

Instruction

School Wellness

The Winnebago County Juvenile Detention Center believes that student wellness, including good nutrition and physical activity, shall be promoted in the facility's educational program, activity program, and meals. This policy shall be interpreted consistently with Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004.

Goals for Nutrition Education

The goals for addressing nutrition education include the following:

- Detention will support and promote good nutrition for the minors in our care.
- Detention will foster the positive relationship between good nutrition, physical activity, and the capacity of the minors in our care to develop and learn.
- Nutrition education in conjunction with the Rockford School District will be part of the facility's comprehensive health education curriculum.

Goals for Physical Activity

The goals for addressing physical activity include the following:

- To the best of our ability, detention will support and promote an active lifestyle for the minors in our care.
- All minors in the facility, unless they are physically unable, will be taught physical education that fosters the development of movement skills, enhances health-related fitness, increases the minors' knowledge, offers direct opportunities to learn how to work cooperatively in a group setting, and encourages healthy habits and attitudes for a healthy lifestyle.
- Unless otherwise exempted, all minors in the facility will be required to engage daily during the normal school day in physical activity. The activities will be consistent with and incorporate relevant Illinois Learning Standards for Physical Development and Health as established by the Illinois State Board of Education.

Nutrition Guidelines for Foods Available in Detention During the School Day

Students will be offered and detention will promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System published jointly by the U. S. Department of Health and Human Services and the Department of Agriculture. In addition, in order to promote student health and reduce childhood obesity, the Deputy Director of Court Services or his designee shall establish such administrative procedures to control food service that ensure compliance with the Child Nutrition Act. Food service rules shall restrict the provision of foods of minimal nutritional value as defined by the U. S. Department of Agriculture in the food service areas during meal service.

Policy for Foods or Beverages Sold During the School Day in Detention

The Winnebago County Juvenile Detention Center does not allow marketing or advertising

of only those foods and beverages that may be sold on the school campus during the school day, i.e. foods and beverages that meet the Smart Snacks in School nutrition standards. The residents of the facility do not use money to purchase items as they are provided by the facility.

Guidelines for Reimbursable School Meals

Reimbursable school meals served shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program.

Monitoring

The Dietician for the contracted food service provider shall provide data and/or reports to the Deputy Director of Court Services or their designee concerning this policy's implementation sufficient to allow the Board to monitor and adjust the policy. In the absence of those reports, the facility nursing staff will advise the Deputy Director or their designee if there are issues with the health of any minor and suggest steps to address them.

Community Input

The Deputy Director of Court Services or their designee will invite suggestions and comments concerning the development, implementation, and improvement of the school wellness policy from community members, including parents, students, and representatives of the school food authority, facility administrators and the public. Due to the nature of the facility and the short amount of time minors are generally lodged there the invitation for public involvement will be included in postings which are found in the vestibule of the facility.

Review and Updating

The wellness policy will be reviewed and updated at least annually.

Enacted this 19th day of March, 2026.

Review dates: March 19, 2026