**Assistant Program Director**  
Samuel

**Facility Name**  
State Canyon Youth Center

**Facility Wellness Policy Committee**  
Tori, Adams, Taylor Blake, Jill Williams

**Wellness Policy Website**  
http://www.hsppolicy.utah.gov/jjs

**Juvenile Justice Services Food Services Coordinator**  
Kainoa Willing  
(801) 538-4366  
kwilling@utah.gov

**How is your facility meeting the wellness policy goals? Is there anything special your facility is doing?**

We have a committee and they send a letter out to the facility and they coordinate activities such as walk competitions and water & exercise challenges.

**How has your facility encouraged juveniles to engage in recreation activities that include physical activity and promote good nutrition practices?**

We do spark work out in the mornings for the whole facility.

**What is your facility doing for local wellness policies events or activities?**

Our meets with the State Wellness Team.

**Is the public involved? How?**

We have had a cancer walk, as part of the wellness activity & parents were involved.

**NUTRITION EDUCATION:**

<table>
<thead>
<tr>
<th>Are there areas in which you are doing something special? (Please check all that apply)</th>
<th>Focus on changing behavior rather than learning general facts about nutrition?</th>
<th>Teaching how to read labels, plan meals, &amp; calculate daily nutrients?</th>
<th>Employ active learning or experiential strategies?</th>
<th>Teaching how to assess and manage personal eating habits?</th>
<th>Devoting adequate time &amp; intensity to on focus behaviors &amp; skill building?</th>
<th>Using cafeteria or eating areas to support nutrition education through healthy menu options, wall posters and discussion about the importance or healthy meals?</th>
<th>Promoting fruits, vegetables, whole grain products, low-fat and fat free dairy products, healthy food prep methods, and health enhancing practices?</th>
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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.
<table>
<thead>
<tr>
<th>NUTRITIONAL GUIDELINES:</th>
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<tbody>
<tr>
<td>Are there areas in which you are doing something special? (Please check all that apply)</td>
<td></td>
</tr>
<tr>
<td>Is your facility serving meals and snacks to juveniles in accordance with USDA requirements &amp; Division policy 01-12 Juvenile Food Services?</td>
<td>X</td>
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<tr>
<td>Your facility has not used food or beverages as a reward for juveniles during the school day?</td>
<td></td>
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<tr>
<td>Your facility has not withheld food or beverages as punishment for juveniles at any time?</td>
<td>X</td>
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<tr>
<td>Marketing is only for fruits, vegetables, and low-fat or non-fat milk?</td>
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<thead>
<tr>
<th>PHYSICAL EDUCATION &amp; ACTIVITY:</th>
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<tbody>
<tr>
<td>Are there areas in which you are doing something special? (Please check all that apply)</td>
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<tr>
<td>Improving overall health and well-being?</td>
<td></td>
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<tr>
<td>Encouraging a personal commitment by juveniles to adopt healthy activities as a permanent lifestyle?</td>
<td>X</td>
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<tr>
<td>Helping to reduce stress and improve physical and mental functioning?</td>
<td></td>
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<tr>
<td>Preventing chronic health problems later in life?</td>
<td></td>
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<tr>
<td>Improving emotional self-regulation?</td>
<td></td>
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<tr>
<td>Improving productivity in school and in the community?</td>
<td></td>
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<tr>
<td>Transforming the brain for peak performance and spark new brain-cell growth?</td>
<td>X</td>
</tr>
<tr>
<td>Ensuring physical education courses provide an environment where juveniles learn, practice, and are assessed on developmentally appropriate motor skills, social skills and knowledge?</td>
<td></td>
</tr>
<tr>
<td>Providing, through physical education, safe and satisfying physical activity for all juveniles, including those with special needs?</td>
<td>X</td>
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<tr>
<td>Providing adequate and appropriate equipment to be available for all juveniles to participate in physical education/activity?</td>
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<table>
<thead>
<tr>
<th>EXERCISE FUNDAMENTALS:</th>
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<tbody>
<tr>
<td>Are there areas in which you are doing something special? (Please check all that apply)</td>
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<tr>
<td>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?</td>
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<tr>
<td>Physical exercise sessions 3 to 5 days per week for a minimum of 45 minutes?</td>
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<tr>
<td>Target heart rate achieved for 30 minutes?</td>
<td>X</td>
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<tr>
<td>Keeping the program fresh and challenging by varying the mode of training?</td>
<td>X</td>
</tr>
<tr>
<td>Exercise program includes stretching, aerobic exercise, and muscular resistance exercise?</td>
<td>X</td>
</tr>
<tr>
<td>Encouraging healthy nutrition, proper hydration, and adequate sleep?</td>
<td>X</td>
</tr>
<tr>
<td>Offering exercise logs for juveniles to monitor their progress if they choose?</td>
<td></td>
</tr>
<tr>
<td>Supporting and encouraging juveniles to facilitate ongoing interest?</td>
<td>X</td>
</tr>
<tr>
<td>Your facility has not allowed exercise that is overly intense, beyond the abilities and needs of the juvenile?</td>
<td>X</td>
</tr>
<tr>
<td>Your facility has not used exercise as a form of punishment?</td>
<td>X</td>
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