



## NCYF COMMUNITY HIGH SCHOOL SCHOOL WELLNESS POLICY

**MISSION STATEMENT:** The mission of the NCYF Community High School and NDCS Education Program is to provide learning opportunities to empower students with the knowledge, skills, and attitudes to succeed upon return to their communities.

### **School Wellness Policy**

The NCYF Community High School desires to promote healthy students and healthy living by supporting good nutrition, nutrition education, and regular physical activity. The School strives to promote student health and reduce obesity.

### **Nutrition Education:**

The base goal is to implement a curriculum that meets or exceeds the health and nutrition education objectives established by the Nebraska Department of Education. The Board of Education and administration establishes the following additional goals and actions to achieve such goals:

1. **Curriculum:** Nutrition education will be integrated into other subjects to complement, but not replace, the health and nutrition education curriculum that is provided in accordance with NDE Rule 10. Educators are to incorporate the promotion of healthy eating nutrition lifestyles in all subject areas as appropriate.
2. **Display Nutrition Education Materials:** The cafeteria shall display posters or other communications suitable to the ages of students served that promote healthy nutrition choices (e.g., display My Plate materials). Educators are encouraged to incorporate such communications in their classrooms as well.
3. **Nutrition Health Events:** Educators are encouraged to search for and take advantage of events that promote nutrition education. Activities may include:
  - a. Health Fairs
  - b. School greenhouse/garden activities
  - c. Health speakers (school assemblies or class speakers on nutrition)
4. **Family:**
  - a. Communication on healthy lifestyles is available through a family oriented newsletter prepared by the Education Staff at the NCYF.

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- b. School communications to parents will periodically include information on health nutrition, such as by including information about healthy eating choices.
- 5. **Staff:** Our employees are encouraged to be healthy role models for students. It is important for students to receive consistent messages. Staff should role model good eating/drinking by limiting food or drink to those that meet the Smart Snack criteria while around students.

### **Physical Activity:**

The established goal is to implement a curriculum that meets or exceeds the health and physical education objectives established by the Nebraska Department of Education. The Board of Education and administration establishes the following additional goals:

1. **Curriculum:** Health and physical education will be integrated into other subjects to complement but not replace the health and physical education curriculum provided in accordance with NDE Rule 10. Educators are to incorporate physical activity promotion and non-sedentary lifestyles in all subject areas as appropriate.
2. **Physical Activity during the School Day:** High School students will have the opportunity for physical activity during class periods as appropriate and strongly encouraged for all classes.
3. **Punishment:** Physical activity will not be used as punishment and will not be withheld as punishment. This guideline shall not apply to extra-curricular activities nor impact facility sanctions limiting inmate movement or activities to ensure the safety and security of the facility.
4. **Physical Activity Health Events:** Educators are encouraged to search for and take advantage of events that promote physical activity education. Activities may include:
  - a. Health Fairs
  - b. Traveling Health Exhibits
  - c. Physical activity speakers (school or facility assemblies or class speakers representing sports figures and/or medical people)
5. **School Communications** to parents will include information that promotes physical activity. Such communications may include information on the benefits of lifelong physical fitness and activities regarding activities and programs in the area which offer opportunities for involvement in physical activities by persons of a variety of ages.
6. **Staff:** Our employees are encouraged to be healthy role models for students.

**Other school activities to promote student wellness:** The established goal is to offer other suitable opportunities to students to engage in health-promoting activities.

The administration establishes the following additional goals and actions to achieve such goals:

1. **Extracurricular Programs:** The School will, in conjunction with the NCYF Facility recreation staff offer athletic and other activity programs in compliance with the bylaws of the Nebraska School Activities Association.
  - a. Nutrition guidelines as set by the Nebraska Department of Correctional Services shall be enforced to ensure healthy meals throughout the day and pre-games/activities as well.
2. **Advertising:** The administration will monitor advertising that occurs in the school and endeavor to encourage foods meeting the Smart Snack criteria.
3. **Professional Growth:**
  - a. Professional staff members will be provided with professional development and guidance on appropriate practices and procedures to implement the school wellness goals and recommendations. Professional development activities will include activities related to the integration of physical activities and nutrition education into the academic curriculum, information on how wellness impacts learning, and other wellness goals and activities.
  - b. The School will provide ongoing training and development for food service staff related to nutrition and wellness goals and activities.
4. **Community Resources:** The school administration will endeavor to coordinate the school wellness program with resources available through the Nebraska Department of Correctional Services and the NCYF facility staff. The School shall actively develop and support the engagement of students and staff in community health enhancing activities and events in the facility.
5. **Nutrition Guidelines:** The established nutrition guidelines for food available in each school building during the school day are as follows:
  - a. School Breakfast and Lunch Programs will be offered which meet or exceed the requirements of federal and state law and regulatory authorities.
  - b. No foods in competition with the school lunch or breakfast program shall be sold or otherwise made available to students anywhere on school premises during the period from midnight until one half hour after school. Any exceptions must be approved by the school administration in conjunction with facility administration.

The School Administration establishes the following actions to meet the nutrition guidelines:

**1. Conditions for school meals:**

- a. Students will be provided adequate time to eat. In general, students will, upon arrival in the cafeteria, have at least twenty (20) minutes to eat breakfast and twenty (20) minutes to eat lunch.
- b. Efforts shall be made to establish acceptable eating conditions. The factors to promote these conditions will be a clean, orderly environment, pleasant adequate seating, and enforcement of facility rules and regulations as well as staff supervision.

**2. Selection of School Meals:**

School meals shall at a minimum meet nutrition requirements established by state and federal law. Emphasis is to be on good menu planning principles that offer healthy food choices including lean meats and a variety of fresh fruits and non-fried vegetables daily, whole grains, and low-fat or nonfat milk daily. These choices shall be readily accessible to ALL students.

**3. Limit portion sizes of desserts and fried foods.** All foods served in the cafeteria at the Nebraska Correctional Youth Facility (NCYF) will be in compliance with the NDCS nutrition guidelines and meet or exceed the requirements of federal and state law and regulatory authorities. No extra food items are or will be available to students or made available to purchase by students.

**4. Closed Campus:** as a secured facility of the Nebraska Department of Correctional Services, inmate students are not allowed to leave the facility during the day for the purpose of lunch.

**5. Vending Machines:**

- a. There will be no vending machines in the school building with anything other than healthy beverages and/or snacks in compliance with the Alliance for a Healthier Generation's guidelines for competitive foods.

**6. Food available during the school day:**

- a. Water: Students will be allowed access to water during the school day. Water fountains are available and water is available free of charge at all school meals.
- b. Classroom/School Celebrations – no food items are permitted as part of any class celebration during the school day without prior approval of the building principal and facility administration.
- c. In the event of an approved celebration, healthy foods/smart snack options will be included and nothing will be offered from midnight until one half hour after school without building principal approval and facility administration.

**7. Fund-raising:**

There are no school clubs or fund-raising efforts allowed which could sell food.

8. **School activities/events:** No concessions are available for school activities or events. Any celebrations or activities occurring outside of the regular school day will offer healthy foods/smart snack options.
9. **USDA Smart Snacks** - by Federal Standards, any food sold in schools must:
  - Be a "whole grain-rich" grain product; or
  - Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
  - Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
  - Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).\*

Foods sold in schools must also meet several nutrient requirements:

**Calorie limits:**

- Snack items: ≤ 200 calories
- Entrée items: ≤ 350 calories

**Sodium limits:**

- Snack items: ≤ 230 mg\*\*
- Entrée items: ≤ 480 mg

**Fat limits:**

- Total fat: ≤35% of calories
- Saturated fat: < 10% of calories
- Trans fat: zero grams

**Sugar limit:**

- ≤ 35% of weight from total sugars in foods

(\*On July 1, 2016, foods may not qualify using the 10% DV criteria. \*\*On July 1, 2016, snack items must contain ≤ 200 mg sodium per item)

**School Environment**

1. School buildings and grounds, structures, and equipment shall meet all current health and safety standards, including environmental air quality, and be kept inviting, clean, safe and in good repair. (Our school does not maintain any school buses so this item was omitted from this segment of the policy)
2. School office shall maintain an environment that is free of tobacco, alcohol, and illegal drugs. This applies to school staff, students, and visitors.
3. Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment.
4. A school newsletter will be established and provide at least quarterly communication to families and staff which may contain information related to the following topics:

- a. Education information related to the school wellness policy
- b. Sound nutrition guidelines
- c. Encouragement to eat breakfast
- d. Discourage unhealthy snacks
- e. Physical activity opportunities or ideas
- f. Descriptions of periodic physical activities happening in the school
- g. Tips for family mealtime procedures
- h. Ideas on health social/emotional wellness

**Reviewed and Approved by the School Board: 1/20/2017**

**Updated and Approved by School Board Date: 04/14/2023**

**Approved by School Board**

A handwritten signature in black ink, appearing to be 'D. J. ...', written over a red horizontal line.

**Date:**

4/14/23