

UTAH DIVISION OF JUVENILE JUSTICE SERVICES

Juvenile Wellness Progress Report¹

Assistant Program Director	Peter Smith	
Facility Name	Cache Valley Youth Center	
Facility Wellness Policy Committee	Susan Sparks	
Wellness Policy Website²	http://www.hspolicy.utah.gov/jjs	
Juvenile Justice Services Food Services Coordinator	Kainoa Willing (801) 538-4366 kwilling@utah.gov	
<p>How is your facility meeting the wellness policy goals? Is there anything special your facility is doing? We have a food service supervisor who ensures all nutritional guidelines are being met. Juveniles at the facility attend school on a daily basis which includes a health class that addresses health and nutrition education. Juveniles are also expected to participate in a daily physical activity program called Spark. This program teaches and promotes skill development through instruction and practice. One special activity this facility is doing is a yoga class two times a week. One of our school teaches is a certified yoga instructor and teaches this class in both of our units as part of regular school hours.</p>		
<p>How has your facility encouraged juveniles to engage in recreation activities that include physical activity and promote good nutrition practices? One strategy we use is to mentor and encourage the juveniles in this facility by example. We do this by having staff participate in the yoga class, participate in the spark program, participate when a basketball game or pickle-ball game is played or when any type of activity is done. Same with nutrition, staff are encouraged to eat the same things the juveniles are eating.</p>		
<p>What is your facility doing for local wellness policies events or activities? All employees are required to read the juvenile wellness policy every year. They are expected to know what information is in the policy and to follow all expectation outlined therein. Our food service coordinator attends quarterly kitchen supervisor meetings.</p>		
<p>Is the public involved? How? Yes, we have a community group that comes into the facility once a week and participates in a physical activity with the juveniles at the facility. They typically spend 60 minutes playing sport or game in addition to the Spark program staff facilitate on a daily basis. We also have stake holders involved including parents, who are made aware of the Spark program and give permission for their child to participate and school teachers who teach health classes and some physical classes.</p>		
<p>NUTRITION EDUCATION:</p> <p>Are there areas in which you are doing something special? (Please check all that apply)</p>	Focus on changing behavior rather than learning general facts about nutrition?	X
	Teaching how to read labels, plan meals, & calculate daily nutrients?	
	Employ active learning or experiential strategies?	X
	Teaching how to assess and manage personal eating habits?	
	Devoting adequate time & intensity to on focus	

¹ Assistant Program Directors please complete this form in its entirety and return to JJS Food Services Coordinator no later than January 31 of each calendar year.

² The Wellness Policy is available to the public via the DHS/DJJS Policy website or by contacting the JJS Food Service Coordinator.

	behaviors & skill building?	
	Using cafeteria or eating areas to support nutrition education through healthy menu options, wall posters and discussion about the importance of healthy meals?	X
	Promoting fruits, vegetables, whole grain products, low-fat and fat free dairy products, healthy food prep methods, and health enhancing practices?	X
NUTRITIONAL GUIDELINES:	Is your facility serving meals and snacks to juveniles in accordance with USDA requirements & Division policy 01-12 Juvenile Food Services?	X
Are there areas in which you are doing something special? (Please check all that apply)	Your facility has not used food or beverages as a reward for juveniles during the school day ?	X
	Your facility has not withheld food or beverages as punishment for juveniles at any time ?	X
	Marketing is only for fruits, vegetables, and low-fat or non-fat milk?	
PHYSICAL EDUCATION & ACTIVITY:	Improving overall health and well-being?	X
Are there areas in which you are doing something special? (Please check all that apply)	Encouraging a personal commitment by juveniles to adopt healthy activities as a permanent lifestyle?	X
	Helping to reduce stress and improve physical and mental functioning?	X
	Preventing chronic health problems later in life?	X
	Improving emotional self-regulation?	X
	Improving productivity in school and in the community?	X
	Transforming the brain for peak performance and spark new brain-cell growth?	X
	Ensuring physical education courses provide an environment where juveniles learn, practice, and are assessed on developmentally appropriate motor skills, social skills and knowledge?	X
	Providing, through physical education, safe and satisfying physical activity for all juveniles, including those with special needs?	X
	Providing adequate and appropriate equipment to be available for all juveniles to participate in physical education/activity?	X
EXERCISE FUNDAMENTALS:	Using evidence based program for physical education to physically transform an individual's brain for peak performance, reduction of anxiety and depression, improving learning capacity?	X
Are there areas in which you are doing something special? (Please check all that apply)	Physical exercise sessions 3 to 5 days per week for a minimum of 45 minutes?	
	Target heart rate achieved for 30 minutes?	
	Keeping the program fresh and challenging by varying the mode of training?	
	Exercise program includes stretching, aerobic exercise, and muscular resistance exercise?	
	Encouraging healthy nutrition, proper hydration, and adequate sleep?	
	Offering exercise logs for juveniles to monitor their	X

	progress if they choose?	
	Supporting and encouraging juveniles to facilitate ongoing interest?	X
	Your facility has not allowed exercise that is overly intense, beyond the abilities and needs of the juvenile?	X
	Your facility has not used exercise as a form of punishment?	X