

**Triennial Assessment of the DJJS Juvenile Wellness Policy  
3/29/18**

- I. *Is the JJS Policy in Compliance with USDA Requirements? Yes***
- II. *Are Facilities Complying with the Policy? What Progress are we making in attaining the Goals of the Policy?***

Nutrition Education and Promotion:

- Some facilities do not have a health class that teaches nutrition as part of their curriculum.

**- Recommendations:**

- **For facilities that do not include nutrition as part of their normal health curriculum, have the youth enroll in online health course via Odysseyware.**
- **Have a nutritionist visit the facility periodically to give a class/workshop on nutrition.**
- **Permit youth who have their Food Handler's Permits to serve meals.**
- **Order educational wall posters from USDA and display throughout facilities.**

Nutritional Guidelines:

- Ogden school district utilizes the Positive Behavior Intervention System (PBIS), which rewards kids with points for positive behavior. At the end of the week, they use the points to "purchase" snacks.
- Mill Creek and any other facility that utilizes PBIS to reward kids with food is out of compliance with Section IV.B.3. of the policy which states that "Food and beverages shall not be used as a reward for juveniles during the school day."

**- Recommendation: If facilities utilize PBIS, have them offer hygiene products or other items as rewards instead of food.**

Physical Education and Activity:

- Achieved via SPARK program.

Exercise Fundamentals:

- Target Heart Rate likely not being measured in most facilities.

**- Recommendation: Teach youth how to check their target heart rate and encourage youth to check it during every exercise session.**

Wellness Policy Committee:

- Currently, the Wellness Committee includes the following 6 individuals: Kainoa Willing (Committee Chair/Food Service Coordinator), Michelle Havranek (APD - Mill Creek), Dustin Howard (Training Bureau), Kathryn Ball (Support Services Coordinator), Troy Kolan (Ogden School District), Maresha Bosgieter (Parent/Community Member)

Public Notification and Involvement:

- The Wellness Policy is available to the public via the JJS website.

**- Recommendation: Make the following items available to the public by adding them to the JJS website:**

- **Updates to the Wellness Policy**
- **Annual Progress Reports for each facility**

- **Triennial assessment of the Wellness Policy**

**III. *How does our Policy Compare to a Model Local School Wellness Policy?***

- Overall, our policy is very similar.
- Differences contained in Granite School District's policy:
  - Requirement for P.E. teachers to be properly certified
  - Students are required to “spend a minimum of 50% of P.E. class time in moderate to vigorous activity.”
    - JJS policy states that “target heart rate should be achieved for 30 minutes in each session.”
  - “Employees are encouraged to model healthy nutritional and exercise habits, and schools are encouraged to offer after-school programs that promote healthy nutritional and exercise habits.”

**IV. *Other Recommendations:***

- Encourage staff to model healthy nutritional and exercise habits.
- Revise Annual Progress Report Form to include more open-ended questions rather than just a checklist.