBJECT: WELLNESS POLICY		

Policy

Leadership

The Prince William County Office of Youth Services (OYS) recognizes the link between youth health and learning to provide a comprehensive program promoting healthy eating and physical activity. The well-being of the youth is of the utmost importance, and we must ensure that youth can achieve personal, academic, and developmental goals. This commitment will help create a safe learning environment for all youth.

Public Involvement

OYS, with assistance from the Wellness Committee, will implement and ensure compliance with the wellness policy by leading the review, update, and evaluation of the policy.

The department wellness committee will include the following participants:

- Administrators
- Education Staff
- School Nutrition Staff
- Youth
- Medical/Healthcare professionals

School Health Advisory Board/ Wellness Committee

OYS will form a representative school health advisory board (SHAB) that meets at least four times per year to establish goals for and oversee school health policies and programs. This board assists with the development, implementation, and periodic review of the OYS Wellness Policy. The SHAB/ Wellness Committee will include representatives from each division and reflect the diversity of the youth that are served to the best of the agency's ability.

OYS will designate a wellness policy coordinator who will ensure compliance with the policy and establish an ongoing school wellness committee. This committee will convene to review school-level issues by the division-wide SHAB on an annual basis.

School Meals

The Patrick D. Molinari Juvenile Shelter (MJS) and Prince William County Juvenile Detention Center (JDC) participate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP), as well as any additional federal meal programs. All meals served to youth meet or exceed the current nutrition requirements established under the Healthy Hunger-Free Kids Act of 2010, as specified in the Code of Federal Regulations at 7 CFR 210.10 and 7 CFR 220.8.

OYS is committed to serving healthy meals that include plenty of fruits, vegetables, whole grains, and fat-free or low-fat milk. The meals are designed to meet the nutritional needs of youth within their calorie requirements, are moderate in sodium, low in saturated fat, and contain zero grams of trans fat per serving. The school meal programs aim to improve the diet and health of youth, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and promote healthy choices while accommodating cultural food preferences and special dietary needs.

Meal patterns and nutrition standards align with the recommendations of the Dietary Guidelines for Americans. For more information on the United States Department of Agriculture Food and Nutrition Service (USDA-FNS) child nutrition programs, please visit the USDA-FNS Child Nutrition Programs website.

Youth will be allowed adequate time to consume their meals once they have been served and are seated. Adequate mealtimes include at least 30 minutes for breakfast and at least 30 minutes for lunch.

OYS will accommodate youth with special dietary needs and follow necessary modifications for youth with disabilities. All meals, including special meals, are provided at no cost.

All school nutrition program directors, managers, and staff will meet or exceed the hiring and annual continuing education and training requirements set forth by local, state, and federal standards.

OYS will comply with standards requiring free, potable water to be provided in the cafeteria during breakfast and lunch. Water is not a replacement for milk but serves as an additional beverage available to students. Easy access to clean, safe, and good-tasting water will be available to youth and staff during and after school. Water sources, such as fountains, refill stations, or dispensers, will be regularly maintained.

Foods Sold Outside of the School Meal Programs (Smart Snacks)

OYS is committed to ensuring that all foods and beverages available to youth during the school day support healthy eating. OYS does not sell food during or outside of the school meal programs to residents.

Foods Provided, Not Sold

OYS prohibits the sale of food and beverages. Additionally, OYS prohibits using food as a reward or withholding food as punishment for any reason, including performance or behavior.

Food and Beverage Marketing

OYS does not participate in food and beverage marketing.

Food advertising and marketing are defined as any oral, written, or graphic statements made to promote the sale of a food or beverage product. Marketing on the school campus includes, but is not limited to:

- Brand names, trademarks, logos, or tags, except when placed on a physically present food or beverage product or its container.
- Displays on vending machine exteriors.
- Brands, logos, or trademarks on school equipment, such as marquees, message boards, scoreboards, or backboards.
- Brands, logos, or trademarks on cups, menu boards, coolers, recycling and trash cans, and other food service equipment.
- Brands, logos, or trademarks on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by the division.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests, or coupons for a product.
- Fundraisers and corporate incentive programs.

School-Sponsored Fundraisers

OYS does not participate in fundraisers.

Nutrition Education

OYS will provide at least 140 minutes of nutrition education and exceed the expectations of the Virginia Department of Education [Health Standards of Learning \(SOLs\)](#) by integrating nutrition concepts and skills into mathematics, language arts, social science, and elective courses throughout the school year. The cafeteria environment will reinforce nutrition education provided in the classroom.

OYS will provide nutrition education and engage in nutrition promotion that includes enjoyable, developmentally appropriate, culturally relevant, and participatory activities, such as cooking demonstrations or lessons. Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level.

Nutrition education will incorporate lessons helping youth acquire skills for reading food labels and menu planning.

Nutrition Promotion

Staff shall integrate experiential activities, such as cooking demonstrations and tours of farms and farmers' markets, into existing curricula at all grade levels. OYS will promote positive nutrition habits in the cafeteria, classrooms, and throughout the school environment.

Physical Education/Physical Activity

OYS will provide every youth with physical education that exceeds the expectations of the Virginia Department of Education (VDOE) Physical Education Standards of Learning (SOLs). This program will teach the skills needed to achieve and maintain a health-enhancing level of personal fitness while developing the knowledge, attitudes,

behaviors, and confidence required to be physically active for life. A program of physical activity is provided for all youth.

Waivers, exemptions, or substitutions for physical education classes are not granted unless advised by a medical professional. All students will be given an equal opportunity to participate in physical education classes. OYS will make appropriate accommodations to ensure equitable participation for all students and will adapt physical education classes and equipment as necessary.

Certified teachers who are endorsed to teach physical education teach all physical education classes in OYS. These teachers will be required to participate in professional development at least once per year.

OYS recognizes that youth are more attentive and ready to learn when provided with periodic breaks for physical activity or stretching. Teachers will give short (3-5 minute) physical activity breaks to youth during and between classroom times or transitions. OYS education staff will provide one physical activity break for every 60 minutes of instruction. When activities, such as mandatory schoolwide testing, necessitate that youth remain sedentary for long periods, schools should give periodic breaks during which students are encouraged to stand and be moderately active. Extended periods of inactivity (two hours or more) are discouraged.

Teachers will incorporate active academics into core subject instruction, such as science, mathematics, language arts, and social studies, and will work to limit sedentary activities during the school day. Professional development opportunities for movement and kinesthetic learning approaches will be provided annually by Prince William County Public Schools-State Operated Programs. Teachers will serve as role models by being physically active alongside students during active academics.

OYS offers opportunities for youth to participate in physical activity before and/or after the school day through a variety of methods.

Other Activities that Promote Student Wellness

OYS will support the social and emotional well-being of youth and promote positive relationships among youth and staff by providing skills in self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. The department will seek to identify students who may have mental health concerns, challenges, and/or traumatic experiences to provide referrals to appropriate mental health providers and address their needs.

The facility will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located in the dining area to ensure proper hygiene before eating, and youth are required to use these mechanisms before meals.

OYS provides health screenings in accordance with the Department of Juvenile Justice (DJJ) standards. OYS staff members are encouraged to model healthy eating behaviors for youth. Each division in the agency implements staff wellness activities, and a policy

is in place that prohibits OYS staff from consuming outside food and beverages in the presence of youth.

Triennial Assessment

OYS will evaluate compliance with the Wellness Policy every three years. The assessment will include the extent to which the program complies with the policy, how the policy compares to a model policy, and a description of the progress made in achieving the policy's goals.

The position responsible for managing the triennial assessment is the Assistant Superintendent, who can be contacted at (703) 792-8300. The wellness coordinator will complete the VDOE School Level Report Card. The results of the report card/tool will be submitted to the wellness policy designee to analyze the findings and complete the triennial assessment. The conclusions of the triennial assessment, along with the latest national and state recommendations related to school health, will be used to update the goals and language in the Office of Youth Services Wellness Policy.

Information

The Wellness Policy and any updates can be found at the Patrick D. Molinari Juvenile Shelter (MJS) and the Prince William County Juvenile Detention Center (JDC). Please contact the wellness policy designee at (703) 792-8300 for more information or ways to get involved.

Recordkeeping

OYS will retain records to document compliance with the requirements of the Wellness Policy at a designated location. Documentation maintained at this location will include, but is not limited to:

- The written Wellness Policy.
- Documentation demonstrating compliance with community involvement requirements.
- Requirements to make the Wellness Policy available to the public.
- Requirements to make the triennial assessment available to the public.
- Documentation of the triennial assessment for each school under the LEA's jurisdiction.

Definitions

Competitive Foods: All food and beverages other than meals reimbursed under the federal meal programs are available for sale to students on the school campus during the school day.

School Campus: For competitive food standards implementation, school campus means all areas of the property under the jurisdiction of the school that are accessible to students during the school day. This includes the outside of the school building, school buses or other vehicles used to transport students, athletic fields, and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day – For competitive food standards implementation, school day means the period from midnight the night before to 30 minutes after the end of the instructional day.

Appendix A: Wellness Committee

Name	Title/Organization	Contact Number
Wellness Coordinator	Assistant Superintendent Support	703-792- 8300
Committee Member	JDC Superintendent MJS Superintendent	703-792- 8300 703-792- 8261
Committee Member		703-792- 8261
Committee Member	OYS Education Staff	703-792- 8300 703-792- 8261
Committee Member	OYS Medical Staff	703-792- 8300 703-792- 8261
Committee Member	School Nutrition Staff	703-792- 8300 703-792- 8261
Committee Member	Youth	N/A

Appendix B: **Healthy Celebrations and Rewards**

OYS does not provide rewards

EFFECTIVE DATE:	APPROVED BY:
<u>7/1/2025</u>	<u>SIGNED COPY ON FILE</u> Levi Bass, Director