



Eric J Holcomb  
Governor

Robert E Carter Jr  
Commissioner

La PORTE JUVENILE CORRECTIONAL FACILITY  
2407 N 500 W · LaPorte, Indiana 46350  
Phone: (219) 326-1188 · Fax (219) 326-9218

Jason Smiley  
Warden

## La Porte Juvenile Correctional Facility Wellness Program

### School Wellness

School wellness including good nutrition and physical activity, will be promoted in the facility's educational program, recreation program, staff lead activities and meal programs. The School Wellness Committee consists of a School Principal, Physical Education Staff, Health Service Administrator, and Food Service Manager.

### Wellness Committee

The Wellness Committee, consisting of the School Principle, Physical Education Staff, Health Service Administrator, and Food Service Manager will meet at least quarterly. Meetings will discuss current issues and strategic planning for the facility. Committee members will submit recommendations and suggestions to the Facility Head after each meeting. Minutes of the meeting will be placed on the facility share drive for distribution to all facility staff. A copy of the minutes will also be placed in each unit dayroom for review by the students. The Wellness Committee will participate in the Community Advisory Board each quarter and share information with community shareholders.

### Goals for Nutrition Education

The goals for addressing nutrition education include the following

- We will support and promote good nutrition through accredited Health class curricula, recreational programming, and volunteer community programs conducted in the facility.
- We will foster an environment supportive of balanced and nutritional meals as part of an active and healthy lifestyle.
- Nutrition education will reinforce lifelong balance, emphasizing the link between calorie intake and exercise in ways that are age-appropriate
- Nutrition education is included in health curriculum so that instructions is sequential and standards based and provides students with knowledge, attitudes and skills necessary to lead healthy lives.

### **Goals for Nutrition Promotion**

The goals for addressing nutrition promotion includes the following

- Nutrition promotion will include lessons that cover topics such as how to read and use food labels, choosing healthy options and portion controls.
- The student have message boards to where they can display monthly ideas, theme related and other positive awards and recognitions where everyone can see them.
- White milk is offered at every meal
- Student shall be provided surveys bi- annually and encouraged to record recommendations.
- Vegetable are incorporated into the main entrée at least monthly.

### **Goals for Physical Activity**

The goals for addressing physical activity include the following:

- We will foster an environment supportive of structured and staff lead activities as part of an active and healthy lifestyle
- All students will be required to participate in physical activities as part of the overall facility program. Students will engage in structured recreational activities at least 2 hours each day with at least one hour of the activity being large muscle movement. Non-school days will consist of at least 3 hours of structured recreational activities with at least 1.5 hours being large muscle movement.
- Physical fitness will be measured through the use of the President's Physical Fitness program and all students will receive an initial assessment with an exit assessment to gauge progress.

### **Nutrition Guidelines for Foods Available during School Day**

Students and staff will be provided a menu created by Contract Dietician and approved by Contract Compliance Division consistent with national best practices and with the current National School Lunch Program and School Breakfast and Snack Program. Only approved meals will be served at the facility and any substitutions must be approved in accordance with the approved substitution guide or to meet medically prescribed diets or diets required for religious reasons.

### **Guidelines for Reimbursable School Meals**

Reimbursable school meals served shall meet with national best practices and with the current National School Lunch Program and School Breakfast and Snack Program. Commissary food items are not consumed by student on school days until 3:30 pm.

### **Goals for Other School Based Activities**

Goals for addressing school based activities include the following

- Provide regular health services for students
- Provide mental health and wellness for students and staff
- Provide information to families if needed during visitation of students

## **Monitoring**

Progress will be monitored through out the calendar year,

## **Community Input**

Warden or designee will discuss progress and issues as part of the quarterly community advisory board and provide opportunity for the Wellness Committee members to attend and present a status report. The Indiana Department of Corrections also communicates this on the State Web site (WWW. IN. GOV ) which can be assessed by the public, parents and staff.

Original date February 28 2018

Revised December 3, 2021