

	Facility Services	Health Care
	Wellness Policy	Pages: 3
	Approved By: NWOJDT&RC District Board	Authenticated By: Director of Detention
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Policy:

Northwest Ohio Juvenile Detention, Training, & Rehabilitation Center recognizes good nutrition, daily hygiene, proper rest and regular physical activity affect the health and well being of the youth in our facility. This policy is to assist youth in becoming more health conscious and make better choices in the areas that could affect their health as they grow into adulthood.

The Detention Center is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support the residents' achievements. Offering nutritious meals and snacks is an important component to the health and well-being of all residents. The Detention Center recognizes and acknowledges that schools cannot achieve their primary mission of education if the residents and staff are not physically, mentally, and socially healthy.

Procedure:

1. Residents will be educated and exposed to nutritious foods, hygiene awareness, cardiovascular activity and proper rest during their stay in Northwest Ohio Juvenile Detention, Training, & Rehabilitation Center.
2. Nutritious Food – The Corrections Center of Northwest Ohio's (CCNO) culinary staff shall prepare food of good quality and nutritional value inside their facility.
 - a. A registered dietitian shall approve the menus to ensure daily nutrition needs are met.
 - b. All residents shall receive three (3) meals daily and two (2) snacks, after school and in the evening.
 - c. The food service program shall comply with federal, state and county regulations pertaining to the selection preparations, consumption and disposal of food and beverages.
 - d. Fiscal management of the program shall comply with federal, state and county regulations. To the maximum extent practicable, the Detention Center will participate in federal school meal programs.
 - e. Milk or juice will be served with all meals. No carbonated beverages will be served.
 - f. The meals and snacks are included as part of the services provided to the resident at no cost.

3. Nutrition education that teaches knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Staff members who provide nutrition education shall have the appropriate training.
4. The Detention Center shall ensure that meals served throughout the school day meet the nutrition standard guidelines as prescribed by the Ohio Administrative Code. Additionally, all meals served will be in compliance with the National Academy of Sciences and Food Standards.
5. A school wellness team consisting of Detention Center staff, medical staff, students, community members, and administrators will meet at least annually to evaluate the effectiveness of the policy and make any revisions deemed necessary.
6. Hygiene – The Northwest Ohio Juvenile Detention, Training, & Rehabilitation Center provides personal hygiene products for youth, encourages use, and provides adequate time for such.
 - a. Residents are given hygiene supplies three (3) times daily for them to use. Hygiene supplies include toothbrush, toothpaste, deodorant, and comb.
 - b. Feminine hygiene products will be given as needed.
 - c. Residents are afforded time before each meal to use the restroom and wash their hands with soap and running water.
 - d. Residents are required to shower daily and provided total body shampoo and clean towels.
 - e. Residents receive detailed instruction in the Phase Manual and are given verbal instruction on proper use of hygiene supplies.
7. Proper Rest – It is important that all residents have adequate time to rest. The sleeping room lights will be turned off at 2030 and will remain off until 0540 the next day.
8. Physical Education and Physical Activity Opportunities:
 - a. The district shall offer physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. Physical education instruction shall be aligned with the Ohio Administrative Code and Ohio Department of Education. standards for the Juvenile Detention Facilities.
 - b. All residents will have at least one (1) hour of physical activity daily. Physical Activity will include small and large muscle activity and teamwork activity.
9. Drug Education – Maumee Valley Guidance Center will provide additional information to residents on the dangers of drugs to their health. The nurse is available to answer any questions the resident may have about their health, the dangers of drugs and smoking, or any personal hygiene concern they may have.

10. It is the responsibility of the Director of Detention or designee to ensure the Wellness Policy and Procedures are followed.