



Local School Wellness Policy

2025

Virginia Department of Juvenile Justice

Local School Wellness Policy

2025

Table of Contents

Leadership.....	3
Public Involvement ¹	3
School Health Advisory Board ²	3
School Meals ¹	3
Foods Sold Outside of the School Meal Programs (Smart Snacks) ¹	5
Foods Provided, Not Sold ¹	5
Food and Beverage Marketing ¹	6
School-Sponsored Fundraisers ³	6
Nutrition Education ¹	7
Nutrition Promotion ¹	7
Physical Education/Physical Activity ¹	7
Other Activities that Promote Student Wellness ¹	7
Triennial Assessment ¹	8
Public Update and Information ¹	8
Recordkeeping.....	8
Definitions.....	9
Appendix A: School Health Advisory Board Contacts.....	10
Appendix B: School Wellness Coordinator Contacts.....	11
Appendix C: Healthy Celebrations and Rewards.....	13

Leadership¹

The wellness coordinator, with support from the wellness committee, shall implement and ensure compliance with the Local School Wellness Policy by leading the review, update, and evaluation of the policy.

Public Involvement¹

The division will invite a diverse group of stakeholders from the list below and the public to participate in the development, implementation, and periodic review of the Wellness Policy. The public will be notified through the division website, for opportunities to participate.

- | | | |
|---|------------------------|--|
| ➤ Administrators | ➤ School nurse | ➤ Medical/Healthcare professionals |
| ➤ Classroom teachers | ➤ Community members | ➤ Virginia Cooperative Extension agents |
| ➤ Physical education teachers | ➤ Students | ➤ Local farmers, chefs, or nutritionists |
| ➤ School food authority (SFA) representatives | ➤ Parents | |
| | ➤ School Board members | |

School Health Advisory Board/Wellness Committee²

Department of Juvenile Justice (DJJ) will convene a representative wellness committee that meets at least two times per year to establish goals for and oversee facility health policies and programs. This committee assists with the development, implementation, and periodic review of the DJJ Wellness Policy. The Wellness Committee will include representatives from each school and reflect the diversity of the community to the greatest extent possible. Refer to Appendix A for a list of participants of the Wellness Committee.

Each school/facility building will designate a wellness policy coordinator who will ensure compliance with the policy and establish an ongoing school wellness committee that convenes the review of school-level issues in accordance with the division wide Wellness policy on an annual basis. Refer to Appendix B for a list of school-level wellness policy coordinators.

School Meals¹

Department of Juvenile Justice (DJJ) participates in the National School Lunch Program (NSLP) and School Breakfast Program (SBP). All meals served to students meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010, as specified in the Code of Federal Regulations at [7CFR210.10](#) and [7CFR220.8](#).

DJJ is committed to serving healthy meals to children with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk. Meals feature minimally processed and scratch cooked foods from local sources to the greatest extent possible. The meals served meet the nutrition needs of students within their calorie requirements and are moderate in sodium, low in saturated fat, and contain zero grams of trans fat per serving. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

Meal patterns and nutrition standards align with the nutrition recommendations of the Dietary Guidelines for Americans. For more information on the United States Department of Agriculture Food and Nutrition Service (USDA-FNS) child nutrition programs, visit the [USDA-FNS Child Nutrition Programs website](#).

Every school within DJJ, as practicable, will provide breakfast through at least one alternative breakfast service model in addition to the traditional breakfast service in the cafeteria to encourage breakfast consumption and ensure access for every student. Alternative breakfast models include:

- Breakfast in the Classroom – Students eat breakfast in the classroom with their classmates and teacher. Breakfast can be served after the first bell or when students arrive but before the beginning of the official instructional day. Breakfast meals can be delivered to each classroom or picked up from a central location (e.g., cafeteria or kiosk) on the way to class.
- Grab-and-Go Breakfast – Students pick up breakfast meals as they arrive at school and eat in their classroom. Meals are available in a variety of locations, such as mobile service carts equipped with a computerized point of sale or roster, and located at the school entrance, other high-traffic areas, or in the cafeteria. Food items are packaged as a unit to ensure a reimbursable meal is received and to make this model convenient and appealing to students.
- Second Chance Breakfast - Students eat breakfast during a nutrition break in the morning, usually after first period, either in the cafeteria, from a mobile service cart, or in the classroom. Breakfast meals are usually packaged together to allow students to receive their breakfast in just a few minutes and get to their next class.²

Department of Juvenile Justice takes steps to protect the privacy of students who qualify for free or reduced-price meals. Students may not be overtly identified as receiving these benefits and the division has implemented plans to provide meals in a non-stigmatizing manner.

Available funding and resource allocation for student health and wellness are equitable across Department of Juvenile Justice.

Students will be allowed adequate mealtimes counting from the time they have received their meal and are seated. Adequate mealtimes include at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, as practicable.

Department of Juvenile Justice will accommodate students with special dietary needs and follow the USDA regulations outlined in [SP 59-2016](#) to make reasonable modifications to accommodate children with disabilities. This includes providing special meals, at no extra charge, to children with a disability that restricts their diet.

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education and training requirements as outlined in the [USDA Professional Standards for Child Nutrition Professionals website](#).

Department of Juvenile Justice recognizes water as an essential nutrient and encourages students, staff, teachers, and administrators to model positive hydration behaviors. DJJ will comply with the [USDA regulation eCFR210.10](#) that requires free, potable water be provided in the cafeteria during breakfast and lunch. Water is not a replacement for milk for meals but rather an additional beverage available to students. Easy access to clean, safe, and good-tasting water is accessible to students and staff during and after the school day. Water sources, such as water fountains, water refill stations, or dispensers, will be regularly maintained.

Foods Sold Outside of the School Meal Programs (Smart Snacks)¹

DJJ is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. All foods and beverages sold outside of the school meal programs shall meet the standards established in the [USDA-FNS Nutrition Standards for All Foods Sold in Schools \(Smart Snacks\) rule](#).

Beverages containing caffeine will not be sold on high school campuses.

The USDA's [Tools for Schools: Focusing on Smart Snacks website](#) provides resources to assist schools, parents, and teachers with identifying food items that meet the USDA-FNS Smart Snacks criteria and ways to encourage children to make healthier snack choices.

Foods Provided, Not Sold¹

Celebrating success or events with poor nutritional quality foods can undermine healthy eating messages and lead to unhealthy eating habits that can continue into adulthood. The division encourages food offered on the school campus meet or exceed the USDA-FNS Smart Snacks rule including those provided at celebrations or snacks. Compliant product information is available through the Food Operations Department. Contact the Food Operations Director for further details.

Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Refer to Appendix C for a list of healthy celebration and snack ideas that meet the USDA-FNS Smart Snacks rule. The division will provide this list to parents, teachers, and students annually in the student handbook or school newsletter.

Food and Beverage Marketing¹

Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by the USDA-FNS Smart Snacks rule during the official school day. Items associated with behavioral incentive programming may be made available to residents after the conclusion of the official school day.

Marketing will promote healthy food and beverage choices.

Food advertising and marketing is defined as an oral, written, or graphic statement made for the purpose of promoting the sale of a food or beverage product. Marketing on the school campus includes, but is not limited to:

- brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container;
- displays, such as on vending machine exteriors;
- brands, logos, or trademarks on school equipment, such as marquees, message boards, scoreboards, or backboards;
- brands, logos, or trademarks on cups, menu boards, coolers, recycle and trash cans, and other food service equipment;
- brands, logos, or trademarks on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by the division;
- advertisements in school publications or school mailings;
- free product samples, taste tests, or coupons of a product; and
- fundraisers and corporate-incentives programs.

Immediate replacement of large items is not required; however, DJJ will update equipment to be in compliance with food and beverage marketing standards outlined in this policy as items are replaced.

School-Sponsored Fundraisers³

Fundraising during and outside school hours will sell only non-food items or foods and beverages that meet or exceed the USDA-FNS Smart Snacks rule. Schools are encouraged to promote physical activity fundraisers such as walk-a-thons, jump rope for heart, and fun runs. DJJ will make available to parents and teachers a list of healthy fundraising ideas, such as these alternative [fundraising ideas from the Alliance for a Healthier Generation](#), as practicable.

Any fundraiser that sells food or beverages may not be conducted during meal service times. This includes from 6:00 a.m. to the end of the breakfast period and from the beginning of the first lunch period to the end of the last lunch period. The income from any food or beverage sold to students during these times shall accrue to the non-profit nutrition program account.

The fundraiser designee approves, tracks, and monitors fundraisers to ensure compliance with the nutrition standards for school-sponsored fundraisers. The fundraiser designee for DJJ is the facility superintendent and a fundraiser-tracking document is kept on file in the main office.

Nutrition Education¹

Schools will provide nutrition education and engage in nutrition promotion that includes enjoyable, developmentally appropriate, culturally relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste testing, farm visits, and school gardens. Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level. Nutrition education will incorporate lessons helping children acquire skills for reading food labels and menu planning.

Nutrition Promotion¹

Nutrition education is provided to families on a quarterly basis via the facility newsletter to promote healthy eating practices outside of school.

DJJ will promote positive nutrition habits in the cafeteria, classrooms, and throughout the facility environment. Schools may participate in nutrition promotion through farm to school activities, such as:

- Local foods served are promoted with signage and/or social media posts;
- Special events revolve around agriculture or farming;
- An active school garden is operated and garden produce is offered in the cafeteria;
- A local agricultural farmer visits our school each school year;
- Students take field trips to local agricultural farms.²

Physical Education/Physical Activity¹

All physical education classes in DJJ are taught by licensed teachers endorsed to teach physical education. All physical education teachers will be required to participate in professional development at least once per year.

Other Activities that Promote Resident Wellness¹

Facilities will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside the cafeteria to ensure proper hygiene prior to eating and residents are required to use these mechanisms before eating.

Community partnerships are developed to find strategies to address childhood nutrition issues within the division. DJJ will cultivate and support relationships with community partners, such as the local health department, SNAP-Ed providers and coordinators, local hospitals, universities/colleges, and local businesses to find ways to support the implementation of the Department of Juvenile Justice Wellness Policy. Existing and new community partnerships and sponsorships will be evaluated yearly to ensure that they are consistent with the division's goals.

Triennial Assessment¹

Department of Juvenile Justice will evaluate compliance with the Wellness Policy at least once every three years. The assessment will include the extent to which each facility is in compliance with the policy, the extent to which the policy compares to a model policy, and a description of the progress made in attaining the goals of the policy.

The position/person responsible for managing the triennial assessment and contact information is Food Operations Director, schoolnutrition@dj.j.virginia.gov.

The facility wellness coordinator at each site will complete the VDOE School Level Report Card. The results of the report card/tool will be submitted to the wellness policy designee to analyze the findings and develop the triennial assessment. The wellness policy designee will actively notify the community of the results of the triennial assessment by posting on the division website. The results of the triennial assessment, as well as the latest national and state recommendations pertaining to school health, will be used to update the goals and language in the Department of Juvenile Justice Wellness Policy.

Public Update and Information¹

Each school year the division will actively inform families and the public about the content of and any updates to the Wellness Policy through the division website.

The Wellness Policy and any updates can be found on the division website. Please contact the wellness policy designee at schoolnutrition@dj.j.virginia.gov for more information or ways to get involved.

Recordkeeping

The division will retain records to document compliance with the requirements of the Wellness Policy at the division's central office. Documentation maintained at this location will include, but is not limited to:

- the written Wellness Policy;
- documentation demonstrating compliance with community involvement requirements:
 - requirements to make the Wellness Policy available to the public;
 - requirements to make the triennial assessment available to the public;

- documentation of the triennial assessment at each school under the LEAs jurisdiction; and
- documentation of methods the division uses to make stakeholders aware of their ability to participate in the development, implementation, and periodic review and update of the Wellness Policy.

Definitions

Competitive Foods – All food and beverages other than meals reimbursed under the federal meal programs available for sale to students on the school campus during the school day.

School Campus – For the purpose of competitive food standards implementation, school campus means all areas of the property under the jurisdiction of the school that are accessible to students during the school day. This includes the outside of the school building, school buses or other vehicles used to transport students, athletic fields, and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day – For the purpose of competitive food standards implementation, school day means the period from midnight the night before to 30 minutes after the end of the instructional day.

Triennial – Recurring every three years.

Appendix A: Wellness Committee Contacts

Name	Title/Organization	Email
Teneka Wortham	Food Operations Director/Wellness Coordinator/DJJ	schoolnutrition@djj.virginia.gov
Nikesha Roberts	Compliance Manager/Facility Wellness Coordinator/DJJ	Nikesha.roberts@djj.virginia.gov
Medical Department Representative	[Insert title/organization of contact C]	[Insert email of contact C]
Whitney Hill	[Insert title/organization of contact I]	[Insert email of contact D]
Michelle Carlisle	Compliance Officer/Reports Manager/DJJ	[Insert email of contact E]
Education Representative	[Insert title/organization of contact F]	[Insert email of contact F]
Timothy Schmitt	Food Operations Specialist/DJJ	[Insert email of contact G]
Crystal Wynn	EFNEP Program Coordinator/Virginia Cooperative Ext/VSU	[Insert email of contact H]
Resident Representative (s)	[Insert title/organization of contact I]	[Insert email of contact I]
Parent Representative	[Insert title/organization of contact J]	[Insert email of contact J]
Michael Lowery	Program Manager/DJJ	[Insert email of contact K]
[Insert name of contact L]	[Insert title/organization of contact L]	[Insert email of contact L]
[Insert name of contact M]	[Insert title/organization of contact M]	[Insert email of contact M]
[Insert name of contact N]	[Insert title/organization of contact N]	[Insert email of contact N]
[Insert name of contact O]	[Insert title/organization of contact O]	[Insert email of contact O]



Appendix B: School Wellness Coordinator Contacts

Name	Title	School	Email
[Insert name of contact A]	[Insert title of contact A]	[Insert school represented by contact A]	[Insert email of contact A]
[Insert name of contact B]	[Insert title of contact B]	[Insert school represented by contact B]	[Insert email of contact B]
[Insert name of contact C]	[Insert title of contact C]	[Insert school represented by contact C]	[Insert email of contact C]
[Insert name of contact D]	[Insert title of contact D]	[Insert school represented by contact D]	[Insert email of contact D]
[Insert name of contact E]	[Insert title of contact E]	[Insert school represented by contact E]	[Insert email of contact E]
[Insert name of contact F]	[Insert title of contact F]	[Insert school represented by contact F]	[Insert email of contact F]
[Insert name of contact G]	[Insert title of contact G]	[Insert school represented by contact G]	[Insert email of contact G]
[Insert name of contact H]	[Insert title of contact H]	[Insert school represented by contact H]	[Insert email of contact H]
[Insert name of contact I]	[Insert title of contact I]	[Insert school represented by contact I]	[Insert email of contact I]

Name	Title	School	Email
[Insert name of contact J]	[Insert title of contact J]	[Insert school represented by contact J]	[Insert email of contact J]
[Insert name of contact K]	[Insert title of contact K]	[Insert school represented by contact K]	[Insert email of contact K]
[Insert name of contact L]	[Insert title of contact L]	[Insert school represented by contact L]	[Insert email of contact L]



Appendix C: Healthy Celebrations and Rewards

Non-Food Celebration and Reward Ideas

Prizes	Physical Activity	Special Events	Recognition
Pencils, erasers, or rulers	Lead a special physical activity break	Go on a scavenger hunt	Give a certificate or ribbon
Stickers, slap bracelets, or playdough	Host an outdoor obstacle course for students to bike or run through	Host a story walk: laminate book pages and walk along an outdoor path to read	Post a sign in the classroom or on a bulletin board
Tickets or tokens towards a large prize	Provide extra recess or physical education time	Let students choose a special activity or be a teacher's helper	Give a shout-out in the morning announcements
Books or coloring books	Turn on music and let students dance	Host a special dress day where students can wear hats or pajamas	Allow the student to wear a crown or special sash
Frisbees	Have a themed parade around your school	Invite a special guest to participate in an activity	Recognize the student during an assembly

Healthy Snack and Beverage Ideas*

Beverages	Fruits and Vegetables	Whole Grains	Proteins
Water	Fruit trays, salads, or fruit kabobs	Whole grain crackers, pretzels, or cereal bars	Trail mix with nuts, seeds, and dried fruit

Beverages	Fruits and Vegetables	Whole Grains	Proteins
Fruit-infused water	Vegetable trays, salads, or vegetable kabobs	Low-fat or air-popped popcorn with no added butter or salt	Seed butter served with fruit or whole grain crackers
100% fruit juice with no added sugar	Canned fruit or fruit cups in water or 100% fruit juice	Small whole grain bagels, waffles, or pancakes topped with fruit or seed butter	Fat-free or low-fat yogurt served alone or as a fruit or vegetable dip
Fruit smoothies made with frozen fruit with no added sugar and low fat yogurt	Frozen fruit, such as grapes, strawberries, or blueberries	Graham crackers	Low-fat cheese served with fruit or whole grain crackers
100% fruit juice slushes with no added sugar	Dried fruit with no added sugar	Baked whole grain tortilla chips with salsa or bean dip	Hummus served with vegetables or whole grain crackers

*Work with your division's nutrition service staff to purchase [Smart Snacks compliant foods and beverages](#) for celebrations. Review students' food allergies before serving any food or beverage item. Non-food celebrations and healthy food and beverage ideas come from the [Alliance for a Healthier Generation's Celebrations that Support Child Health](#).

¹ Requirement by Code of Federal Regulations: *Local School Wellness Policy* ([7CFR210.31](#))

² Recommended best practice by the Virginia Department of Education, Office of School and Community Nutrition Programs

³ Requirement by Virginia Code: *Regulations Governing Nutritional Standards for Competitive Foods Available for Sale in Public Schools* ([8VAC20-740](#))