

## **Local Wellness Policy for Jackson County Youth Center**

The Jackson County Youth Center is committed to creating a healthy environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement.

### **Nutrition Standards**

The Youth Center shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. The Youth Center shall encourage residents to make nutritious food choices. The Youth Center shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs. The Youth Center shall consider nutrient density and portion size before permitting food and beverages to be sold or served to residents.

### **Physical Education and Physical Activity Opportunities**

See Policies: Gen 1145 and Gen 1265

### **Implementation and Measurement**

The Assistant Director shall implement this policy and measure how well it is being managed and enforced. The Youth Center Administration shall develop and implement administrative rules consistent with this policy. Input from teachers, nurses, parents/guardians, students, and cooks shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The Assistant Director shall report to administration, as requested, on the Youth Center's programs and efforts to meet the purpose and intent of this policy and the regulations of COR Administrative Rules.

## GYMNASIUM USAGE

Philosophy: The use of the gym is a regular and necessary activity. There are, however, necessary guidelines that need to be in place to protect the safety and security of the residents and staff. These guidelines are intended to insure safety and security and should be followed by all participants that intend to use the gym facility. Failure to do so may prohibit that individual's use of the gym.

Procedure: All gym activities should include basic stretching exercises and running. The following guidelines should be followed at a minimum:

Prior to any athletic event, all participants should:

- run 5 complete laps
- stretching exercises to include
  - cross-over toe-touchers
  - modified hurdlers stretch
  - hand and arm circles
  - calf stretches

In addition, the following basic rules should be followed:

- no dunking or hanging on the rim or net
- if injured, you should not continue to play hurt
- keep the teams limited to 4 on 4 activities (no 5 on 5 games)
- no score kept, unless, a formal team competition authorized by the Shift Supervisor on duty
- no extra chairs on the sidelines
- spectators should be kept to a minimum, and seated on the sidelines in the middle of the gym
- no use of drinking fountain unless during scheduled break times
- dust mop the floor prior to use and during breaks if necessary

In addition, the level of competition, the amount of playing time, and skill level, should always be considered. Most injuries occur during highly competitive games and when people are greatly fatigued. Injuries are also likely to occur when unskilled individuals are "playing out of their element".

## RECREATIONAL ACTIVITIES

Philosophy: All residents have the right to recreational activities and physical exercise. The law requires that each resident be insured of this right unless their behavior/security clearance restricts that right.

Policy: Residents shall be provided at least 1 hour of large muscle activity per day. This activity, when weather permits, will include outdoor exercise. The following list cites examples of large muscle activity: aerobics, basketball, softball, volleyball, organized non-competitive play, field hockey, running, walking, hiking and skiing.

Residents shall also be provided at least one hour of leisure activities per day. The following list cites examples of leisure time activities: ping-pong, card games, table games, foosball, homework, quiet reading, art projects.

Procedure: Each Shift Supervisor, in cooperation with the staff, will work to see that the above policy is complied with.

Special Activities: There are special activities that occur out of county, but are not regular events. These activities must be approved in Team Leaders or by the Director.