

June 2021

# Department of Juvenile Justice

*2018-2020 Triennial Assessment*

*First Edition*

## OVERVIEW & PURPOSE

In accordance with the *Final Rule* of the federal Healthy, Hunger Free Kids Act of 2010 and the Virginia Administrative Code: Title 8. Education, Agency 20. State Board of Education, Chapter 740 *Final Rule*, Department of Juvenile Justice presents the first triennial report. The triennial report outlines updates on the progress and implementation of our wellness policy and wellness initiatives in Department of Juvenile Justice (DJJ) and provides the required documentation of actions, steps, and information as outlined in the *Final Rule*.

## AUTHORITY & RESPONSIBILITY DESIGNEE(S)

Responsibility of creating a culture of well-being and supporting the *whole child* is shared among all residents, parents, staff, departments, schools, and leaders within Department of Juvenile Justice. However, the *Final Rule* requires specific designee(s) identified to help lead the oversight, implementation, and progress assessments of the wellness policy and its requirements. Broad oversight of the policy in DJJ is provided by the Department of Juvenile Justice Wellness Committee, with direct responsibilities overseen by the Wellness Coordinator. Additionally, the Deputy Directors of Administration and Finance, Education and Residential Services, are critical persons in the guidance and implementation of the wellness policy.

## WELLNESS POLICY

The Department of Juvenile Justice Student Wellness Policy includes all the identified regulations outlined in the **Healthy, Hunger Free Kids Act of 2010** as well as important division level expectations for our schools. The **policy** can be found on the **Department of Juvenile Justice website** under Residential Services.

- Current Policy-Approved April 2018

## PUBLIC INVOLVEMENT: WELLNESS POLICY UPDATES PROCESS

Our DJJ Wellness Committee has been initiated with experts in various areas of health and wellbeing, and important internal leaders and stakeholders. Because of the nature of the DJJ Food Operations, it had been reviewed as to how best to offer a voice to community stakeholders and the committee decided at the time to provide a monitored and dedicated email address ([wellnesscoordinator@djj.virginia.gov](mailto:wellnesscoordinator@djj.virginia.gov)) to the public with any questions or concerns about student wellness.

The current policy was approved in April 2018. As mentioned above, the most updated and current policy (approved in April 2018) can be found on the Department of Juvenile Justice website.

## PUBLIC INVOLVEMENT: ANNUAL COMMUNICATION OF WELLNESS POLICY

The DJJ Resident Wellness Policy and Plan is available to the public on the DJJ website for Residential Programs. Users can find the direct link under Resources on the Introduction to Residential Services page.

## SCHOOL WELLNESS COUNCILS & SCHOOL WELLNESS ACTION PLANS

All RCCI's are being charged with creating resident wellness councils (RWC) under the leadership of the individual RCCI's administration and the identified resident wellness champion. The goal is for RCCI's to have a RWC by the end of the 2021 - 2022 school year. The councils will act as the RCCI leadership group around resident and staff wellness. Resident councils vary in size and membership, however, the ideal council consists of an administrator, grade level teachers, physical education teacher, nurse, other staff (i.e. counselors, nutrition staff, instructional assistants, coaches, etc.) and resident and PTA/(O) representation. Councils are charged with helping to create goals for an annual **Resident Wellness Action Plans (RWAP)**. Plans are approved by the superintendent and should be shared with the RCCI staff and community. Goals should be created by the RCCI so that forward movement is made based on the individual RCCI need. Additionally, division goals may be incorporated into the plan to ensure all schools align with our Strategic Plan goals and federal requirements. Goals should also be aligned with our wellness policy and best practices in school wellness.

## WELLNESS POLICY PROGRESS ASSESSMENT

As part of the requirements outlined in the *Final Rule*, Department of Juvenile Justice conducted the first wellness policy progress assessment. . This initial assessment will act as our baseline and will be used to look at future goals and opportunities for our RCCI's individually and collectively as a division.

Department of Juvenile Justice used the *Healthy Schools Assessment* provided by the Alliance for a Healthier Generation. This eight module assessment has been developed utilizing the Centers for Disease Control and Prevention's School Health Index (SHI) and best practices for healthy schools. The Alliance for a Healthier Generation was founded by the American Heart Association and the William J. Clinton Foundation and works to reduce childhood obesity and to empower kids to develop lifelong, healthy habits.

While the assessment does not include all aspects of a student's well-being, it does align well with the focus of the USDA's *Final Rule* and regulations related to the wellness policy. The eight modules included in the assessment are:

1. School Health and Safety Policies & Environment\*
2. Health Education\*
3. Physical Education and other Physical Activity\*
4. Nutrition Services\*

5. Health Services
6. Counseling, Psychological & and other Social Services
7. Health Promotion for Staff\*
8. Family and Community Engagement\*

\*Required module of the Healthy School Assessment

The Wellness Coordinator in conjunction with the Deputy Directors of Administration, Education and Residential Services led the completion of the *Healthy School Assessment* for DJJ as a whole. Please note that individual RCCI's have not completed an assessment at this time. A **division level report** was generated by the Alliance for a Healthier Generation.

While there is an action plan component on the Alliance for a Healthier Generation portal, DJJ did not use this tool to capture our wellness goals/action plans. The action plans on the portal act as opportunities and possible goals that they can utilize as they complete their annual Resident Wellness Action Plans.

## PROGRESS ASSESSMENT FOR IMPLEMENTATION

The assessment data in addition to other division data was used to assess baseline progress of our Resident Wellness Policy implementation. The main areas of our policy and the baseline data from the division level are provided below. Please note that the policy encourages additional healthy practices that are not indicated below. Additionally, our policy may not align exactly to the questions within the *Healthy School Assessment*. As such, we utilized our policy language to assess our progress. Please see the policy for more details.

### General Requirements

<b>WELLNESS POLICY LANGUAGE</b>	<b>FULLY IN PLACE</b>	<b>PARTIALLY IN PLACE</b>
All meals and snacks provided to residents during the official school day shall comply with all applicable federal, state, and local requirements, including the Smart Snacks in School nutrition standards.	<b>FULLY IN PLACE</b>	
Staff shall not market food or beverages to students on the school campus during the official school day nor shall it make vended foods, canteen foods, and snacks for behavioral incentive programming available to youth during the official school day. Items associated with behavioral incentive programming may be made available to residents in their units after the conclusion of the official school day.	<b>FULLY IN PLACE</b>	
The JCCs shall provide on-site opportunities for youth to receive nutrition education based on the Dietary Guidelines for Americans and other information provided by the USDA.	<b>FULLY IN PLACE</b>	

<b>WELLNESS POLICY LANGUAGE</b>	<b>FULLY IN PLACE</b>	<b>PARTIALLY IN PLACE</b>
<p>Staff who eat in the presence of residents shall be served the same meals as the residents, unless: a medical provider has prescribed a special diet for the resident, a medical provider has directed staff to follow a specific diet, the resident is observing established religious dietary practice or the staff is observing established religious dietary practices, in accordance with VOL IV-4.1-S.03 (Menu Planning and Meal Service).</p>	<b>FULLY IN PLACE</b>	
<p>Several factors shall be taken into consideration in the planning and preparation of all meals, the DJJ approved snack list, and food incentives available through PBIS, including resident surveys, in accordance with VOL IV-4. 1-S.03 (Menu Planning and Meal Service).</p>	<b>FULLY IN PLACE</b>	
<p>The superintendent and principal, or designees, shall ensure that all youth have the opportunity for daily physical activity as part of wellness and health programming.</p>	<b>FULLY IN PLACE</b>	
<p>The facility's Food Operations Manager shall monitor and assure that youth receive meals and snacks in accordance with all applicable federal, state, and local requirements.</p>	<b>FULLY IN PLACE</b>	
<p>The facility's Education Director of Curriculum or Principal shall monitor and assure that nutrition education is a part of the health education curriculum as prescribed by the Virginia Department of Education (VDOE).</p>	<b>FULLY IN PLACE</b>	
<p>DJJ will convene a representative wellness committee that meets at least four times per year to review and update the Wellness Policy and Plan. This committee shall also plan, implement and monitor health, nutrition and physical activity programming in accordance with the DJJ Wellness Policy and Plan. The Agency Wellness Committee (AWC) membership will represent the Division of Education, Residential Services, residents and, to the extent possible, parents/guardians. The Director and members of the public shall be permitted to participate, if desired.</p>	<b>FULLY IN PLACE</b>	

**Nutrition Education**

<b>WELLNESS POLICY LANGUAGE</b>	<b>FULLY IN PLACE</b>	<b>PARTIALLY IN PLACE</b>
Facility meal programs meet or exceed state and USDA requirements	<b>FULLY IN PLACE</b>	
Increase youth participation in meal planning/programming	<b>FULLY IN PLACE</b>	
School-related events for youth where food is provided shall include healthy meal choices.	<b>FULLY IN PLACE</b>	
Youth will receive nutrition education focused on the skills needed to adopt healthy eating behaviors and lifelong wellness practices.	<b>FULLY IN PLACE</b>	

**Nutrition Education and Physical Activity**

<b>WELLNESS POLICY LANGUAGE</b>	<b>FULLY IN PLACE</b>	<b>PARTIALLY IN PLACE</b>
Staff shall encourage youth to participate in daily physical activity.	<b>FULLY IN PLACE</b>	
DJJ staff is encouraged to model healthy eating, physical activity, and overall wellness when supervising youth.	<b>FULLY IN PLACE</b>	
Human Resource staff will promote and participate in wellness activities.	<b>FULLY IN PLACE</b>	
Health Services staff will promote and participate in wellness activities.	<b>FULLY IN PLACE</b>	

### Nutrition Promotion

<b>WELLNESS POLICY LANGUAGE</b>	<b>FULLY IN PLACE</b>	<b>PARTIALLY IN PLACE</b>
DJJ staff will provide information relating to nutrition and wellness to residents and parents/guardians.	<b>FULLY IN PLACE</b>	
All facilities shall engage in special activities to encourage youth and staff to make healthy food choices consistent with the current Dietary Guidelines for Americans.	<b>FULLY IN PLACE</b>	

### Other Wellness Components

<b>WELLNESS POLICY LANGUAGE</b>	<b>FULLY IN PLACE</b>	<b>PARTIALLY IN PLACE</b>
Adopt and implement a wellness policy/plan to support collaboration and focus on total student wellness.	<b>FULLY IN PLACE</b>	
DJJ shall prepare annual progress reports and publish triennial assessments.	<b>FULLY IN PLACE</b>	

## DIVISION WELLNESS GOALS

Department of Juvenile Justice recognizes the importance of health and wellbeing on students' academic and future success. We have created structures and initiatives to ensure we are supporting the *whole child*.

The main goals and the current progress for the past 3 years (2018 - 2020) are indicated below in the chart.

<b>GOALS</b>	<b>PROGRESS</b>
Develop a Wellness Council to create recommendations to support resident, family, and employee wellness.	Completed June 2018.
Create a Wellness Coordinator/Specialist position to help lead wellness initiatives, policy, and recommendations in DJJ.	Completed April 2018.
Establish Resident Wellness Councils at all schools in the division.	Plan for all RCCI's to have councils by the end of 2021 - 2022 school year.

GOALS	PROGRESS
All RCCI's will complete the Healthy School Assessment by the Alliance for Healthier Generation.	Plan for all RCCI's to complete by the end of the 2021-2022 school year.

Current and past goals have helped to establish a framework and foundation to implement the updated wellness policy. Division and individual school goals around wellness will continue to adapt as we move forward with the implementation of the wellness policy and wellness recommendations.

## GOALS FOR NEXT 3 YEARS (2021- 2024)

Department of Juvenile Justice will continue to stay committed to the goals outlined above that have not been fully executed. Additionally, division goals have been created based on the identified opportunities of the progress assessment completed during the 2020 - 2021 school year and the requirements outlined in the federal regulations. All schools will continue to have their own individual goals as well and will be captured in their Resident Wellness Action Plans.

Goals to be completed by the next triennial report (2023 - 2024):

1. All RCCI's will have functioning Resident Wellness Councils
2. All RCCI's will complete the Healthy School Assessment by the Alliance for Healthier Generation.

## QUALITY OF OUR DJJ WELLNESS POLICY

To fulfill the federal requirement of assessing the quality of the wellness policy under the *Final Rule*, we used the WellSAT 3.0 tool, which measures the quality of written wellness policies including content comprehensiveness and strength of the policy language as it relates to the requirements under the Healthy, Hunger Free Kids Act of 2010. Please note, that there may be common practices in DJJ that are not indicated in the policy. This assessment only recognizes items explicitly indicated in the policy and does not take into account common practices that aren't identified or described in the policy.

An assessment was completed in April 2021 by the DJJ Wellness Coordinator on the current wellness policy that was approved by the Administration and Finance, Education and Residential Services Deputy Directors in April 2018. The overall comprehensiveness score was 100 and the overall strength score was 71.

## OTHER WELLNESS INITIATIVES, RECOGNITIONS & SUCCESSES

Our agency is leading the way on creative ways to facilitate a healthy school culture and environment and supporting our residents' health and well-being. There are too many great programs, partnerships, and highlights across our county to recognize within this report, however, here are a few successes to mention.

### HIGHLIGHTS 2018-2021

- Appointed a resident wellness coordinator to support the development and expansion of student wellness initiatives.
- Developed a wellness committee
- Bon Air JCC Soccer Game and Cookout June 2018
- Bon Air JCC SGA Memorial Day Cookout June 2018
- Bon Air JCC Summer Fun Family Engagement June 2018
- Bon Air JCC SGA Field Day June 2018
- Bon Air JCC SGA Outside Movie June 2018
- Bon Air JCC Soccer Re-Match July 2018
- Bon Air JCC Flag Football Tournament August 2018
- Bon Air JCC Back to School Family Engagement September 2018
- Bon Air JCC Holiday Family Engagement December 2018
- Bon Air JCC DOE Graduation and Reception January 2019
- Bon Air JCC Superintendent's Dinner (Black History Presentation) February 2019
- Bon Air JCC Softball Tournament March 2019
- Bon Air JCC School Dance April 2019
- Bon Air JCC Mother's Day Engagement May 2019
- Bon Air JCC Family Engagement Back to School September 2019

### PREPARATION OF THIS REPORT & ADDITIONAL INFORMATION

This report was written by the DJJ Wellness Coordinator. For additional information, please send email to [wellnesscoordinator@djj.virginia.gov](mailto:wellnesscoordinator@djj.virginia.gov). Please note that the template was adopted from the Chesterfield County School District Wellness Plan sample available from the VDOE website.