

**BUCKS COUNTY YOUTH CENTER
WELLNESS POLICY**

2019/2020

Wellness Committee:

- **John Corr, Director BCYC**
- **Jason Tumelty, Deputy Director/BCYC**
- **Jacqueline Froehlich, Deputy Director of Operations/BCYC**
- **Jason Moore, RSU (Boy's Program) Supervisor/BCYC**
- **Brian Boger, Supervisor/BCYC**
- **Thomas Richards, SSU Supervisor/BCYC**
- **Broderick President, RSU (Girl's Program) Supervisor/BCYC**
- **Sherralyn Richards, Business Manager/BCYC**
- **Pamela K. Coccia, RN, HSA, Prime Care Medical, Inc.**
- **Kevin Givens, Physical Education Teacher, BCIU #22**
- **Val Arocho, BCYC Foodservice**
- **Marty Ward, Supervisor of Special Education, BCIU #22**
- **Norbert Zastavny, Chef**
- **Neil Sacks, Chef**

Mission Statement for the Bucks County Youth Center Wellness Committee:

To provide residents and staff with the education and tools to live a healthy life style; to educate them to learn about the health risks involved in obesity today; to motivate them in changing their future and the future of their children.

Revised: October 2, 2019

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BUCKS COUNTY YOUTH CENTER

WELLNESS POLICIES ON PHYSICAL ACTIVITY AND NUTRITION

Preamble

Whereas, residents need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive;

Whereas, good health fosters resident's attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke and diabetes are responsible for two-thirds of deaths in the United States and major risk factors for those diseases, including unhealthy eating habits, physical inactivity and obesity, often are established in childhood;

Whereas, nationally, the items most commonly sold from school vending machines, school stores and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Bucks County Youth Center is committed to providing school environments that promote and protect resident's health, well-being and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Bucks County Youth Center that:

- The Bucks County Youth Center will engage BCYC staff, teachers, food service professionals, health professionals and other interested community members in developing, implementing, monitoring and reviewing Youth Center nutrition and physical activity policies.
- A copy of our Wellness Policy is located in the Bucks County Youth Center Public Lobby Area for Public review and awareness of our programming.
- All residents at the Youth Center will have opportunities, support and encouragement to be physically active on a regular basis.

- Foods and beverages served at the Youth Center will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Qualified child nutrition professionals will provide residents with access to nutritious and appealing foods that meet the health and nutrition needs of residents; will accommodate the religious, ethnic and cultural diversity of the residents in meal planning; and will provide clean, safe and pleasant settings and adequate time for students to eat.
- The Youth Center will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will establish linkages between health education and school meal programs and with related community services.

TO ACHIEVE THESE POLICY GOALS:

I. Bucks County Youth Center Health Council

The Youth Center will create, strengthen or work within the existing facility health council to develop, implement, monitor, review and as necessary, revise Youth Center nutrition and physical activity policies. The council also will serve as resources to the Youth Center for implementing those policies. (The Youth Center health council consists of a group of individuals representing the Youth Center and community, and should include representatives of the school food authority, the Director, Deputy Director of Operations and the Deputy Director of the Bucks County Youth Center, BCIU #22 Supervisor of Federal & Non-public Program, BCIU #22, Preventive Program Coordinator, BCIU #22 teachers, health professionals and members of the public.)

Name	Title	Email Address	Role
John Corr	BCYC, Director	<u>jcorr@buckscounty.org</u>	Board Director - Advisor
Jason Tumelty	BCYC, Deputy Director	<u>jstumelty@buckscounty.org</u>	Asst. Board Director - Advisor
Jacqueline Froehlich	BCYC, Deputy Director of Operations	<u>jfroehlich@buckscounty.org</u>	Food Service Director - Advisor
Sherralyn Richards	BCYC, Business Manager	<u>srichards@buckscounty.org</u>	Financial Manager – SLP - Advisor
Brian Boger	BCYC, Supervisor	<u>bpboger@buckscounty.org</u>	Resident Program Advisor
Broderick President	BCYC, RSU Supervisor	<u>bspresident@buckscounty.org</u>	Resident Program Advisor
Jason Moore	BCYC, RSU Supervisor	<u>jwmoore@buckscounty.org</u>	Resident Program Advisor
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Val Arocho	BCYC, Cook	<u>vaarocho@buckscounty.org</u>	Garden – Food Service Advisor
Norbert Zastavny	Chef	<u>n.zastavny@rational-online.com</u>	Nutrition-Education Chef Advisor
Neil Sacks	Chef	<u>rcc42@live.com</u>	Nutrition-Education Chef Advisor

II. Nutritional Quality of Foods and Beverages Served at the Youth Center

School Meals:

Meals served through the National School Breakfast/Lunch/Snack Programs will:

- Be appealing and attractive to residents;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state and federal statutes and regulations;
- Offer a variety of fruits and vegetables (To the extent possible, BCYC will offer at least two non-fried vegetable and two fruit options each day and will offer seven different fruits and seven different vegetables over the course of a week. The Youth Center is encouraged to source fresh fruits and vegetables from local farmers when practicable.);
- Serve only low-fat (1%) and fat free milk (as recommended by the Dietary Guidelines for Americans) and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- Ensure that all grains served are whole grain (As recommended by the Dietary Guidelines for American. A whole grain is one labeled as a “whole” grain product or with a whole grain listed as the primary grain ingredients in the ingredient statement. Examples include “whole” wheat flour, cracked wheat, brown rice and oatmeal).

The Youth Center should engage residents, through taste-tests of new entrees and surveys, in selecting foods served through the Youth Center meal programs in order to identify new, healthful and appealing food choices. In addition, the Youth Center should share information about the nutritional content of meals with residents. Such information will be made available on the dining room menu board or posted in the dining room area.

Breakfast: It is required under the 3800 state (DHS) regulations that all residents in the Youth Center are offered breakfast. In order to meet their nutritional needs and enhance their ability to learn:

- The Youth Center operates the National School Breakfast Program.

Free Meals: The residents at the Bucks County Youth Center are all eligible for Free Meals under the National Breakfast/Lunch/Snack Programs.

Meal Times and Scheduling – Bucks County Youth Center:

- Will provide residents with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
- Will schedule meal periods at appropriate times – Breakfast 7:40 a.m., Lunch 11:30 a.m., Dinner 4:00 p.m. and Snack 7:00 p.m.
- Will provide residents access to hand washing or hand sanitizing before they eat meals or snacks.
- All residents are required at the Bucks County Youth Center to complete proper dental hygiene after all meals.

Qualifications of School Food Service Staff: All BCYC nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These BCYC nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs. BCYC utilizes the PA State Nutritional Program, Primero-Edge to report all professional staff training requirements annually. Qualified nutrition professionals will administer the school meal programs. Staff Development Programs should include appropriate certification and/or training programs for Child Nutrition Director, Deputy Director of Operations/Nutrition Managers and Food Service Workers, according to their levels of responsibility. All Youth Center Food Service employees are members of the SNA and SNAPA.

Sharing of Foods and Beverages: It is the policy of the Bucks County Youth Center that all residents are not allowed to share foods or beverages, with one another, during meal or snack times. This is in place due to concerns about health, safety and security within our facility.

Foods and Beverages Served During Special Occasions, Educational Classes, Enrichment Programs and Holidays: All foods and beverages served during these events will meet the following nutrition and portion size standards:

Beverages

- Water without added caloric sweeteners; fruit and vegetable juices that contain 100% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).
- During the above events, there may be times that the Youth Center will serve limited amounts of soda, ice tea etc. These items will not be served on a regular basis and will be limited in quantity served. They will also not be served during the school hours. When these items are served, they need

prior approval from the Director, Deputy Director of Operations or the Deputy Director.

Foods

- The Youth Center will serve foods that have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter and other nut butters) and 10% of its calories from saturated and trans fat combined;
- Will have no more than 35% of its weight from added sugars (if a food manufacturer fails to provide the added sugars content of a food item, use the percentage of weight from total sugars [in place of the percentage of weight from added sugars], and exempt fruits, vegetables and dairy foods from this total sugars limit.);
- Will contain no more than 230 mg of sodium per serving per serving for chips, cereals, crackers, French fries, baked goods and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches and main dishes.
- During the above events, there may be times that the Youth Center will serve limited amounts of soda, ice tea etc. These items will not be served on a regular basis and will be limited in quantity served. These items will not be served during school hours. When these items are served, they need prior approval from the Director, Deputy Director of Operations or the Deputy Director of Programs.

- The Bucks County Youth Center utilizes the state nutritional data base software – Primero Edge. This system analyzes nutritional data in all foods/beverages served at the Youth Center.

Portion Sizes:

- The Bucks County Youth Center will limit portion sizes of foods and beverages served individually to those listed below:
 - One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit;
 - One ounce for cookies;
 - Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels and other bakery items;
 - Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
 - Eight ounces for non-frozen yogurt;
 - Eight fluid ounces for beverages, excluding water; and
 - The portion size of entrees and side dishes served, including potatoes, will not exceed the portions under the National School

Breakfast/Lunch/Snack Program that the Youth Center follows. Any other items listed that are not on the National School Breakfast/Lunch/Snack Program are served after school hours and on special occasions only. All need to be approved by the Deputy Director of Operations before serving.

Fundraising Activities: As an RCCI (Residential Child Care Institute), we do not participate in fund raising activities.

Snacks: The Youth Center is a member of the National School Snack Program. Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to resident's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. The Youth Center will assess if and when to offer snacks based on timing of meals, resident's nutritional needs, resident's ages and other considerations. The Youth Center will disseminate a list of healthful snack items to teachers, after-school program personnel and enrichment program staff.

Rewards: The Youth Center will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages, as rewards for academic performance or good behavior (the youth center also follows the 3800 (DHS) regulations that states, we may not withhold meals or drink as punishment. In addition, a resident may not be forced to eat food).

Celebrations: The Youth Center will limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages served individually (see page # 4 and 5). The Youth Center will disseminate a list of healthy party ideas to teachers and staff. Prior approval, by the Director, Deputy Director of Operations or the Deputy Director, of all foods/beverages items served will be required.

Youth Center-Sponsored Events: Foods and beverages offered at the Youth Center's sponsored events outside of the school day will meet the nutrition standards for meals or for foods and beverages served individually (see page # 4 and 5).

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion: The Bucks County Youth Center aims to teach, encourage and support healthy eating by residents; will provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide residents with the knowledge and skills necessary to promote and protect their health;
- Is part of the Health Education Classes, BCYC Enrichment Programs, Prime Care Nutrition/Education Classes and Art Education Classes
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits (RSU Program residents) and youth center herb and vegetable/fruit gardens;
- Promotes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices. All fulltime and part-time foodservice staff at the Bucks County Youth Center are certified in Serve Safe and has had HACCP (Hazard Analysis and Critical Control Point) Training.
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- Links with school meal programs, other school foods and nutrition-related community services;
- Trains staff assigned to the Bucks County Youth Center the guidelines required under the Wellness Policy.

Integrating Physical Activity into the Classroom Setting: For residents to receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for residents to fully embrace regular physical activity as a personal behavior, residents need opportunities for physical activity beyond physical education class.

Toward that end:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent to sedentary activities, such as watching television;
- Opportunities for physical activity will be incorporated during the hours of 0800 to 2000 hours each day; and
- BCYC Staff will provide short physical activity breaks throughout the day, as appropriate.

Communications with Parents: The Bucks County Youth Center will support parents' efforts to provide a healthy diet and daily physical activity for their children. The Youth Center will call parents and ask if their child has any special dietary needs. If parents want information about the meals served at the Youth Center, we will provide this information to them. The Youth Center is open to any information that parents can provide concerning the foods/beverages that are served here. The Bucks County Youth Center will provide for the parents of residents assigned to our RSU (Resident Service Unit) Program information on the wellness program and how they can be a major part in helping their families have a healthy lifestyle.

The Youth Center will provide information about physical education and other youth center-based physical activity opportunities offered to their child while being detained in our facility. We will also help our RSU residents and their families choose activities outside the youth center that will lead to a healthier lifestyle.

Yearly, the Bucks County Youth Center hosts an RSU Picnic for its residents and their families. We combine this celebration with a Taste Testing of different Fruits and Vegetables along with healthy entrees. We teach the residents and their families how to prepare easy and healthy foods at home; and provide literature on where to purchase these foods, local farm markets and also local food pantries in their home area.

Food Marketing in Schools: The Youth Center provides all foods and beverages served to all residents residing within our facility. All foods and beverages are free to our residents. Therefore there is no need to market any foods or beverages within our facility. We will teach our residents proper nutritional and physical activities, which will lead them towards a healthy lifestyle.

Staff Wellness: The Youth Center highly values the health and well-being of every staff member and will plan and implement activities that support personal efforts by staff to maintain a healthy lifestyle. The wellness committee will develop, promote and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from Youth Center staff and should outline ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle among Youth Center staff. The Youth Center also is involved in the County Human Resource Wellness Program. This program is provided to all county employees and encourages a healthy lifestyle. http://bucks/human_resources/pdf/CountyWellnessNewsletter06-2015.pdf

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.): All BCYC residents are screened by our medical staff that assesses their physical state. They will determine what physical activity a resident is required to do. The BCIU #22 educational staff and the BCYC staff will follow the medical staff's orders on these residents. The BCYC provides physical activities throughout the day and evening hours. The BCIU #22 provides physical/health education as required by PDE to all residents residing in our facility.

Daily Recess: The BCYC is required under the 3800 (DHS) regulations to provide one hour each day of preferably outdoor activity to all residents. The Youth Center encourages moderate to vigorous physical activity verbally and through the provision of space and equipment.

During school time, BCYC staff should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for residents to remain indoors for long periods of time, the Youth

Center should give residents periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School: Teachers, Youth Center Staff and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Safe Routes to School: The RSU Program residents will utilize the Central Bucks School Districts Bus transportation. This is the safest measure for these residents to arrive at school. If a resident misses the bus, the Youth Center staff will provide transportation to and from school (see the County of Bucks, Human Resource Policy and Procedures Manual for all county employees using county vehicles for transportation).

Use of School Facilities Outside of School Hours: The Bucks County Youth Center is a secure juvenile detention center. It cannot be utilized for public activities. However, we can encourage after school activities within our facility with staff, residents and community personnel that have the proper clearance to enter our facility to assist in educating our staff and residents in a healthy lifestyle.

V. Monitoring and Policy Review

Monitoring: The Director of the Youth Center will ensure compliance with all Federal, State and Local laws and regulations pertaining to nutrition and physical activity under the wellness policies.

The Youth Center food service staff will ensure compliance with nutrition policies within the Youth Center Food Service areas and will report on this matter to the Deputy Director of Operations. In addition, the Deputy Director of Operations, at the Youth Center, will report on the most recent USDA/Dept. of Education/Food and Nutrition Division – Administrative Review findings and any resulting changes. If the Youth Center has not received an Administrative Review from the state agency within the past three years, the youth center will request from the state agency that an Administrative Review be scheduled as soon as possible.

The Deputy Director of Operations will develop a summary report every three years on Youth Center compliance with the established nutrition and physical activity wellness policies, based on input from staff within the Youth Center; any updates will be addressed at least once every three (3) years, based on the assessment report. This assessment is required by the state every three (3) years. The implementation of this assessment policy is a part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment shall be made available to the public in the lobby of the Bucks County Youth Center and at the RSU Sally Port Entrance (Wellness Policy Manual). That report will be provided to the Director of the Youth Center and also distributed to the facility health provider/Prime Care, BCIU #22

(Bucks County Intermediate Unit) teaching and supervisory staff, Deputy Director at the Youth Center and any other member of our wellness committee. All updates will be approved by the Wellness Committee.

Policy Review: The wellness committee will conduct yearly, a baseline assessment of the Youth Center’s nutrition and physical activity environments and policies (useful self-assessment and planning tools include the School Health Index from the Centers for Disease Control and Prevention (CDC), Changing the Scene from the Team Nutrition Program of the U.S. Department of Agriculture (USDA) and Opportunity to Learn Standards for Elementary, Middle and High School Physical Education from the National Association for Sport and Physical Education). As part of that review, the Youth Center will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The Youth Center will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Our Food Service Department participates in the National Breakfast/Lunch/Snack Program under the supervision of the Pennsylvania Department of Education. The PDE every three years inspects our facility and performs an Administrative Review. We are also involved in the USDA Commodity Program and are inspected annually. Through this program, we receive food items that reduce the operating costs of our food service department. We are also ensured high quality and healthy foods from USDA for the residents residing in our care. The Food Service Department also analyzes all nutritional data with the State Software System – Primero-Edge. All reimbursable meals and snacks are nutritionally balanced through utilizing this system. As a requirement of the School Lunch Program, we are also inspected twice a year by the Bucks County Health Department.

In addition, our Full-time Food Service Staff are certified and involved in the following:

- Certified in Serve Safe
- Trained in HACCP (Hazard Analysis and Critical Control Point)
- Certified in CPR and First Aid
- Certified in Fire Training
- School Nutrition Association – Certification Program for Food Service Members
- Members of SNA (School Nutrition Association)
- Members of SNAPa (School Nutrition Association of Pennsylvania) – Chapter #7 Central & Upper Bucks – Region #3
- Members of JDCAP (Juvenile Detention Center Association of Pennsylvania)
- Members of PANA (Pennsylvania Advocates for Nutrition and Activity)
- Member of PASBO
- Partners with the Penn State Cooperative Extension/Master Gardener Program

- Project PA – Penn State University (under school gardens our facility is featured)
- National Farm to School Network
- Action for Healthy Kids
- Alliance for A Healthier Generation
- Food Trust
- Humane Society – Meatless Mondays
- YMCA
- PA NEN
- Team Nutrition
- USDA

The Bucks County Youth Center has the following services to promote a healthy lifestyle for residents in our facility:

- Bucks County Intermediate Unit through the Central Bucks School District (LEA) provides education to all of our residents. This includes healthy lifestyle education. We also have Title I – N&D funding for tutoring in any area requiring one-on-one education.
- Prime Care – Provides all medical services and education to our residents.
- Bucks County Youth Center Enrichment Programs – provides residents with community services that can lead them to a healthy lifestyle.
- Bucks County Youth Center Food Service Department – provides residents each day with a nutritionally balanced diet. They also provide educational and taste testing demonstrations to residents for a healthy lifestyle.
- Bucks County Youth Center Food Service Department – Utilizes the Farm-to-School Program, which provides local farm fresh produce to our facility. The RSU program also visits these farms and learns the operations of a farm. The Youth Center also has a garden with the RSU (Residential Service Unit)/CAP (Child Accountability Program) programs and every spring we grow our own herbs, vegetables and fruit. This encourages and teaches the residents to live a healthy lifestyle.

Bucks County Youth Center

The Bucks County Youth Center is licensed under the Pennsylvania Department of Human Services (DHS); The Pennsylvania Code, Title 55, Human Services, Department of Human Services Chapter 3800, Child Residential and Day Treatment Facilities. **The mission statement for the Bucks County Youth Center is as follows:**

The Bucks County Youth Facilities are comprised of two distinctive programs. Juvenile Detention provides secure care (CAP program is included as well) and custody for those youths presently being processed by the Bucks County Juvenile Court. The Residential Service Unit provides long-term residential and counseling services to

adjudicated youths in a non-secure setting. It is a community-based program that allows adjudicated youths to attend traditional schools and seek employment while living in a structured and supportive setting.

Detention services are initiated with a mental health assessment to help provide a safe and neutral setting for the youths while court proceedings are conducted to determine the best course of action in achieving balanced and restorative justice. In addition to the youths' individual needs, the needs of victims and the community as a whole must be equally represented to satisfy the principles of restorative justice.

The Residential Service Unit focuses on assessment, treatment planning and service delivery to youths including individual, group and family counseling. In addition to these services, youth are offered a variety of competency development skills in order to aid them in becoming more productive citizens upon returning to their community.

Both programs that make up the Bucks County Youth Facilities are staffed by caring, concerned professionals who recognize the importance and intrinsic value of their chosen vocation. We operate under the tenets that most of the youths we serve may be hostile, fearful and/or angry upon entering our system. We also realize that we are potentially the first contact they will have with the juvenile justice system. As such, it is imperative that they are treated with fairness and dignity, as this will shape their view of any future proceedings that they are involved in within the justice system. Due to the negative experiences that many of our youths have had with adults in their lives, we recognize that we must first show them respect before we can realistically expect to receive it from them. We must also strive to remain constantly aware of signs that youths may give indicating their need for help and their readiness to accept that help. Due to the widely diversified qualities of youths we encounter, it is obvious that no one person can effectively deal with the total youth or his/her family. Therefore, we employ staff with widely diversified backgrounds, personalities, education and experience in order to give the youths an opportunity to connect with someone they believe understands them. A combination of therapeutic and custodial styles is utilized in our work with youths, recognizing that each person will respond to a different combination of these approaches. All Youth Facility programs call upon volunteers from the community to promote positive interactions and a feeling of being connected with the youths that we service. This is an integral part of their experience since it is our ultimate goal to reconnect them to their home community and to help them become productive members of society. It also allows the community to learn about the positive qualities of our youths that are frequently overshadowed by a few of their deeds. When this connection between the youths and their community begins, so then does the reparation that is essential in restorative justice.

PrimeCare Medical, Inc.

Prime Care provides medical services to all residents in the Youth Center. Prime Care is contracted through the County Health Department to provide medical services to the

youth whom reside in our facility. **The mission statement for PrimeCare Medical, Inc. is as follows:**

PrimeCare Medical, Inc. provides comprehensive healthcare services to county jails, prisons, and juvenile detention centers throughout the Northeastern United States. PrimeCare Medical specializes in correctional healthcare management through the significant contributions and strong moral values of our employees.

Vision Statement: PrimeCare Medical, Inc. is committed to managing and reducing risk in correctional healthcare by providing cost effective quality healthcare management, continuously improving the standards of care, and striving for national accreditation for all facilities. Dedicated to correctional healthcare, PrimeCare Medical prides itself on our strong client relationships, effective and efficient management of healthcare services. These attributes continue to be the hallmark of our success.

Bucks County Intermediate Unit #22

The Bucks County Intermediate Unit provides education under the Central Bucks School District (LEA) curriculum. We also provide tutoring services through Title I – N&D funding. **The mission statement and Education Profile for the Bucks County Intermediate Unit is as follows:**

Mission Statement: The mission of the education program at the Bucks County Youth Center is to provide services to pupils that will enable them to become self-actualized members of a community, delivering individualized academic instruction and problem solving strategies in a safe, supportive environment.

Curriculum Plan

The curriculum provided for students at the Bucks County Youth Center is based on a two pronged approach designed to address the academic as well as the social and behavioral needs of the students. Academics are organized to follow, as nearly as possible, the regular education curriculum of the school district in which the facility is located, the Central Bucks School District. Copies of the curriculum guides have been made available to all staff for review and implementation. An important aspect of the curriculum for each student involves the presentation of planned courses and specially designed instruction based on the needs of the student and coupled with the development of problem solving strategies.

Academics

The Central Bucks School District Curriculum Guides are divided into three distinct areas of concentration: elementary, middle school and high school curricula. Most students identified to be in need of special education receive instruction in the general education curriculum with some adaptations or modifications to meet their needs.” Where appropriate, depending on the student’s Individualized Education Plan, various other

skills can be added to the student’s curriculum, such as daily living skills, socialization, study habits and similar skills depending on the needs of the student.” (Central Bucks Curriculum Guide).

All teachers, with the exception of the physical education and correctional teachers are Pennsylvania Certified Special Education Teachers who regularly provide accommodations for students and modifications to the general education curriculum in order to support the learning success of each student. All staff has been trained in The Crisis Prevention Institute’s Non-Violent Crisis Intervention Techniques.

The school day for students begins at 9:00 a.m. and ends at 3:30 p.m. The day is divided into forty-five minute instructional periods. The education staff reports thirty minutes before and remains thirty minutes following the students.

VI. Resources for Local School Wellness Policies on Nutrition and Physical Activity

Crosscutting:

- School Health Index, Centers for Disease Control and Prevention, <http://apps.nccd.cdc.gov/shi/>
- Local Wellness Policy website, U.S. Department of Agriculture, <http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>
- Project PA web site, <http://www.projectpa.org>
- Fit, Healthy, and Ready to Learn: a School Health Policy Guide, National Association of State Boards of Education, http://www.nasbe.org/healthy_schools/hs/index.php
- Preventing Childhood Obesity: Health in the Balance, the Institute of Medicine of the National Academies, <http://iom.nationalacademies.org/Activities/Nutrition/FetalDevelopment.aspx>
<http://iom.nationalacademies.org/Activities/Children/LocalObesPrevention.aspx>
- The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools, Action for Healthy Kids, <http://www.actionforhealthykids.org>
- Ten Strategies for Promoting Physical Activity, Healthy Eating, and A Tobacco-Free Lifestyle through School Health Programs, Centers for Disease Control and Prevention, http://www.cdc.gov/obesity/downloads/PA_2011_WEB.pdf
- Health, Mental Health, and Safety Guidelines for Schools, American Academy of Pediatrics and National Association of School Nurses, <http://www.nationalguidelines.org>
- Cardiovascular Health Promotion in Schools, American Heart Association

http://www.heart.org/HEARTORG/Educator/SchoolPrograms/School-Programs_UCM_312838_SubHomePage.jsp

School Health Councils:

- Promoting Healthy Youth, Schools and Communities: A Guide to Community-School Health Councils, American Cancer Society
http://www.heart.org/HEARTORG/Giving/ForIndividuals/JoinanEvent/hoops-sub-home_UCM_315630_SubHomePage.jspn
- Effective School Health Advisory Councils: Moving from Policy to Action, Public Schools of North Carolina,
www.nhealthyschools.org/nhealthyschools/htdocs/SHAC_manual.pdf

Nutrition:

General Resources on Nutrition:

- Making it Happen: School Nutrition Success Stories, Centers for Disease Control and Prevention, U.S. Department of Agriculture, and U.S. Department of Education,
<http://www.cdc.gov/HealthyYouth/nutrition/Making-It-Happen/>
- Changing the Scene: Improving the School Nutrition Environment Toolkit, U.S. Department of Agriculture,
<http://www.fns.usda.gov/usda-foods/usda-foods-toolkit>
- Dietary Guidelines for Americans 2005, U.S. Department of Health and Human Services and U.S. Department of Agriculture,
<http://health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>
- Guidelines for School Health Programs to Promote Lifelong Healthy Eating, Centers for Disease Control and Prevention,
www.cdc.gov/mmwr/pdf/rr/rr4509.pdf
- Healthy Food Policy Resource Guide, California School Boards Association and California Project LEAN,
www.csba.org
- Diet and Oral Health, American Dental Association,
<http://www.ada.org/en/advocacy/advocacy-issues/diet-and-nutrition>

School Meals:

- Healthy School Meals Resource System, U.S. Department of Agriculture,
<http://www.fns.usda.gov/>
- School Nutrition Dietary Assessment Study-II, a U.S. Department of Agriculture study of the foods served in the National School Lunch Program and the School Breakfast Program,
<https://www.cspinet.org/nutritionpolicy/SNDAIIfind.pdf>

- Local Support for Nutrition Integrity in Schools, American Dietetic Association, <http://www.eatrightpro.org/>
- Nutrition Services: an Essential Component of Comprehensive Health Programs, American Dietetic Association, <http://www.eatright.org/>
- Healthier US School Challenge, U.S. Department of Agriculture, <http://www.fns.usda.gov/tn/team-nutrition>
- Breakfast for Learning, Food Research and Action Center, www.frac.org
- School Breakfast Scorecard, Food Research and Action Center, www.frac.org
- Arkansas Child Health Advisory Committee Recommendations [includes recommendation for professional development for child nutrition professionals in schools], <http://www.healthy.arkansas.gov/programsServices/familyHealth/ChildAndAdolescentHealth/Documents/Recommendations.pdf>

Meal Times and Scheduling:

- Eating at School: A Summary of NFSMI Research on Time Required by Students to Eat Lunch, National Food Service Management Institute <http://www.nfsmi.org/ResourceOverview.aspx?ID=137>

Nutrition Standards for Foods and Beverages Sold Individually:

- Recommendations for Competitive Foods Standards (a report by the National Consensus Panel on School Nutrition), California Center for Public Health Advocacy, <http://www.phaionline.org/projects/obesity-project/schoolfood/>
- State policies for competitive foods in schools, U.S. Department of Agriculture, <http://www.fns.usda.gov/tags/competitive-foods>
- School Foods Tool Kit, Center for Science in the Public Interest, www.cspinet.org/schoolfood/
- Foods Sold in Competition with USDA School Meal Programs (a report to Congress), U.S. Department of Agriculture, www.cspinet.org/nutritionpolicy/Foods_Sold_in_Competition_with_USDA_School_Meal_Programs.pdf

Fruit and Vegetable Promotion in Schools:

- Fruits and Vegetables Galore: Helping Kids Eat More, U.S. Department of Agriculture, www.fns.usda.gov/tn/Resources/fv_galore.html
- School Foodservice Guide: Successful Implementation Models for Increased Fruit and Vegetable Consumption Produce for Better Health Foundation.

<http://www.thedietchannel.com/5-a-Day-for-Better-Health.htm>

- School Foodservice Guide: Increase physical activities
<http://www.thedietchannel.com/Children-and-Exercise.htm>
- National Farm-to-School Program website, hosted by the Center for Food and Justice,
www.farmtoschool.org
- Produce for Better Health Foundation website has downloadable fruit and vegetable curricula, research, activity sheets, and more at
www.5aday.org

Fundraising Activities:

- Creative Financing and Fun Fundraising, Shasta County Public Health,
www.co.shasta.ca.us/Departments/PublicHealth/CommunityHealth/projlean/fundraiser1.pdf
- Guide to Healthy School Fundraising, Action for Healthy Kids of Alabama,
<http://www.actionforhealthykids.org/>

Snacks:

- Competitive Foods and Beverages – USDA website
<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>
- The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks
www.healthiergeneration.org/smartsnacks
- Materials to Assist After-school and Summer Programs and Homeless Shelters in Using the Child Nutrition Programs (website), Food Research and Action Center,
<http://frac.org/federal-foodnutrition-programs/afterschool-programs/fracs-afterschool-meals-guide/>

Rewards:

- Constructive Classroom Rewards, Center for Science in the Public Interest,
www.cspinet.org/nutritionpolicy/constructive_rewards.pdf
- Alternatives to Using Food as a Reward, Michigan State University Extension,
http://msue.anr.msu.edu/news/healthy_rewards_in_the_classroom
- Prohibition against Denying Meals and Milk to Children as a Disciplinary Action, U.S. Department of Agriculture Food and Nutrition Service
<http://www.fns.usda.gov/sites/default/files/113-1.pdf>

Celebrations:

- Guide to Healthy School Parties, Action for Healthy Kids of Alabama,
<http://www.actionforhealthykids.org/>

- Classroom Party Ideas, University of California Cooperative Extension Ventura County and California Children's 5 A Day Power Play! Campaign,
<http://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=15452>

Nutrition and Physical Activity Promotion and Food Marketing:

Health Education:

- National Health Education Standards, American Association for Health Education,
<http://www.aahperd.org>

Nutrition Education and Promotion:

- U.S. Department of Agriculture Team Nutrition website (lists nutrition education curricula and links to them),
<http://www.fns.usda.gov/tn/team-nutrition>
- The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions, U.S. Food and Drug Administration and U.S. Department of Agriculture's Food and Nutrition Service,
www.fns.usda.gov/
- Nutrition Education Resources and Programs Designed for Adolescents, compiled by the American Dietetic Association,
www.eatright.org/
- Nutrition Education – Free tool kits for high school students – posters – handouts and leader guide – games and activities, links for other sites –
www.dairyspot.com
- Nutrition Education – Why 5 a day is important for your health –
www.dole5aday.com
- Nutrition Education – lesson plans and experiments for elementary teachers – Teaches children about nutritious food and how to choose a healthy diet –
www.nutritionexplorations.org
- Nutrition Education – What people eat – time line from 17,000 BC – 2006 and recipes – www.foodtimeline.org
- Recipe links – www.cookingwithkids.com
- Nutrition Education – Garden Flowers, Herbs and Vegetables – about plants and vitamins they provide and recipes – <http://extension.psu.edu/>
- Nutrition Education – How to start a garden at your school –
<http://www.letsmove.gov/school-garden-checklist>
- Nutrition Education – lesson plans on all subjects –
www.teachervision.fen.com/lesson-plans/lesson-5431.html
- Recipes for kids –
<http://www.letsmove.gov/blog/2011/10/05/white-house-kitchen-garden-fall-harvest-and-grilled-garden-pizza>

Integrating Physical Activity into the Classroom Setting:

- Brain Breaks, Michigan Department of Education,
http://emc.cmich.edu/EMC_Orchard/brain-breaks
- Energizers, East Carolina University,
www.ncpe4me.com/energizes.html

Food Marketing to Children:

- Pestering Parents: How Food Companies Market Obesity to Children, Center for Science in the Public Interest,
www.cspinet.org/pesteringparents
- Review of Research on the Effects of Food Promotion to Children, United Kingdom Food Standards Agency,
<http://www.food.gov.uk/>
- Marketing Food to Children (a report on ways that different countries regulate food marketing to children [including marketing in schools]), World Health Organization (WHO),
<http://whqlibdoc.who.int/publications/2004/9241591579.pdf>
- Guidelines for Responsible Food Marketing to Children, Center for Science in the Public Interest,
<http://cspinet.org/marketingguidelines.pdf>
- Commercial Activities in Schools, U.S. General Accounting Office,
www.gao.gov/new.items/d04810.pdf
- Smarter Lunchroom Techniques
<http://www.projectpa.org/ppa-v3/index.php/styles/smarter-lunchrooms-cadre/smarter-lunchrooms-for-cadre-members>

Eating Disorders:

- Academy for Eating Disorders,
www.aedweb.org
- National Eating Disorders Association,
www.nationaleatingdisorders.org
- Eating Disorders Coalition,
www.eatingdisorderscoalition.org

Staff Wellness:

- School Staff Wellness, National Association of State Boards of Education
https://www.nea.org/assets/docs/150306-ESP_DIGIBOOK.pdf

- Healthy Workforce 2010: An Essential Health Promotion Sourcebook for Employers, Large and Small, Partnership for Prevention, http://www.acsworkplacesolutions.com/documents/Healthy_Workforce_2010.pdf
- Well Workplace Workbook: A Guide to Developing Your Worksite Wellness Program, Wellness Councils of America, https://www.welcoa.org/wp/wp-content/uploads/2014/06/WWChecklist_full.pdf
- Protecting Our Assets: Promoting and Preserving School Employee Wellness, Directors of Health Promotion and Education (DHPE) http://c.ymedn.com/sites/www.dhpe.org/resource/group/75a95e00-448d-41c5-8226-0d20f29787de/Downloadable_Materials/EntireGuide.pdf

Physical Activity Opportunities and Physical Education:

General Resources on Physical Activity:

- Guidelines for School and Community Programs to Promote Lifelong Physical Activity among Young People, Centers for Disease Control and Prevention, www.cdc.gov/mmwr/preview/mmwrhtml/00046823.htm
- Healthy People 2020: Physical Activity and Fitness, Centers for Disease Control and Prevention and President’s Council on Physical Fitness and Sports, <http://www.healthypeople.gov/2020/healthy-people-in-action/Consortium-Members>
- Physical Fitness and Activity in Schools, American Academy of Pediatrics, <http://pediatrics.aappublications.org/cgi/reprint/105/5/1156>
- Let’s Move! Active Schools www.letsmoveschools.org

Physical Education:

- Opportunity to Learn: Standards for Elementary Physical Education, National Association for Sport and Physical Education. http://carver.nn.k12.va.us/export/sites/Carver/documents/integrating_PE_activities_in_the_school_day.pdf
<http://www.humankinetics.com/products/all-products/Updated-Standard-1-Assessments-for-PE-Metrics-eBook-Assessing-Standards-1-6-in-Elementary-School>
- Opportunity to Learn: Standards for Middle School Physical Education. National Association for Sport and Physical Education. <http://www.humankinetics.com/products/all-products/Updated-Standard-1-Assessments-for-PE-Metrics-eBook-Assessing-Standards-1-6-in-Secondary-School>
- Opportunity to Learn: Standards for High School Physical Education, National Association for Sport and Physical Education. <http://www.humankinetics.com/products/all-products/Opportunity-to-Learn-Guidelines-for-High-School-Physical-Education-3rd-Edition>

- Substitution for Instructional Physical Education Programs, National Association for Sport and Physical Education,
<http://www.humankinetics.com/products/all-products/Designing-and-Implementing-Effective-Adapted-Physical-Education-Programs>
- Blueprint for Change, Our Nation's Broken Physical Education System: Why It Needs to be Fixed, and How We Can Do It Together, PE4life,
<http://ourfuture.org/files/documents/starving-schools-report.pdf>

Recess:

- Recess in Elementary Schools, National Association for Sport and Physical Education,
<http://www.shapeamerica.org/advocacy/positionstatements/pa/upload/Recess-for-Elementary-School-Students.pdf>
- Recess Before Lunch Policy: Kids Play and then Eat, Montana Team Nutrition,
<http://www.cspinet.org/nutritionpolicy/recessbrochure.pdf>
- Plate Waste Report and Recess Benefit Study
<http://www.k12.wa.us/Finance/pubdocs/PlateWasteInSchoolNutrition.pdf>
http://www.slate.com/articles/life/family/2012/08/recess_in_schools_research_shows_it_benefits_children_.html
- The American Association for the Child's Right to Play,
<http://www.ipausa.org>

Physical Activity Opportunities Before and After School:

- Guidelines for After School Physical Activity and Intramural Sport Programs, National Association for Sport and Physical Education,
<http://www.shapeamerica.org/>
- The Case for High School Activities, National Federation of State High School Associations,
<http://www.nfhs.org/articles/the-case-for-high-school-activities/>
- Rights and Responsibilities of Interscholastic Athletes, National Association for Sport and Physical Education,
<http://www.shapeamerica.org/admin/loader.cfm?csModule=security/getfile&pageid=4573>

Professional Standards for School Nutrition Personnel:

- http://www.fns.usda.gov/sites/default/files/cn/profstandards_flyer.pdf
- <https://www.pears.ed.state.pa.us>

Safe Routes to School:

- Safe Routes to Schools Tool Kit, National Highway Traffic Safety Administration,

<http://www.nhtsa.gov/people/injury/pedbimot/bike/Safe-Routes-2002/overview.html>

- Kids Walk to School Program, Centers for Disease Control and Prevention, <http://stacks.cdc.gov/view/cdc/11316/>
- Walkability Check List, Pedestrian and Bicycle Information Center, Partnership for a Walkable America, U.S. Department of Transportation, and U.S. Environmental Protection Agency, <http://www.walkbiketoschool.org/>

Monitoring and Policy Review:

- School Health Index, Centers for Disease Control and Prevention (CDC), <http://www.cdc.gov/healthyschools/shi/index.htm>
- Changing the Scene: , U.S. Department of Agriculture, <http://www.fns.usda.gov/healthierschoolday/school-day-just-got-healthier-toolkit>
- Criteria for Evaluating School-Based Approaches to Increasing Good Nutrition and Physical Activity, Action for Healthy Kids, Alliance for a Healthier Generation
<http://www.actionforhealthykids.org/tools-for-schools/revise-district-policy/wellness-policy-tool>
https://www.healthiergeneration.org/_asset/wwj4dq/09-875_SWCToolkit.pdf
- Opportunity to Learn: Standards for Elementary, Middle and High School Physical Education, National Association for Sport and Physical Education
<http://www.shapeamerica.org/standards/guidelines/upload/Physical-Education-Program-Checklist.pdf>

Information and Resources:

- Nutrition Assistance Programs – Food & Nutrition Service – Different programs – School meals – 2007 farm bill, food stamps and fighting hunger
<http://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>

Wellness Policy Information and Samples:

- Information and samples on writing and organizing a Wellness Policy for your school at
<http://www.schoolwellnesspolicies.org/WellnessPolicies.html>
https://www.healthiergeneration.org/take_action/schools/wellness_councils_policies/policy_evaluation/
<http://www.fns.usda.gov/tn/local-school-wellness-policy>
http://www.projectpa.org/ppa-v3/images/pdfs/Wellness_WYNTK_single_v2.pdf
- Wellness Policy Assessment Tools:

www.wellsat.org - Your District Scorecard

www.doe.in.gov/nutrition/school-wellness-policy

www.fns.usda.gov – Team Nutrition – Administrative Review Information

www.healthiergeneratin.org – Wellness Policy

- If we have additional questions concerning the local Wellness Policy and what is appropriate for our environment, we are to contact Vonda Cooke, M.S., R.D., PA State Director, Child Nutrition Programs, Division of Food and Nutrition, Bureau of Budget and Fiscal Management.

References:

- School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1512.1, 1513
- Child Nutrition and WIC Reauthorization Act of 2004
- Healthy Hunger Free Kids Act 2010
- PSBA Board Policy – 100, 105, 808
- Food and Nutrition, USDA
- Food and Nutrition, PDE
- SNA
- Alliance for a Healthier Generation
- Project PA
- Action for Healthy Kids

BUCKS COUNTY YOUTH CENTER WELLNESS POLICY GOALS 2019/2020 SCHOOL YEAR

Effective 2019/2020 the Bucks County Youth Center will again implement the state's Guidelines for Nutritional Standards. We do not have fundraisers within our facility. All foods from Classroom Parties and Holiday Celebrations will be provided by the Bucks County Youth Center and all foods served will adhere to all the required nutritional standards. All food served in the Bucks County Youth Center is prepared and served by Food Service Personnel certified in all HACCP regulations. Food will not be used as a reward for classroom or school activities. No Foods from home are allowed in this facility. All staff will adhere to all the nutritional standards while on duty at the Bucks County Youth Center and encourage residents to choose a healthy life style. Vegetarian meals are provided for those residents that observe this life style. Residents are surveyed on a regular basis for input and ideas for menu ideas/planning. All residents and staff eat for free at BCYC. Residents are under the "Free" state program and are court placed in our facility (RCCI). Staff are responsible to be on duty and not leave the residents at meal time, therefore, all costs of staff foods are paid for by the County of Bucks

- Wellness/Nutritional Education Programs
- Field Trips for RSU Residents – Visit a variety of Farms in Bucks County
- Community Partnerships – Wellness/Nutritional Programs – also look into other community partnerships that the Youth Center residents can benefit from.
- Prime Care is responsible for Nutritional Educational Classes for both our detention residents and RSU program residents
- BCIU #22 – Physical Education/Health Classes
- BCIU #22 – Art Classes (Art/Nutritional Education Posters)
- BCYC Staff – Enrichment Programs (Promote Healthy Lifestyles)
- Meet quarterly with the Wellness Committee to review new policies and procedures and approve any updates.
- Continue to reviewing the new Wellness Assessments and how they will be implemented. Review with staff involved in nutrition/physical activities. Measuring all activities and showing outcome results.
- Continue to challenge both staff and residents in living a healthy life style.
- Music Therapy for all Residents at the Youth Center – Classes each week – Going Great!
- Art Therapy is also provided by the conservatory (whom also provide our music therapy program) – this program provides additional Art therapy (BCIU only provides one day of Art for our residents)
- Garden Therapy – Farm to School and Farm to Plate Education - due to other programs at the BCYC, the garden therapy costs are being paid for 2019/2020 by the County of Bucks and other grant resources.
- We added to the County Website under the Bucks County Youth Center information pertaining to the School Lunch Program and information on USDA Policies and the new Civil Rights Statement (per state regulations). We continue

to look for improvements to our website to keep the public informed about the high standard of programming we adhered to within our facility.

BUCKS COUNTY YOUTH CENTER REVIEW OF 2019/2020 WELLNESS POLICY GOALS AND CHALLENGES

- Implemented the state's Guidelines for Nutritional Standards for Competitive Foods in Pennsylvania Schools – 2019/2020
- Implemented the standards under the Healthier US Challenge (original standards, working on implementing the new USDA - HUSSC standards) and continued to improve upon these standards throughout the year. Challenged staff to be creative and cost effective while maintaining appearance, quality and taste to the foods served.
- Teachers/Staff/Health Staff met the challenge of incorporating a Healthy Lifestyle for our residents to follow daily. This included but was not limited to athlete activities, nutritional education, taste testing and community partnerships that shared nutritional education and healthy lifestyle information to our residents.
- Reviewed the Wellness Policy Assessment procedures
- Reviewed the Nutrition Education Provided by our new Chefs, Chef Norbert and Chef Neil.
- Review Garden – Farm to School and Farm to Plate – impact on our residents. (Our 2018/2019 Farm to School Program produced approximately \$4500 of produce and products to serve throughout the school year. With State/Federal Act 148 Reimbursement, National School Lunch Program, USDA, donations and Farm to School Program, our cost per meal per person for 2018/2019 school year was .19 per meal per person. This was food cost alone.)

July 2019

- Other themes for the month of July include: Baked Beans Month, Blueberry Month, National Salad Week, National Hot Dog Month, Peach Month, National Ice Cream Day
- **July 2019** - enrichment/wellness programs included: Garden Therapy, Music Therapy, Art Therapy,

RSU Monthly Activities (July, 2019)

Competency Development

Workforce Development/Volunteers in Teaching Alternatives 7/19/19) – 3 residents (2 hours)

Workforce Development/VITA 7/22/19 (7 residents (1 hour)

Workforce Development/VITA 7/29 – 7 residents (1 hour)

Workforce Development/VITA 7/30 – 7 residents (1 hour)

Adventure Based Counseling

Substance Abuse/Alateen

BCYC Gardening 7/17 – 2 residents (1 hour)

Recreation

Quakertown Car Show 7/14 – 3 residents (2 hours)

Philadelphia Zoo 7/6 – 3 residents (3 hours)

Philadelphia Zoo 7/28 – 6 residents (5 hours)

Fishing 7/29 – 4 residents (1 hour)

Moral Development

Bible Study 7/2, 7/9, 7/16, 7/23, 7/30 Community Volunteers – 6 residents (5 hours)

Community Service

Animal Rescue 7/2, 7/6, 7/11, 7/17 – 3 residents (8 hours)

Animal Rescue 7/28 – 6 residents – 6 residents (2 hours)

Lake Towhee County Park 7/18 – 3 residents (6 hours)

Physical Activity

CBFYMCA Couch-to-5k 7/23/19 – 3 residents (2 hours)

CBFYMCA 6/28, 7/8, 7/18, 7/22, 7/24 – 7 residents (8 hours)

CBFYMCA 7/29 – 4 residents (1 hour)

Fanny Chapman Swim 7/4 – 2 residents (2 hours)

Enrichment	Organized Activity	Physical Activity
Team Building in Gym 7/17		Basketball
Midnights		Basketball
CAP Classes		Shooting baskets
Bible Study 7/2,9,16,23,30		
		Volleyball
		Brisk walking around the gym
CAP Classes		
Foosketball 7/30		Basketball
Team Building in Gym 7/7		Team Building Activities
Two Ball Basketball game 7/19	Ropes Course and Nature Walk 7/27	Ping-Pong
Independent Living Skills 7/6		Dodge Ball in the gym
Midnights		Basketball
		Volleyball
Midnights		Soccer
Life in Jail Documentary 7/20		Basketball
Knockout Basketball Game 7/15	Wii Sports 7/15	Lifting Weights
Skee Ball Game 7/28		Basketball
Midnights		Shooting baskets
Knockout Basketball Game 7/5		Team Building
QB Challenge 7/24		Aerobic Wii game
Ring Toss 7/11		Basketball
		Health
Knockout Basketball Game 7/12		Team Building
Midnights		Weight Lifting
Midnights		Basketball
Weight Lifting 7/14		Weight Lifting
Horse Basketball Game 7/23		Weight Lifting
No Report		Aerobic Wii game
CAP Classes		Basketball
Weight Lifting 7/29		Basketball
Two on Two Basketball 7/1	Team Building in Gym 7/18	Basketball
Did not do activity (was told this is unacceptable)		
World Travel 7/13		Stability Ball Exercise
Badminton Game 7/9	Mini Basketball Camp 7/25	Weight Lifting
Tree of Strength "Success Tree"	Opioid Addiction 7/21	Shooting baskets
Knockout Basketball Game 7/8	Team Building in Gym 7/13	
Stretching and Warm up exercises 7/16		

August 2019

- Other themes for the month of August include: Get acquainted with Kiwi Fruit Month, Watermelon Day, Zucchini night, more herbs, less salt day, peach month, National Trail Mix Day (August 31) and cat fish month
- **August 2019** - enrichment/wellness programs included: Garden Therapy, Music Therapy, Art Therapy,

RSU Monthly Activities (August, 2019)

Competency Development

Workforce Development/Volunteers in Teaching Alternatives

Workforce Development/Office of Vocational Rehabilitation 8/9/19 – 6 residents (1 hour)

Workforce Development/Del Val University Tour – 3 residents (2 hours)

Adventure Based Counseling

Substance Abuse/Alateen

BCYC Gardening Program - Various June Dates – Unknown # (8 hours)

BCYC Gardening Program - 7/28/19 – 2 residents (1 hour)

BCYC Gardening Program - 8/17/19 – 3 residents (1 hour)

Individual Living Skills/Cooking – 4 residents (2 hours)

Individual Living Skills/Curly Hill Dairy Farm – 1 resident (6 hours)

Individual Living Skills/Nobilis Arabian Barn – 1 resident (6 hours)

Recreation

Allentown Iron Pigs Baseball Game – 4 residents (6 hours)

Middletown Grange Fair – 1 resident (6 hours)

Doylestown Rock Gym – 3 residents (1.5 hours)

Moral Development

Bible Study - 8/1, 8/8, 8/15, 8/22, 8/19 Community Volunteers – 6 residents (5 hours)

Community Service

Animal Rescue 8/1 – 2 residents (1.5 hours)

Animal Rescue 8/7, 8/11, 8/16, 8/21 – 4 residents (14.25)

CBFYMCA Kids Triathlon – 3 residents (2 hours)

CBFYMCA Kids Triathlon – 5 residents (3 hours)

Middletown Grange Fair - 8/13 – 3 residents (1 hour)

Middletown Grange Fair - 8/18 – 2 residents (2 hours)

Physical Activity

CBFYMCA Couch-to-5k - 7/23/19 – 3 residents (2 hours)

CBFYMCA - 8/12/19 – 3 residents (1.5 hours)

CBFYMCA - July Dates – 9 residents (28 hours)

CBFYMCA - 8/13/19 – 2 residents (1.5 hours)

CBFYMCA - 8/24/19 – 3 residents (1 hour)

Enrichment	Organized Activity	Physical Activity
Unhealthy Eating Habits 8-4	Free Meek Documentary 8-24	Basketball
Importance and Advantages of Grades 8-19		Basketball
CAP Classes		Shooting baskets
OVR 8-9	Aldie Presentation 8-29	
Advantages of Continuing Education 8-15		Volleyball
Career Goals and Assessment 8-6		Brisk walking around the gym
CAP Classes		
Brain Games 8-11		Basketball
		Team Building Activities
Ropes Course cleanup 8-10		Ping-Pong
Independent Living Skills 8-31		Dodge Ball in the gym
Life Goals and forward Thinking 8-23	Future Jobs and the Workplace 8-27	Basketball
Most Likely to Succeed 8-17		Volleyball
Midnights		Soccer
		Basketball
Raised in the System 8-20		Lifting Weights
		Basketball
Writing assignment for JDCAP 8-8		Team Building
How Drugs ruin Opportunity 8-29		Aerobic Wii game
Career Goals and Assessment 8-14		Basketball
		Health
Time Management 8-26		
Life Skills with Vita 8-18		Team Building
Midnights		Weight Lifting
Intro to Nutrition 8-21	Teaching Tolerance 8-30	Basketball
ABC Ropes Course 8-3		Weight Lifting
Weight Lifting 8-5		Weight Lifting
Dangers of Drinking and Driving 8-11		Aerobic Wii game
CAP Classes		Basketball
Free meek Documentary 8-24		Basketball
All or Nothing Documentary 8-1		Basketball
Outdoor Adventures 8-16	People are Awesome 8-28	Stability Ball Exercise
Academic Planning and Goals 8-13		Weight Lifting
		Shooting baskets
9/11 Documentary about Firefighters 8-2		

September 2019

- Other themes for the month of September include: Ethnic Food Month, National 5-A Day Month (Fruits & Veggies), Organic Harvest Month, Potato Month, Food Service Employee Week, National Biscuit Month, National Hispanic Heritage Month and World School Milk Day, National Chicken Month, National Honey Month, National Papaya Month, National rice Month and World School Milk Day (September 30)
- **September 2019** - enrichment/wellness programs included: Garden Therapy, Music Therapy, Art Therapy,

October 2019

- Other Themes for the month of October include: Pasta Month, Pizza Month, National School Lunch Week, Peanuts Month, Popcorn Month, World Vegetarian Day, National Custodial Workers Day, Spinach Lover's Day, National Pork Month, National Seafood Month, National Chili Month, National School Lunch Week (October 11 – 15)
- **October 2019** - enrichment/wellness programs included: Garden Therapy, Music Therapy, Art Therapy,

November 2019

- Other themes for the month of November include: Peanut Butter Lover's Month, Vegan Month, National Fig Week and National split pea soup week
- **November 2019** - enrichment/wellness programs included: Garden Therapy, Music Therapy, Art Therapy,

December 2019

- **December 2019** - enrichment/wellness programs included: Garden Therapy, Music Therapy, Art Therapy,

January 2020

- Other themes for the month include: Oatmeal Month, Pear Month, Soup Month, Fiber Focus Month, Healthy Weight Month, National Hot Tea Month, Apricot Month, resolve to Eat Breakfast Month (promote how important breakfast is – posters, nutritional information provide
- January 1, 2017 – New Year’s Day – Ham Dinner at Lunch
- **January 2020** - enrichment/wellness programs included: Garden Therapy, Music Therapy, Art Therapy,

February 2020

- Other themes for the month include: Cherry Month, Black History Month, Pancake Week, Chili Day, Potato Lover's Months, Fabulous Florida Strawberry Month, National Snack Food Month, Sweet Potato Month and Pie Month
- **February 2020** - enrichment/wellness programs included: Garden Therapy, Music Therapy, Art Therapy,

March 2020

- Other themes for the month include: Irish-American Heritage Month, Go for the Greens, St. Patrick's Day, National Frozen Foods Month, National Nutrition Month, National Peanut Day, National Women's History Month, and Youth Art Month.
- **March 2020** - enrichment/wellness programs included: Garden Therapy, Music Therapy, Art Therapy,

April 2020

- Other themes for the month include: Florida Tomato Month, National Pecan Month, Soy Foods Month, Applesauce Month, National Grilled Cheese Month, National Soft Pretzel Month, Egg Salad Week, and National Licorice Day.
- **April 2020** - enrichment/wellness programs included: Garden Therapy, Music Therapy, Art Therapy,

May 2020

- Other themes for the month of May include: Salad Month, Salsa Month, International Pickle Week, Asparagus Month, Beef Month, National Barbeque Month, Strawberry Month, National Teacher Appreciation Week, Cinco De Mayo Day and National School Nurse/Doctor Day

May 2020 - enrichment/wellness programs included: Garden Therapy, Music Therapy, Art Therapy,

June 2020

- Other Themes for the month of May include: Fresh Fruits and Veggie Month, Papaya Month, Dairy Month, National Ice Tea Month and Turkey Lover's Month
- **June 2020** - enrichment/wellness programs included: Garden Therapy, Music Therapy, Art Therapy,



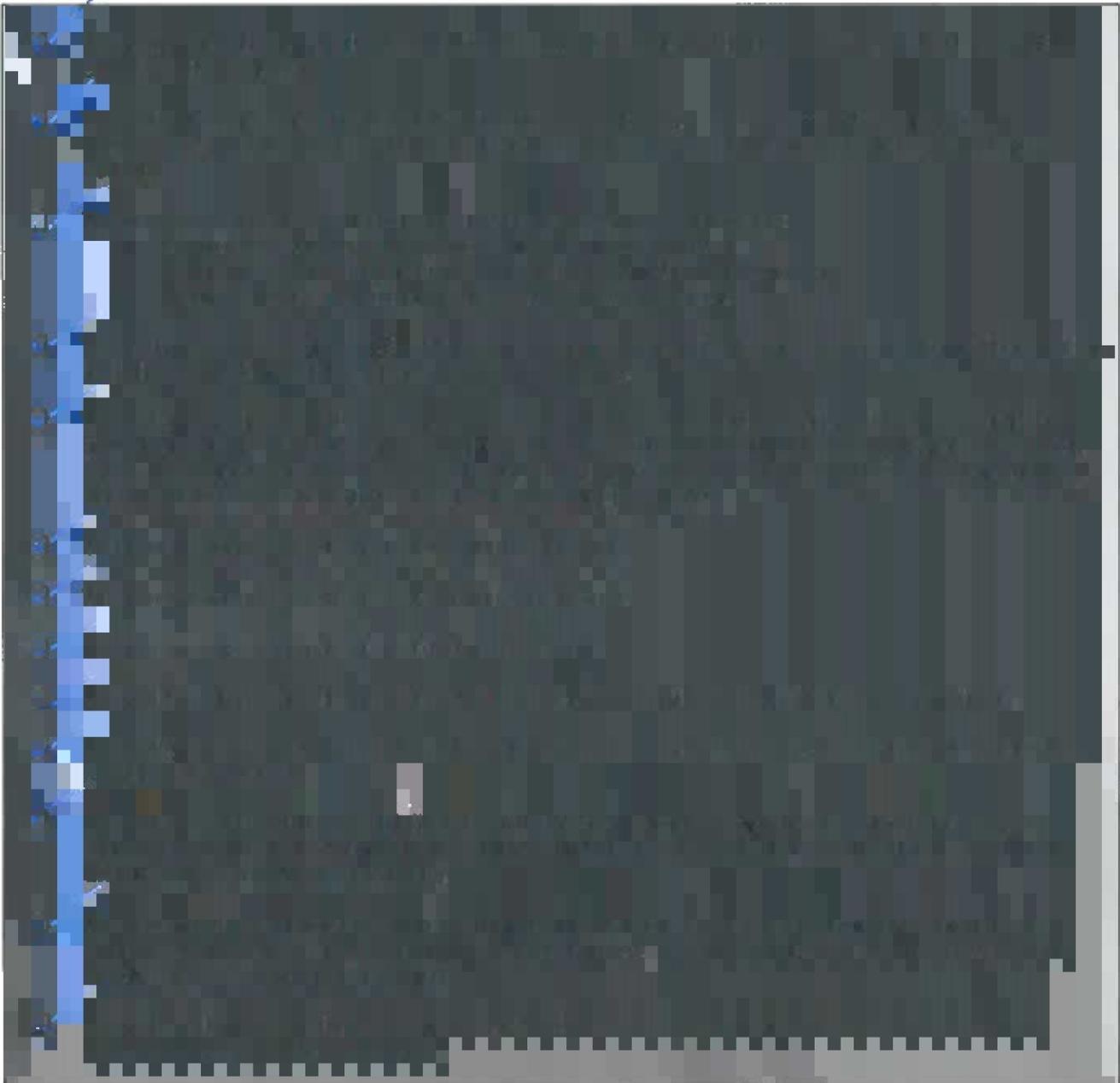
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Unit (1) Health and Your Wellness

Chapter (1) Leading a Healthy Life

- 1-Health and Teens
- 2-Health and Wellness
- 3-Health in Your Community

Chapter (2) Skills for a Healthy Life

- 1-Building Life Skills
- 2-Making Great Decisions
- 3-Resisting Pressure from Others
- 4-Setting Healthy Goals

Chapter (3) Self-Esteem and Mental Health

- 1-Building Your Self-Esteem
- 2-Using Good Communication Skills
- 3-Mental and Emotional Health
- 4-Understanding Mental Disorders

Chapter (4) Managing Stress and Coping with Loss

- 1-Stress and Your Health
- 2-Dealing with Stress
- 3-Coping with Loss
- 4-Preventing Suicide

Chapter (5) Preventing Violence and Abuse

- 1-Conflict Resolution and Violence Prevention
- 2-Recognizing and Prevention Abuse
- 3-Sexual Abuse and Violence

Unit (2) Health and Your Body

Chapter (6) Physical Fitness for Life

- 1-Physical Fitness and Your Health
- 2-Planning Your Fitness Program

3- Chapter (7) Nutrition for Life

- Exercising the Safe Way
- 4-Sleep
- 1-Carbohydrates, Fats, and Proteins
- 2-Vitamins, Minerals, and Water
- 3-Meeting Your Nutritional Needs
- 4-Choosing a Healthful Diet

Chapter (8) Weight Management and Eating Behaviors

- 1-Food and Your Body Weight

- 2-Maintaining a Healthy Weight
- 3-Eating Disorders
- 4-Preventing Food Related Illness

Unit (3) Drugs

Chapter (9) Understanding Drugs and Medicines

- 1-Drugs
- 2-Drugs as Medicines
- 3-Drugs and the Brain

Chapter (10) Alcohol

- 1-Alcohol Affects the Body
- 2-Alcoholism Affects the Family and Society
- 3-Teens and Alcohol

Chapter (11) Tobacco

- 1-Tobacco Use
- 2-Dangers of Tobacco Use
- 3-A Tobacco Free Life

Chapter (12) Illegal Drugs

- 1-Drugs of Abuse
- 2-Commonly Abused Drugs
- 3-Other Drugs of Abuse
- 4-A Drug-Free Life

Unit (4) Disease and Disorders

Chapter (13) Preventing Infectious Diseases

- 1-What Are Infectious Diseases
- 2-Protecting yourself from infectious Diseases
- 3-Common Infectious Diseases

Chapter (14) Lifestyle Diseases

- 1-Lifestyle and Lifestyle Diseases
- 2-Cardiovascular Diseases
- 3- Cancer
- 4-Living with Diabetes

Chapter (15) Other Diseases and Disabilities

- 1-Understanding Hereditary Diseases
- 2-Understanding Immune Disorders and Autoimmune Diseases
- 3-Understanding Disabilities

Unit (5) Adolescence, Adulthood and Family Life

Chapter (16) Adolescence and Adulthood

- 1-Changes during Adolescence
- 2-Adulthood

Chapter (17) Marriage, Parenthood and Families

- 1-Marriage
- 2-Parenthood
- 3-Families

Unit (6) Reproductive Health

Chapter (18) Reproduction, Pregnancy and Development

- 1-Male Reproductive System
- 2-Female Reproductive System
- 3- Pregnancy and Early Development

Chapter (19) Building Responsible Relationships

- 1-Responsible Relationships
- 2-Benefits of abstinence
- 3-Coping with Pressures

Chapter (20) Risks of Adolescent Sexual Activity

- 1-What Are the Risk?
- What Are Sexual Transmitted Diseases?
- Common STDs

Chapter (21) HIV and AIDS

- 1-HIV and AIDS Today
- 2-Understanding HIV and AIDS
- 3-Protecting Yourself from HIV and AIDS

PHYSICAL EDUCATION CURRICULUM – 2019/2020

UNIT (1) BASKETBALL

Basketball Word Search

Movement Breakdown of Skills

- (1) **Dribbling Drills**
- (2) Passing Drills
- (3) Shooting Drills
- (4) Foul Shooting
- (5) Rebounding Drills
- (6) Basketball Task Cards
- (7) Eight Station Basketball Circuit Training Plan
- (8) Basketball Motivators and Lesson Extensions

UNIT (2) CONDITIONING

Conditioning Word Search

Movement Breakdown of Skills

- (1) Rope Jumping
- (2) Cardiovascular Walk and Run
- (3) Upper Body Strength
- (4) Lower Body Strength
- (5) Flexibility
- (6) Timed Fitness
- (7) Conditioning Task Cards
- (8) Eight Station Conditioning Circuit Training Plan
- (9) Conditioning Motivators
- (10) Conditioning Lesson Extensions

UNIT (3) FOOTBALL

Football Word Search

Movement Breakdown of Skills

- (1) Passing Drills
- (2) Passing and Receiving Drills
- (3) Running Patterns
- (4) Kicking Drills
- (5) Hand off Technique
- (6) Eight Station Football Circuit Training Plan
- (7) Football Motivators
- (8) Eight Football Circuit Training Plan
- (9) Football Lesson Extension

UNIT (4) SOCCER

Soccer Word Search

Movement Breakdown of Skills

- (1) **Trapping**
- (2) Dribbling
- (3) Heading
- (4) Throw-in
- (4) Passing
- (5) Goal Keeping
- (6) Soccer Task Card
- (7) Eight Station Soccer Circuit Training Plan
- (8) Soccer Extended Lesson

UNIT (5) RAG-BALL

Rag Ball Word Search

Movement Breakdown of Skills

- (1) Throwing
- (2) Catching
- (3) Batting
- (4) Baserunning
- (5) Fielding Ground Balls
- (6) Rag Ball Task Cards
- (7) Eight Station Rag Ball Circuit Training

UNIT (6) VOLLEYBALL

Volleyball Word Search

Movement Breakdown of Skills

- (1) Serving
- (2) Setting
- (3) Bumping
- (4) Spiking
- (5) Digging
- (6) Volleyball Task Cards
- (7) Eight Station Volleyball Circuit Training Plan

UNIT (7) LINE DANCE

Line Dance Word Search

Movement Breakdown of Skills

- (1) Cha Cha Slide
- (2) Wobble
- (3) Electric Slide
- (4) Cupid Slide
- (5) Jamie Fox Shuffle

UNIT (8) WEIGHT TRAINING

Weight Lifting Word Search

Movement Breakdown of Skills

- (1) Lat Pull Down
- (2) Bicep Curls
- (3) Triceps Pull Down
- (4) Leg Extension
- (5) Shoulder Press
- (6) Bench Press
- (7) Universal Weight Machine
- (8) Eight Station Weight Circuit Training Plan

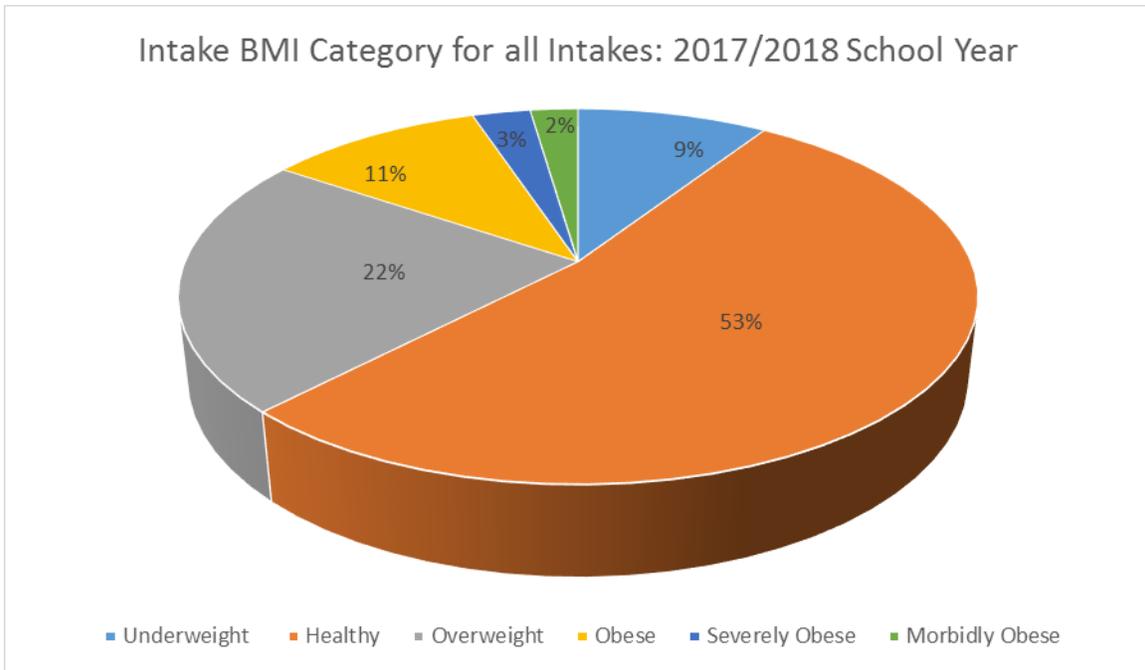
Bucks County Youth Center
BMI Report for School Year 2018/2019

Upon admission to the facility each resident has a medical intake. As part of the intake process, height and weight is obtained for each resident. This data is used to calculate BMI for each resident. Every resident is scheduled to have their height and weight measured every thirty (30) days during their stay at the facility. The category determination for BMI is made utilizing the following Chart:

BMI Category	BMI Range
Underweight	Less than 18.5
Healthy	18.5-24.9
Overweight	25-29.9
Obese	30-34.9
Severely Obese	35-39.9
Morbidly Obese	40 and above

The majority of the residents are in the secure detention program, and therefore are at the facility for less than thirty (30) days. The first graph included in the report is the intake BMI for all detention and residential residents who entered our facility during the school year 2018/2019. The sample size for total intakes is 391 residents. Of those, the breakdown for BMI Category upon admission is as follows:

BMI Category	Percentage of Residents
Underweight	9.2%
Healthy Weight	52.9%
Overweight	22.2%
Obese	10.4%
Severely Obese	2.8%
Morbidly Obese	2.3%



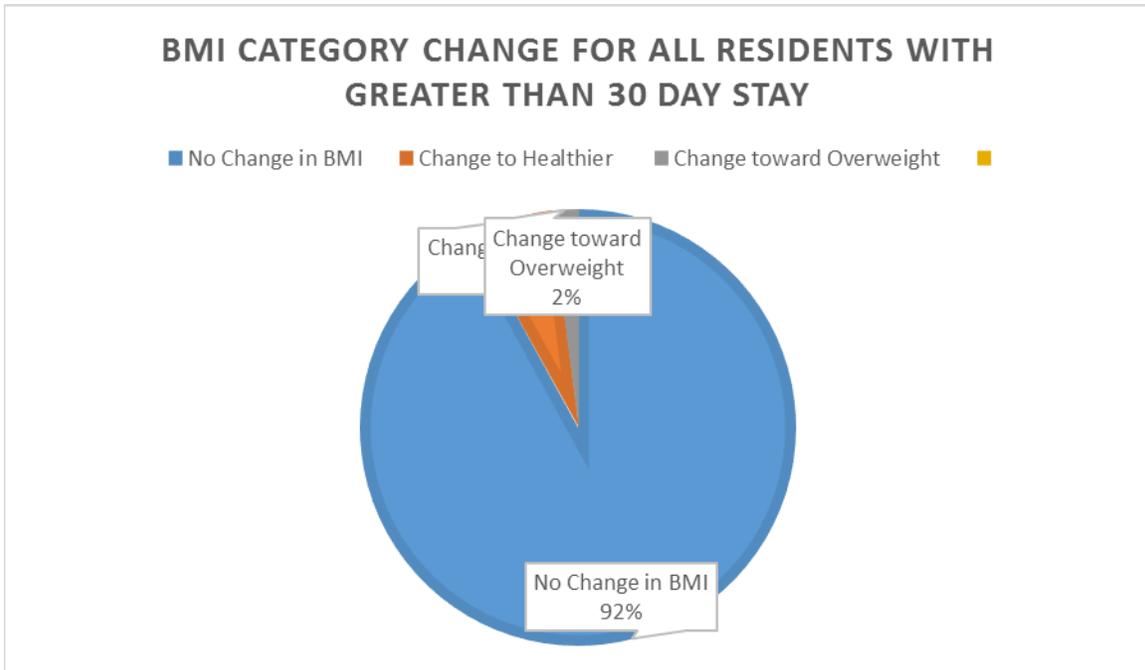
As the table shows, the majority of juveniles entering the facility arrive at a healthy BMI. All residents are offered healthy food choices at all meals, including a salad bar offered at lunch and dinner daily with fresh vegetables and greens. All residents are encouraged to make healthy food choices during their stay. Also available to the residents during their time at the facility are a gym and weight room.

Once a resident has been in the facility for longer than thirty days, a repeat BMI is obtained at the thirty day mark and every thirty days thereafter until release. During the 2018/2019 school year, there were fifty one (51) residents who remained in the facility for longer than 30 days and who had multiple BMI readings obtained. The table below shows the resident case number, their BMI at intake, their BMI at release, and then the BMI category at intake and release. Any resident who has an asterisk by their case number is a resident who had a change in BMI category during their stay at the Bucks County Youth Center.

Case Number	Intake BMI	Discharge BMI	Intake Category	Discharge Category
2018-0337	21.6	23.6	Healthy	Healthy
2018-0353	17.2	18.1	Underweight	Underweight
2018-0377	19.3	19.9	Healthy	Healthy
2018-0382	21.6	24.5	Healthy	Healthy
2018-0420	20.4	21.3	Healthy	Healthy
2018-0441	21.3	22.4	Healthy	Healthy
2018-0443	37.8	36.8	Severely Obese	Severely Obese
2018-0446	27.9	28.1	Overweight	Overweight
2018-0449	26.3	26.6	Overweight	Overweight
2018-0453	20.8	24.7	Healthy	Healthy

2018-0456	21.9	22.1	Healthy	Healthy
2018-0460	30	30.2	Obese	Obese
2018-0461	19.7	20.2	Healthy	Healthy
2018-0463	21.7	22.3	Healthy	Healthy
2018-0464	30.7	31	Obese	Obese
2018-0472	19	21	Healthy	Healthy
2018-0490	27	27.1	Overweight	Overweight
2018-0492*	22.6	25	Healthy	Overweight
2018-0496	22	23.4	Healthy	Healthy
2018-0505	34.5	33.9	Obese	Obese
2018-0512	23.8	20.2	Healthy	Healthy
2018-0525	36.1	37.3	Severely Obese	Severely Obese
2018-0536	26.2	27.2	Overweight	Overweight
2018-0546	20.4	22.1	Healthy	Healthy
2018-0553	20.1	23	Healthy	Healthy
2018-0561	23.4	23.6	Healthy	Healthy
2018-0581	25	27.3	Overweight	Overweight
2019-0009	16.4	17.8	Underweight	Underweight
2019-0025	25	25.5	Overweight	Overweight
2019-0030	21.2	20.8	Healthy	Healthy
2019-0034	20.8	21.3	Healthy	Healthy
2019-0052	22.8	22.9	Healthy	Healthy
2019-0067	22.2	23.4	Healthy	Healthy
2019-0073	23.6	23.2	Healthy	Healthy
2019-0077	21.1	22.2	Healthy	Healthy
2019-0080*	17.2	19.1	Underweight	Healthy
2019-0092	19.8	21.5	Healthy	Healthy
2019-0098*	25.2	24.8	Overweight	Healthy
2019-0095	18.6	21.1	Healthy	Healthy
2019-0099	32.3	32.4	Obese	Obese
2019-0129	23.8	24.3	Healthy	Healthy
2019-0156	17.9	19.6	Underweight	Healthy
2019-0174	20.6	22	Healthy	Healthy
2019-0175	32.4	31.4	Obese	Obese
2019-0221	19.6	19.8	Healthy	Healthy
2019-0227	17.5	18	Underweight	Underweight
2019-0233	27.4	26.9	Overweight	Overweight
2019-0245	21.6	21.8	Healthy	Healthy
2019-0248	22.7	23.9	Healthy	Healthy
2019-0254	22.2	22.7	Healthy	Healthy
2019-0263	32.3	31.9	Obese	Obese

Of these 51 residents, almost all had at least a minimal fluctuation in their BMI numbers. 92 percent (92%) of the residents had no change in their BMI category. The percentages of residents who had a change in BMI category are as follows: 75% had a change in BMI category toward a healthier weight, 25% had a change in BMI category toward the overweight category. Four (4) residents, or 8% of the sample size, had a change in BMI significant enough to change the category their BMI fell into. The graph below illustrates the percentage of residents with a change in BMI category.



Close window

Your District's Scorecard

Congratulations! You have completed the WellSAT. Check out your scorecard below. It contains details of how you scored on each item and section of the assessment. It also provides resources that will help you improve your district's school wellness policy.

Items with a rating of "0" (item not addressed in the policy) or "1" (general or weak statement addressing the item) can be improved by referring to the resource links next to the items. Multiple resources addressing school wellness policy topics are available online. To avoid duplicative information, we have included a small selection, rather than a comprehensive listing.

Version: 3.0

Policy Name: Bucks County Youth Center

Section 1. Nutrition Education

Rating

NE1	<input type="text"/> Includes goals for nutrition education that are designed to promote student wellness.	2
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	2
NE3	All elementary school students receive sequential and comprehensive nutrition	2

	education.	
NE4	All middle school students receive sequential and comprehensive nutrition education.	2
NE5	All high school students receive sequential and comprehensive nutrition education.	2
NE6	Nutrition education is integrated into other subjects beyond health education	2
NE7	Links nutrition education with the school food environment.	2
NE8	<input type="text"/> Nutrition education addresses agriculture and the food system.	2
Subtotal for Section 1	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 8. Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 8. Multiply by 100.	100

Section 2. Standards for USDA Child Nutrition Programs and School Meals

Rating

SM1	<input type="text"/> Assures compliance with USDA nutrition standards for reimbursable school meals.	2
SM2	Addresses access to the USDA School Breakfast Program.	2
SM3	<input type="text"/> District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	2
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	2
SM5	Specifies how families are provided information about determining eligibility for free/reduced priced meals.	2
SM6	Specifies strategies to increase participation in school meal programs.	2
SM7	Addresses the amount of "seat time" students have to eat school meals.	2

SM8	<input type="text"/> Free drinking water is available during meals.	2
SM9	<input type="text"/> Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	2
SM10	<input type="text"/> Addresses purchasing local foods for the school meals program.	2
Subtotal for Section 2	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 10. Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 10. Multiply by 100.	100

Section 3. Nutrition Standards for Competitive and Other Foods and Beverages

Rating

NS1	<input type="text"/> Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day.	2
NS2	USDA Smart Snack standards are easily accessed in the policy.	2
NS3	<input type="text"/> Regulates food and beverages sold in a la carte.	2
NS4	<input type="text"/> Regulates food and beverages sold in vending machines.	2
NS5	<input type="text"/> Regulates food and beverages sold in school stores.	2
NS6	<input type="text"/> Addresses fundraising with food to be consumed during the school day.	2
NS7	Exemptions for infrequent school-sponsored fundraisers.	2
NS8	Addresses foods and beverages containing caffeine at the high school level.	2

NS9	<input type="text"/> Regulates food and beverages served at class parties and other school celebrations in elementary schools.	2
NS10	Addresses nutrition standards for all foods and beverages served to students after the school day, including, before/after care on school grounds, clubs, and after school programming.	2
NS11	Addresses nutrition standards for all foods and beverages sold to students after the school day, including before/after care on school grounds, clubs, and after school programming.	2
NS12	Addresses food not being used as a reward.	2
NS13	Addresses availability of free drinking water throughout the school day.	2
Subtotal for Section 3	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 13. Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 13. Multiply by 100.	100

Section 4. Physical Education and Physical Activity

Rating

PEPA1	<input type="text"/> There is a written physical education curriculum for grades K-12.	2
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	2
PEPA3	Physical education promotes a physically active lifestyle.	2
PEPA4	Addresses time per week of physical education instruction for all elementary school students.	2
PEPA5	Addresses time per week of physical education instruction for all middle school students.	2
PEPA6	Addresses time per week of physical education instruction for all high school students.	2
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	2

PEPA8	Addresses providing physical education training for physical education teachers.	2
PEPA9	Addresses physical education exemption requirements for all students.	2
PEPA10	Addresses physical education substitution for all students.	2
PEPA11	<input type="text"/> Addresses family and community engagement in physical activity opportunities at all schools.	2
PEPA12	<input type="text"/> Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	2
PEPA14	<input type="text"/> Addresses physical activity breaks during school.	2
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	2
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	2
Subtotal for Section 4	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 15. Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 15. Multiply by 100.	100

Section 5. Wellness Promotion and Marketing

Rating

WPM1	Encourages staff to model healthy eating and physical activity behaviors.	2
WPM2	<input type="text"/> Addresses strategies to support employee wellness.	2
WPM3	Addresses using physical activity as a reward.	2
WPM4	Addresses physical activity not being used as a punishment.	2
WPM5	Addresses physical activity not being withheld as a punishment.	2

WPM6	Specifies marketing to promote healthy food and beverage choices.	2
WPM7	<input type="text"/> Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	2
WPM8	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).	2
WPM9	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	2
WPM10	Specifically addresses marketing where food is purchased (e.g., exteriors of vending machines, food and beverage cups and containers, food display racks, coolers, trash and recycling containers).	2
WPM11	Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, and announcements on the public announcement (PA) system).	2
WPM12	Specifically addresses marketing through fundraisers and corporate-incentive programs (e.g., fundraising programs that encourage students and their families to sell, purchase, or consume products and corporate incentive programs that provide funds to schools in exchange for proof of purchases of company products, such as Box Tops for Education).	2
Subtotal for Section 5	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 12. Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 12. Multiply by 100.	100

Section 6. Implementation, Evaluation & Communication

Rating

IEC1	Addresses the establishment of an ongoing district wellness committee.	2
IEC2	<input type="text"/> Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy.	2
IEC3	<input type="text"/> Identifies the officials	2

	responsible for the implementation and compliance of the local wellness policy.	
IEC4	<input type="text"/> Addresses making the wellness policy available to the public.	2
IEC5	<input type="text"/> Addresses the assessment of district implementation of the local wellness policy at least once every three years.	2
IEC6	<input type="text"/> Triennial assessment results will be made available to the public and will include:	2
IEC7	<input type="text"/> Addresses a plan for updating policy based on results of the triennial assessment.	2
IEC8	Addresses the establishment of an ongoing school building level wellness committee.	2
Subtotal for Section 6	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 8. Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 8. Multiply by 100.	100

Overall District Policy Score

Total Comprehensiveness Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	District Score 100
Total Strength Add the strength scores for each of the six sections above and divide this number by 6.	District Score 100

Federal
 Requirement Farm to
 School CSPAP



Wellness Policy Assessment Tool and Report Template

Background

Federal regulations at [7 CFR 210.31](#) require local education agencies (LEAs) participating in the National School Lunch Program to complete an assessment of their local school wellness policy at least once every three years and make the results available to the public. This triennial assessment must measure the implementation of the local school wellness policy and include:

- The extent to which schools under the jurisdiction of the LEA are in compliance with the local school wellness policy;
- The extent to which the LEA's local school wellness policy compares to model local school wellness policies; and
- A description of the progress made in attaining the goals of the local school wellness policy.

LEAs may use a variety of methods to assess compliance and determine progress of their goals and objectives. Action planning documents that contain timelines, goals, and key tasks may assist in assessing changes over time. For example, the [School Health Index](#) (SHI) is a comprehensive self-assessment tool that helps with action planning and recordkeeping (a shorter version of the SHI is available from [Alliance for a Healthier Generation](#)), and the [WellSAT 2.0](#) is an online tool that indicates the strengths and weaknesses of your written policy.

Triennial Assessment Tool and Report Template

When completed in full, this form may serve as both an assessment tool and triennial assessment report template to meet the requirements in federal regulations and prepare for the Administrative Review by the Pennsylvania Department of Education (PDE), Division of Food and Nutrition. This document is intended to be completed using LEA-level information; however, the LEA may determine that a report from each school site, or alternatively, each school level (i.e., elementary, middle, high school) works better in assessing compliance and progress over time. For larger school districts, reporting on a district level may be challenging due to variation in sites' programs and progress in attaining wellness goals. If completing this report for the entire LEA, answer questions using the best available information and consider noting individual building variations or concerns in the "notes" sections.

In the left columns, indicate whether the listed goal or practice is included in your local school wellness policy. **Bolded** policy elements are required by federal regulation to be included in the written policy. When bolded items are not in the local policy, include an explanation. This tool uses the Pennsylvania School Board Association's school wellness [policy template](#) (#246) as the model wellness policy for comparison purposes, but it can be used regardless of the template used to develop your local policy.

In the right columns, indicate implementation of the goal or practice at schools within the LEA. LEAs are always encouraged to develop additional policy elements and goals for schools under their jurisdiction to create a supportive environment for student nutrition and physical activity.

Space is provided at the bottom of the form for the LEA to describe the progress made in attaining the goals of the local school wellness policy as required.

July 2018

This institution is an equal opportunity provider

Wellness Policy Assessment Tool and Report Template

LEA / District Name: Bucks County Youth Center Reporting Timeframe (month/year to month/year): 07-2017/06-2018

Name(s) of Reviewer(s): Jacqueline Froehlich School Name (if applicable): Bucks County Youth Center

Select grades:

PK K 1 2 3 4 5 6 7 8 9 10 11 12

Included in the written policy?
Yes No

Implemented in the school building(s)?
Fully In Place Partially In Place Not In Place

Public Involvement, Notification, and Assessment

- | | | | | | |
|-----------------------|-----------------------|---|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | We have LEA official(s)/designee(s) in charge of wellness policy compliance. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | | Name(s)/Title(s): John F. Corr, Director and Jacqueline Froehlich, Deputy | | | |
- | | | | | | |
|-----------------------|-----------------------|---|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | We complete an assessment of the local school wellness policy at least every three years ("triennial assessment"). | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
|-----------------------|-----------------------|---|-----------------------|-----------------------|-----------------------|
- | | | | | | |
|-----------------------|-----------------------|--|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | Triennial assessment results are made available to the public in an easily accessible manner. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | | Website address and/or description of how to access copy:
Copies are on display for the public to view in our Detention Lobby Area and RSU Sa | | | |
- | | | | | | |
|-----------------------|-----------------------|---|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | At least every three years we use the results of the triennial assessment to update or modify the wellness policy as needed. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | | The LEA informs and updates the public about the contents, updates, and implementation of the wellness policy at least annually and the policy is accessible to the public. | | | |
| | | Website address for policy and/or description of how to access copy:
Copies are on display for the public to view in our Detention Lobby Area and RSU Sa | | | |
- | | | | | | |
|-----------------------|-----------------------|---|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | We retain records as required by federal regulations including: | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | | <input checked="" type="checkbox"/> The written school wellness policy, | | | |
| | | <input checked="" type="checkbox"/> Documentation of making the wellness policy publicly available, | | | |
| | | <input checked="" type="checkbox"/> Documentation of outreach efforts inviting stakeholders to participate in the wellness committee / wellness policy process, and | | | |
| | | <input checked="" type="checkbox"/> Copy of triennial assessment and documentation of reporting results to public. | | | |
| | | The LEA utilizes a wellness committee that includes these community stakeholders in the development, implementation, review, and update of the wellness policy: | | | |
| | | <input checked="" type="checkbox"/> Administrators <input checked="" type="checkbox"/> Food service staff <input checked="" type="checkbox"/> School health professionals | | | |
| | | <input type="checkbox"/> Parents <input checked="" type="checkbox"/> School board members <input checked="" type="checkbox"/> PE teachers <input type="checkbox"/> Students | | | |
| | | <input checked="" type="checkbox"/> Public | | | |
| | | Other stakeholders (describe): | | | |

Notes on public involvement, notification, and assessment:

As a secure facility, we can not have the involvement of parents on our Wellness Committee. We do ask our students for feedback through surveys, however, they are not with us long enough to be a member of our committee.

Nutrition Education*

- | | | | | | |
|-----------------------|-----------------------|--|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | Nutrition education is provided within PDE's sequential, comprehensive health education standards. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
|-----------------------|-----------------------|--|-----------------------|-----------------------|-----------------------|
- | | | | | | |
|-----------------------|-----------------------|---|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | We teach, model, encourage, and support healthy eating through nutrition education. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
|-----------------------|-----------------------|---|-----------------------|-----------------------|-----------------------|

Wellness Policy Assessment Tool and Report Template

Included in the written policy?		Implemented in the school building(s)?		
Yes	No	Fully in Place	Partially in Place	Not in Place
<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Notes on goals for nutrition education:

Annually, we have a Picnic for our RSU Residents and their families. We have our medical staff review the year and how we are taking care of their children, which includes BMI testing and Nutritional Education. In addition, we tour the Vegetable/Fruit Gardens on site that the residents care for with their families. We also serve a healthy meal and explain to parents how they can prepare quick and easy.

Nutrition Promotion*

<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Notes on goals for nutrition promotion:

Again, we educate the parents on what BCYC is doing for their children and encourage them to follow those practices at home.

Physical Activity*

<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Wellness Policy Assessment Tool and Report Template

Included in the written policy?			Implemented in the school building(s)?		
Yes	No		Fully in Place	Partially in Place	Not in Place
<input checked="" type="radio"/>	<input type="radio"/>	In addition to planned physical education, we offer activities such as indoor and outdoor recess, before and after school programs, intramurals, interscholastic athletics, and clubs to meet the needs and interests of our students.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We maintain a physical and social environment that encourages safe and enjoyable activity for all students.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We discourage extended periods of inactivity (two hours or more) for students.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We provide physical activity breaks in the classroom.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We offer before and/or after-school programs that include physical activity for participating children.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We partner with parents/guardians and community members and organizations (e.g., YMCA, Boys & Girls Clubs, local parks, hospitals, etc.) to offer programs supporting lifelong physical activity.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We do not use physical activity as a punishment (e.g., running laps).	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We do not withhold physical activity as a punishment (e.g., taking away recess).	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	We encourage walking and biking to school.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	We encourage students and families to use our physical activity facilities, such as playgrounds and ball fields, outside of school hours in accordance with school rules.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
		Other goal (describe):			

Notes on goals for physical activity:

As a secure facility, we can not have the residents walking or biking to school. Our school is on site where they stay with us. In addition, for those residents that go to an outside school, bus service is provided.

Physical Education (PE)

<input checked="" type="radio"/>	<input type="radio"/>	We implement a PE program consistent with state academic standards. All students participate in PE.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	PE instruction promotes skills and knowledge necessary for lifelong physical activity.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	PE classes provide the means for students to learn, practice, and be assessed on developmentally appropriate skills.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	Our curriculum promotes both team and individual activities.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We offer a comprehensive PE course of study with planned instruction time for students to meet standards at the proficient level.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We use a local assessment system to track student progress on state standards. Students are moderately to vigorously active as much time as possible during PE class. Accommodations are made in class for documented medical conditions and disabilities.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We provide safe and adequate equipment, facilities, and resources for PE class.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	Certified health and PE teachers teach our classes.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We provide professional development for PE staff.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	PE classes have a teacher-student ratio similar to other courses for safe and effective instruction.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We do not use or withhold physical activity as a form of punishment in PE class.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
		Other goal (describe):			

Notes on goals for physical education:

PE is provided through the Bucks County Intermediate Unit #22

Wellness Policy Assessment Tool and Report Template

Included in the written policy?		Implemented in the school building(s)?			
Yes	No	Fully in Place	Partially in Place	Not in Place	
Other School-Based Wellness Activities*					
<input checked="" type="radio"/>	<input type="radio"/>	Free drinking water is available and accessible to students during meal periods and throughout the school day.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	School nutrition staff meet local hiring criteria and in compliance with federal regulations.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We provide continuing education to school nutrition staff as required by federal regulations.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We provide adequate space for eating and serving school meals.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We provide a safe and clean meal environment for students.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We offer students enough time to eat (10 minutes sit down time for breakfast; 20 minutes sit down time for lunch) and schedule meal periods at appropriate hours.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	We implement alternate school breakfast service models to increase participation, such as "grab & go," breakfast served in the classroom, and breakfast after first period.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	Students have access to hand washing or sanitizing before meals.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	Only authorized staff have access to the food service operation.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We provide the nutrition content of school meals to the school community.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We include students/parents in menu selections through taste-testing and surveys.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We utilize outside funding and programs to enhance school wellness.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We train all staff on the components of the school wellness policy.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	School based activities are planned with wellness policy goals in mind.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	Fundraising projects submitted for approval are supportive of healthy eating and student wellness.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We encourage administrators, teachers, school nutrition professionals, students, parents/guardians, and community members to serve as positive role models through district programs, communications, and outreach.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We communicate information to parents/guardians to support their efforts to provide a healthy diet and daily physical activity for their children.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	Indoor air quality is in accordance with our healthy learning environment program and applicable laws and regulations.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
		Other goal (describe):			

Notes on goals for other school-based activities:

As a Juvenile Detention Center, all meals are served in the dining room or in the living area where residents reside. No Fundraising is allowed at BCYC.

Nutrition Guidelines for All Foods and Beverages at School

<input checked="" type="radio"/>	<input type="radio"/>	We consider promoting student health and reducing obesity when offering foods and beverages to students at school.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	Foods and beverages provided through the National School Lunch and School Breakfast Programs comply with federal meal standards.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We offer healthy food and beverage options at school-sponsored events, such as dances and sporting events.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	Foods and beverages outside of the school meal, which are sold to students at school during the school day, meet or exceed the established federal competitive food standards (USDA Smart Snacks in School). Venues include vending, school stores, non-exempt fundraisers, and a la carte items.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Wellness Policy Assessment Tool and Report Template

Included in the written policy?		Implemented in the school building(s)?		
Yes	No	Fully in Place	Partially in Place	Not in Place
<input checked="" type="radio"/>	<input type="radio"/>	We limit the number of food fundraisers at school and have procedures in place for requesting a fundraiser exemption (i.e., selling foods that do not meet Smart Snacks) in accordance with limits set by PDE.		
<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We provide a list of nonfood ideas and healthy food/beverage alternatives to staff and parents/guardians.		
<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Notes on nutrition guidelines for foods and beverages at school:

We do not sell anything to our residents, however we serve all healthy beverages to them. All food served to our residents is prepared by our staff.

*** At least one goal for these categories must be included in the written policy per federal regulations.**

Report on the progress made in attaining the goals of the wellness policy (REQUIRED):

Our Medical Staff are to check our resident and record their BMI. The Medical staff are to keep records on file and at the end of each school year report those findings to our committee in a report. In addition, the Medical Staff will continue throughout the school year to teach nutrition education classes to our residents.

BCIU#22 - Physical Education Teacher will provide the physical activity and health education to our residents. BCYC staff will continue to be responsible for enrichment activities that planned for before and after school. These include physical and nutritional education classes.

Food Service will continue to provide healthy meals to our residents based on the School Breakfast/Lunch and Snack Programs. They will also continue to work with our staff and Residential Residents on our School Garden Program. Teaching the residents about farm to table and working in the gardens. In addition, we will continue to have healthy promotional posters in the dining room area as well as around the facility. Our Art Program also has the residents make healthy posters and themes throughout the year.

BCYC will also continue to use this facility to promote a healthy life style to other facilities and to our community. We are a member of the School Nutrition Association and the School Nutrition Association of PA, where we train our local community schools in School Gardens, Farm to Plate, CPR/First Aide, Fire Safety Training and Team Building.

BCYC will also continue to provide information on our Website on Civil Rights and the National School Breakfast/Lunch/Snack Programs. In addition to having a copy of our Wellness Policy in our Detention Lobby Area and in our Residential Service Program Sally Port for the Public to view.