



WELLNESS PLAN

2021 - 2022

IN CONJUNCTION WITH THE ALLIANCE FOR A HEALTHIER GENERATION

Florida Parishes Juvenile Detention Center

Wellness Policy

Table of Contents

Preamble	3
Centers Wellness Committee	3
Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement	4
Nutrition	6
Physical Activity	9
Other Activities that Promote Student Wellness	11
Appendix A: School Level Contacts	12

Florida Parishes Juvenile Detention Center Wellness Policy

Preamble

Florida Parishes Juvenile Detention Center (hereto referred to as FPJDC) is committed to the optimal development of every student. The FPJDC believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities – do better academically.

This policy outlines the FPJDC's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the FPJDC have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school;
- The Foodservice department engages in nutrition and physical activity education and promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the FPJDC in creating continuity between school and other settings for students and staff to practice lifelong healthy habits
- The FPJDC establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.
- The FPJDC will coordinate the wellness policy with other aspects of school management, including the FPJDC's School Improvement Plan, when appropriate.

This policy applies to all students, staff, and school in the FPJDC.

I. School Wellness Committee

Committee Role and Membership

The FPJDC will convene a representative FPJDC Wellness Committee that meets once per month to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this FPJDC-level wellness policy (heretofore referred as "wellness policy").

The WELLNESS COMMITTEE membership will represent all school levels (elementary and secondary school) and include (to the extent possible), but not be limited to: students; representatives of the school nutrition program (ex., school nutrition manager); physical education teachers; health education teachers; school health professionals, nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services, and mental health and social services staff [i.e., school counselors, psychologists, social workers, or psychiatrists]; school administrators, school board members. To the extent possible, the WELLNESS COMMITTEE will include representatives from The Center building and reflect the diversity of the community.

Leadership

The Executive Director or designee(s) will convene the WELLNESS COMMITTEE and facilitate development of and updates to the wellness policy, and will ensure the Centers compliance with the policy.

Name	Title	Email address	Role
Joey Dominick	Executive Director	jdominick@fpjdc.org	Leader
Rusty Sanders	Director of Operations	rsanders@fpjdc.org	Facilitator
Jill Mutavdzic	Director of Health Services	jmutavdzic@fpjdc.org	Education
John Hickson	Nutrition Manager	jhickson@fpjdc.org	Education/Nutrition

The Center will designate a school wellness policy coordinator, who will ensure compliance with the policy. Refer to Appendix A for a list of school level wellness policy coordinators.

II. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Implementation Plan

The FPJDC will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines specific to The Center, and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness.

This wellness policy and the progress reports can be found at: <https://fpjdc.org/>

Recordkeeping

The FPJDC will retain records to document compliance with the requirements of the wellness policy at FPJDC's Administrative Offices and/or on FPJDC's central computer network. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit WELLNESS COMMITTEE membership from the required stakeholder groups; and (2) These groups' participation in the development, implementation, and periodic review and update of the wellness policy;
- Documentation of annual policy progress reports for The Center under its jurisdiction; and
- Documentation of the triennial assessment* of the policy for The Center under its jurisdiction;
- Documentation demonstrating compliance with public notification requirements, including: (1) Methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and (2) Efforts to actively notify families about the availability of wellness policy.

Annual Progress Reports

The FPJDC will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the school within the FPJDC in meeting wellness goals. This annual report will be published around the same time each year, and will include information from the Center within the FPJDC. This report will include, but is not limited to:

- The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy;
- A description of the Centers progress in meeting the wellness policy goals;
- A summary of the Centers events or activities related to wellness policy implementation;
- The name, position title, and contact information of the designated FPJDC policy leader(s) identified in Section I; and
- Information on how individuals and the public can get involved with the WELLNESS COMMITTEE.

The annual report will be available in English and Spanish.

The FPJDC will actively notify households/families of the availability of the annual report.

The WELLNESS COMMITTEE, will establish and monitor goals and objectives for the FPJDC's school, specific and appropriate for each instructional unit (elementary or secondary OR elementary, middle, and high school, as appropriate), for each of the content-specific components listed in Sections III-V of this policy.

The FPJDC will track, analyze, and report on any correlations between improvements in health-promoting environments with education outcomes, such as absenteeism, disciplinary referrals, test scores, average grades, or health measures such as consumption of whole grains, fruits, or vegetables through the school meal programs or BMI, or psycho-social measures such as self-reported "connectedness," or other school climate measures. The FPJDC is encouraged to collaborate with local research institutions and universities.

The FPJDC will also track and annually report other related information, such as findings from food safety inspections, aggregate participation in school meals programs, income reported from competitive food sales, fundraising revenues, and other such information, as feasible.

Triennial Progress Assessments

At least once every three years, the FPJDC will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which the school under the jurisdiction of the FPJDC is in compliance with the wellness policy;
- The extent to which the FPJDC's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy;
- A description of the progress made in attaining the goals of the FPJDC's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is Ms. Jill Mutavdzic, Director of Health Services, (985) 893-6292 Ext. 116, or jmutavdzic@fpjdc.org.

The WELLNESS COMMITTEE, will monitor the school's compliance with this wellness policy.

The FPJDC will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The WELLNESS COMMITTEE will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as FPJDC priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

Community Involvement, Outreach, and Communications

The FPJDC is committed to being responsive to community input, which begins with awareness of the wellness policy. The FPJDC will actively communicate ways in which representatives of the WELLNESS COMMITTEE and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for FPJDC. The FPJDC will also inform parents of the improvements that have been made to school meals and compliance with school

meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The FPJDC will use electronic mechanisms, such as email or displaying notices on the FPJDC's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The FPJDC will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways FPJDC is communicating other important school information with parents.

The FPJDC will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The FPJDC will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

III. Nutrition

School Meals

Our Food and Nutrition department at FPJDC is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. 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.

FPJDC participates in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP). The FPJDC also operates additional nutrition-related programs and activities including the ManageFirst Nutrition certification program for our high school children. FPJDC is committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.
- Promote healthy food and beverage choices using at least ten of the following Smarter Lunchroom techniques:
 - Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans)
 - Sliced or cut fruit is available daily
 - Daily fruit options are displayed in a location in the line of sight and reach of students
 - All available vegetable options have been given creative or descriptive names
 - Daily vegetable options are bundled into all grab and go meals available to students
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal
 - White milk is placed in front of other beverages in all coolers
 - Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas
 - A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.)
 - Student surveys and taste testing opportunities are used to inform menu development, dining space decor, and promotional ideas
 - Student artwork is displayed in the service and/or dining areas
 - Daily announcements are used to promote and market menu options
 - Menus will be posted on the FPJDC website or individual school websites, and will include nutrient content and ingredients.
 - Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional.
 - The FPJDC child nutrition program will accommodate students with special dietary needs.

- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated (meets HSP Gold level). Students are served lunch at a reasonable and appropriate time of day.
- The FPJDC will implement the following four Farm to School activities
 - **Local and/or regional products are incorporated into the school meal program;**
 - **Messages about agriculture and nutrition are reinforced throughout the learning environment;**
 - **School hosts a school garden;**
 - **School utilizes promotions or special events, such as tastings, that highlight the local/ regional products.]**

Staff Qualifications and Professional Development

All school nutrition program managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA’s Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day* and throughout every housing unit* (“school campus” and “school day” are defined in the glossary). The FPJDC will make drinking water available where school meals are served during mealtimes. Water cups/jugs will be available in the cafeteria if a drinking fountain is not present. All water sources and containers will be maintained on a regular basis to ensure good hygiene standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets, and other methods for delivering drinking water.

Competitive Foods and Beverages

The FPJDC is committed to ensuring that all foods and beverages available to students on the campus* during the school day* support healthy eating. The foods and beverages served outside of the school meal programs (i.e., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are served to students on the campus during the school day and, the extended school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are served, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

1. Celebrations and parties. The FPJDC will provide a list of healthy party ideas to teachers, including non-food celebration ideas. Healthy party ideas from the Alliance for a Healthier Generation and from the USDA.
2. Rewards and incentives. The FPJDC will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout school, classrooms, gymnasiums, and

cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community.

The FPJDC will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques; and
- Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards.

Nutrition Education

The FPJDC aims to teach, model, encourage, and support healthy eating by students. The Food and Nutrition Department will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;
- Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services;
- Teach media literacy with an emphasis on food and beverage marketing; and
- Include nutrition education training for teachers and other staff.
- In elementary school, nutrition education will be offered at each grade level as part of a sequential, comprehensive, standards-based health education curriculum that meets state and national standards.
- All health education teachers will provide opportunities for students to practice or rehearse the skills taught through the health education curricula.

Essential Healthy Eating Topics in Health Education

The FPJDC will include in the health education curriculum the following essential topics on healthy eating:

- The relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using USDA's food labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants

- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers, and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

Food and Beverage Marketing in School

The FPJDC is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The FPJDC strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on FPJDC property that contains messages inconsistent with the health information the FPJDC is imparting through nutrition education and health promotion efforts. It is the intent of the FPJDC to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be served on the school campus, consistent with the FPJDC's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.

Food advertising and marketing is defined as an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- 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.
- Corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards (Note: immediate replacement of these items are not required; however, FPJDCs will consider replacing or updating scoreboards or other durable equipment over time so that decisions about the replacement include compliance with the marketing policy.)
- Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment; as well as on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered, or served by the FPJDC.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests, or coupons of a product, or free samples displaying advertising of a product.

IV. Physical Activity

Children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, recess, classroom-based physical activity, and out-of-school time activities and the FPJDC is committed to providing these opportunities. FPJDC will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). FPJDC students will be encouraged to participate in *Let's Move!* Active School (www.letsmoveschool.org) in order to successfully address all CSPAP areas.

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) **will not be withheld** as punishment for any reason. The FPJDC will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.

To the extent practicable, the FPJDC will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The FPJDC will conduct necessary inspections and repairs.

FPJDC will work with the physical education teacher to ensure that inventories of physical activity supplies are known and, when necessary, will work with vendors to ensure sufficient quantities of equipment are available to encourage activity for as many students as possible.

Physical Education

The FPJDC will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

All students will be provided equal opportunity to participate in physical education classes. The FPJDC will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All FPJDC secondary students (middle and high school) are required to take physical education throughout all secondary school years.

The FPJDC physical education program will promote student physical fitness through individualized fitness and activity assessments (via the [Presidential Youth Fitness Program](#) or other appropriate assessment tool) and will use criterion-based reporting for each student.

All physical education teachers in FPJDC will be required to participate in at least once a year professional development in education.

Essential Physical Activity Topics in Health Education

The FPJDC will include in the health education curriculum the following essential topics on physical activity: Health Education is taught throughout the school year.

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise, and fitness
- Phases of an exercise session, that is, warm up, workout, and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time, and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers, and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity

Physical Activity Breaks (Elementary and Secondary)

The FPJDC recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. The FPJDC recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

The FPJDC will provide resources and links to resources, tools, and technology with ideas for physical activity breaks. Resources and ideas are available through [USDA](#) and the [Alliance for a Healthier Generation](#).

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies, and others) and do their part to limit sedentary behavior during the school day.

The FPJDC will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

V. Other Activities that Promote Student Wellness

The FPJDC will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The FPJDC will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

All efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the WELLNESS COMMITTEE.

All school-sponsored events will adhere to the wellness policy. All school-sponsored wellness events will include physical activity opportunities.

Community Health Promotion and Engagement

The FPJDC will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the “Community Involvement, Outreach, and Communications” subsection, the FPJDC will use electronic mechanisms (such as email or displaying notices on the FPJDC’s website), as well as non-electronic mechanisms, (such as newsletters, presentations to parents, or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion

The WELLNESS COMMITTEE will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources, and performs other functions that support staff wellness in coordination with human resources staff.

FPJDC will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. The FPJDC promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

Professional Learning

When feasible, the FPJDC will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help FPJDC staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing FPJDC reform or academic improvement plans/efforts.

Appendix A: School Level Contacts

Name	Title	Email address	Role
Joey Dominick	Executive Director	jdominick@fpjdc.org	Leader
Rusty Sanders	Director of Operations	rsanders@fpjdc.org	Facilitator
Jill Mutavdzic	Director of Health Services	jmutavdzic@fpjdc.org	Education
John Hickson	Nutrition Manager	jhickson@fpjdc.org	Education/Nutrition
Brushon Barnes	Recreational Coordinator	bbarnes@fpjdc.org	Education



FLORIDA PARISHES —————
JUVENILE JUSTICE DISTRICT