



## 16th Judicial Circuit of Missouri Wellness Policy

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## 16th Judicial Circuit of Missouri Wellness Policy

### Preamble

The 16th Judicial Circuit of Missouri (hereto referred to as the District) is committed to the optimal development of every student. The District 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.<sup>1,2,3,4,5,6,7</sup> Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students.<sup>8,9,10</sup> 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.<sup>11,12,13,14</sup>

This policy outlines the District'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 District 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;
- Schools engage in nutrition and physical activity 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 District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff, and schools in the District.

## I. School Wellness Committee

### *Committee Role and Membership*

The District will convene a representative district wellness committee (hereto referred to as the DWC) or work within an existing school health committee that meets at least **four** times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”).

The DWC membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (ex., school nutrition director); physical education teachers; health education teachers; school health professionals (ex., health education teachers, school health services staff (i.e., 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 (ex., superintendent, principal, vice principal), school board members; health professionals (ex., dietitians, doctors, nurses, dentists); and the general public. To the extent possible, the DWC will include representatives from each school building and reflect the diversity of the community.

### *Leadership*

The Director of Support Services or designee(s) will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy.



Name	Title	Email address	Role
Ralph Zanders	Director of Support Services	Ralph.Zanders@courts.mo.gov	<b>Assessment Lead:</b> Convenes the committee, facilitates policy updates, and manages the triennial assessment.
Samuel Hunter	Manager of Food Services	Samuel.Hunter@courts.mo.gov	<b>Wellness Coordinator:</b> Manages daily nutrition standards, food safety (HACCP), and USDA compliance.

Each school 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 District 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 each school, 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. It is recommended that the school use the [Healthy Schools Program online tools](#) to complete a school-level assessment based on the Centers for



Disease Control and Prevention's School Health Index, create an action plan that fosters implementation, and generate an annual progress report.

This wellness policy and the progress reports can be found at:

- **Physical Posting:** Detention Orientation Room.
- **Administrative Records:** On file in the Director of Support Services' office.
- **Handbooks:** Summarized in the Resident Handbook and Parent Orientation materials.

### ***Recordkeeping***

The facility will retain records to document compliance with the requirements of the wellness policy at the Administrative Offices of the Family Court Detention Center and/or on the Circuit16Connect intranet site. 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 DWC 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 each school under its jurisdiction; and
- Documentation of the triennial assessment\* of the policy for each school 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 District will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the District in meeting wellness goals. This annual report will be published around the same time each year **in May**, and will include information from each school within the District. 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 each school's progress in meeting the wellness policy goals;
- A summary of each school's events or activities related to wellness policy implementation; and
- The name, position title, and contact information of the designated District policy leader(s) identified in Section I.

The annual report will be available in English and Spanish.

The DWC will establish and monitor goals and objectives for the District's schools, 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.

### ***Triennial Progress Assessments***

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

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

The position/person responsible for managing the triennial assessment and contact information is Ralph Zanders, Director of Support Services, [Ralph.Zanders@courts.mo.gov](mailto:Ralph.Zanders@courts.mo.gov).

The DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

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

### ***Revisions and Updating the Policy***

The DWC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as District 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 District is committed to transparency and maintaining a connection with families and caregivers regarding resident wellness, within the parameters of a secure residential environment.

- **Participation and Input:** The District will actively communicate opportunities for the School Wellness Committee, staff, and designated stakeholders to participate in the development, implementation, and periodic review of the wellness policy.
- **Family Notification:** Because traditional school communication methods (such as sending folders home with students) do not apply, the facility will actively notify families and caregivers of the wellness policy, updates, and school meal standards through facility-appropriate channels. These include:
  - Inclusion in the **Resident Handbook** provided during intake.
  - Information flyers distributed during **initial visitation**.
  - Physical postings and notifications displayed within the **facility lobby**.
- **Reporting:** The District will make annual progress reports and triennial assessments available to the public via official administrative channels or the Circuit Court's online platform.
- **Cultural Relevance:** All facility communications regarding nutrition standards, "Smart Snacks," and wellness updates will be culturally and linguistically appropriate, and provided in both English and Spanish to ensure accessibility for all families.

### **III. Nutrition**

#### ***School Meals***

Our school district 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.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and Fresh Fruit & Vegetable Program (FFVP). All schools within the District are 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. (The District offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using at least 10 of the following [Smarter Lunchroom techniques](#):
  - Whole fruit options are displayed in attractive bowls or baskets (instead of chafing 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 created/reviewed by a Registered Dietitian or other certified nutrition professional.
- School meals are administered by a team of child nutrition professionals.
- The District 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.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.

### ***Staff Qualifications and Professional Development***

All school nutrition program directors, 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 school campus\* ("school campus" and "school day" are defined in the glossary). The District 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 District is committed to ensuring that all foods and beverages available to students on the school campus\* during the school day\* support healthy eating. The foods and beverages sold and 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. A summary of the standards and information are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at [www.healthiergeneration.org/smartsnacks](http://www.healthiergeneration.org/smartsnacks).

*[NOTE: In some cases, states have passed more stringent nutrition standards for competitive foods and beverages in addition to the USDA Smart Snacks in School nutrition standards. In these states, districts and schools must also comply with their state standards.]*

To support healthy food choices and improve resident health and well-being, all foods and beverages outside the reimbursable meal programs that are provided or sold to youth on the facility campus will meet or exceed the **USDA Smart Snacks** nutrition standards.

These standards apply in all locations and through all services where foods and beverages are available, which includes:

- **Commissary/Canteen items**
- **Vending machines** (if accessible to youth)
- **Reward or incentive programs** involving food

**Compliance Lead: Sam Hunter, Manager of Food Services**, is responsible for auditing these items to ensure they meet the specific nutrient, calorie, and sugar limits required by the USDA.

### ***Celebrations and Rewards***

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

- **Celebrations and parties.** The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas from the [Alliance for a Healthier Generation](#) and from the [USDA](#);



- **Classroom snacks brought by parents.** The District will provide to parents a [list of foods and beverages that meet Smart Snacks](#) nutrition standards; and
- **Rewards and incentives.** The District 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.  
*[Meets HSP Silver]*

### ***Fundraising***

**The District** does not participate in or host food or beverage fundraisers on the facility campus. Therefore, the requirements for USDA Smart Snacks as they relate to fundraising do not apply to our current operations. Should the facility decide to engage in fundraising activities in the future, the policy will be updated to ensure all activities meet the USDA Smart Snacks nutrition standards and prioritize non-food items or physical activity.

### ***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 schools, 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 District 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. Additional possible promotion techniques that the District and individual schools may use are available at [www.healthiergeneration.org/smartsnacks](http://www.healthiergeneration.org/smartsnacks).



### ***Nutrition Education***

The District aims to teach, model, encourage, and support healthy eating by students. Schools 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.

### ***Essential Healthy Eating Topics in Health Education***

The District 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

[USDA's Team Nutrition](#) provides free nutrition education and promotion materials, including standards-based nutrition education curricula and lesson plans, posters, interactive games, menu graphics, and more.

### ***Food and Beverage Marketing in Schools***

The District is committed to providing a residential environment that ensures opportunities for all youth to practice healthy eating and physical activity while minimizing commercial distractions. It is our intent to protect and promote resident health by permitting advertising and marketing only for those foods and beverages that meet the **USDA Smart Snacks in School** nutrition standards.

**Definition of Marketing:** Food advertising and marketing is defined as any oral, written, or graphic statement made for the purpose of promoting a food or beverage product. Within this facility, this specifically includes:

- **Brand Names and Logos:** On vending machine exteriors, coolers, or beverage dispensing equipment.
- **Signage:** Corporate logos or trademarks on menu boards, posters, or trash cans.
- **Durable Equipment:** While immediate replacement of existing equipment (such as scoreboards or coolers) is not required, the facility



will ensure that any replacement or newly acquired equipment complies with these marketing standards.

- **Educational/Administrative Items:** Any posters or materials displayed in the dining hall or common areas.

**Compliance Oversight:** The **Manager of Food Services (Sam Hunter)** will review all new signage and equipment prior to placement in youth-accessible areas to ensure consistency with these wellness goals.

#### IV. Physical Activity

In accordance with **ACA Standards** and USDA wellness requirements, all youth at the District shall participate in at least **60 minutes of physical activity every day**. This activity focuses on large muscle exercise and is provided through structured recreation, gym time, and outdoor activities.

##### **Facility Standards for Physical Activity:**

- **Consistency:** Physical activity is a core component of the daily residential schedule and is provided in addition to any formal educational requirements.
- **No Withholding as Punishment:** Physical activity during the scheduled day (recess or gym) will **not be withheld as a form of punishment** for any reason. The facility will provide staff with alternative methods for behavioral management and discipline.
- **Safety and Equipment:** To the extent practicable, the facility will ensure that all recreation grounds, gyms, and equipment are safe and well-maintained. Regular inspections and repairs of athletic equipment will be conducted by the Support Services department.
- **Inclusive Participation:** The facility will provide sufficient quantities of equipment (balls, mats, etc.) to ensure that as many residents as possible can remain active simultaneously.

**Compliance Oversight:** The **Superintendent (Stephanie Magee)** will coordinate with Shift Supervisors to ensure the daily schedule consistently reflects the required 60 minutes of activity and that documentation of this activity is maintained in the unit logs.

##### **Physical Education and Health Education**

The facility provides youth with physical and health education that promotes the benefits of an active lifestyle and helps residents develop lifelong healthy habits.



- **Equal Opportunity:** All residents are provided equal opportunity to participate in physical activity. The facility makes appropriate accommodations for equitable participation and adapts equipment as necessary for youth with physical limitations.
- **Essential Health Topics:** Health education concepts are integrated into the facility's programming. Key topics include:
  - The physical and social benefits of physical activity.
  - Phases of exercise (warm-up, workout, and cool-down).
  - Preventing injury and weather-related safety (heat stroke/sunburn prevention).
  - The dangers of performance-enhancing drugs.
  - Developing an individualized fitness plan.

### Active Breaks

The facility recognizes that residents are more attentive and ready for programming if provided with periodic breaks to stretch or be active.

- **Integration:** To the extent practicable, staff are encouraged to provide short (3-5 minute) physical activity or stretch breaks between classroom sessions or group programming.
- **Role Models:** Staff are encouraged to model healthy behaviors by participating in or leading these stretches alongside the youth.

### Large Muscle Activity (Recess Equivalent)

In a residential setting, "Recess" is fulfilled through the daily **60 minutes of large muscle activity** required by ACA standards.

- **Indoor/Outdoor Activity:** Activity will be held outdoors when weather is feasible. In the event of inclement weather (extreme temperatures or storms), activity will be moved to the gym or designated indoor recreation areas.
- **Hygiene:** Youth are required to follow proper hand-washing procedures after physical activity and prior to entering the dining area for meals.



## Physical Activity Promotion

The facility is committed to a culture of wellness that encourages movement throughout the day.

- **Active Learning:** To the extent practicable, teachers and program staff are encouraged to incorporate movement or kinesthetic learning approaches into classroom instruction (e.g., hands-on science projects or active social studies simulations) to limit sedentary behavior.
- **Staff Role Modeling:** Staff are encouraged to serve as positive role models by participating in physical activities and leading by example during recreation periods.
- **Facility-Based Activities:** Since residents live on-site, physical activity is integrated into the daily schedule through structured recreation periods, large muscle activity in the gym, and outdoor exercise. These activities take the place of traditional "before and after school" programs.

## V. Other Activities that Promote Student Wellness

The District will integrate wellness activities across the entire residential setting. The facility will coordinate initiatives related to physical activity, nutrition, and mental health to ensure all efforts are complementary and work toward the goals of resident well-being and trauma-informed care.

- **Integrated Programming:** When possible, staff will coordinate content across curricular and program areas that promote health, such as incorporating nutrition concepts into educational or life-skills sessions.
- **Facility-Sponsored Events:** All facility-sponsored events involving youth will adhere to the wellness policy and include opportunities for physical activity.

## Community Partnerships

The facility will continue to develop and enhance relationships with community partners (e.g., local health departments, medical partners, and vocational organizations) in support of this wellness policy. All existing and new partnerships will be evaluated to ensure they remain consistent with our health and safety goals.



## Family Engagement

The facility will promote the benefits of healthy eating and physical activity to parents and caregivers throughout the year.

- **Communication:** Families will be informed of wellness efforts via the **Resident Handbook**, flyers provided during **initial visitation**, and physical postings in the facility lobby.
- **Participation:** Families are invited to provide feedback on the wellness policy through the contact information provided in the intake materials.

## Staff Wellness and Health Promotion

The facility recognizes that staff health is essential to maintaining a safe and productive environment.

- **Role Modeling:** Staff are encouraged to model healthy eating and physical activity behaviors while on duty.
- **Resources:** The Wellness Committee will identify and disseminate wellness resources to staff in coordination with Human Resources to support a healthy workplace culture.
- **Staff Wellness Lead:** Ralph Zanders, Director of Support Services.

## Professional Learning

When feasible, the facility will offer annual professional learning opportunities and resources for staff to increase knowledge and skills regarding the promotion of healthy behaviors.

- **Integrated Training:** Professional learning will focus on helping staff understand the connection between physical health, mental well-being, and positive youth development.
- **Kinesthetic Approaches:** Training may include methods for incorporating active movement into daily residential programming and educational sessions.
- **Operational Alignment:** Wellness goals will be integrated into the facility's ongoing staff development plans and professional standards to ensure a holistic approach to resident care.



## Glossary

**Extended School Day:** Time during activities that take place outside of core instructional hours, including resident clubs, structured recreation, and facility-sponsored extracurricular programs.

**Facility Campus:** All areas owned or leased by the facility used at any time for resident activities, including the residential wings, the dining hall, the gym, outdoor recreation yards, and facility vehicles used for transport.

**School Day:** The period from midnight the night before to 30 minutes after the end of the formal instructional/classroom day.

**Triennial:** Recurring every three years.



## Appendix: School Level Contacts

School	Name	Title	Email Address	Role
Jackson County Family Court Detention School	Tyra Sanders	Director, Residential Services	Tyra.Sanders@courts.mo.gov	<b>Administrative Oversight:</b> Ensures overall departmental compliance with the policy.
Jackson County Family Court Detention School	Chantai Walker	School Coordinator	Chantai.Walker@courts.mo.gov	<b>School Coordinator:</b> Coordinates residential services to ensure academic goals are met.
Jackson County Family Court Detention School	Stephanie Magee	Detention Superintendent	Stephanie.Magee@courts.mo.gov	<b>Detention Superintendent:</b> Ensures overall facility compliance with the policy.

<sup>1</sup> Bradley, B, Green, AC. Do Health and Education Agencies in the United States Share Responsibility for Academic Achievement and Health? A Review of 25 years of Evidence About the Relationship of Adolescents' Academic Achievement and Health Behaviors, *Journal of Adolescent Health*. 2013; 52(5):523-532.

<sup>2</sup> Meyers AF, Sampson AE, Weitzman M, Rogers BL, Kayne H. School breakfast program and school performance. *American Journal of Diseases of Children*. 1989;143(10):1234-1239.

<sup>3</sup> Murphy JM. Breakfast and learning: an updated review. *Current Nutrition & Food Science*. 2007; 3:3-36.

<sup>4</sup> Murphy JM, Pagano ME, Nachmani J, Sperling P, Kane S, Kleinman RE. The relationship of school breakfast to psychosocial and academic functioning: Cross-sectional and longitudinal observations in an inner-city school sample. *Archives of Pediatrics and Adolescent Medicine*. 1998;152(9):899-907.

<sup>5</sup> Pollitt E, Mathews R. Breakfast and cognition: an integrative summary. *American Journal of Clinical Nutrition*. 1998; 67(4), 804S-813S.

<sup>6</sup> Rampersaud GC, Pereira MA, Girard BL, Adams J, Metz J. Breakfast habits, nutritional status, body weight, and academic performance in children and adolescents. *Journal of the American Dietetic Association*. 2005;105(5):743-760, quiz 761-762.

<sup>7</sup> Taras, H. Nutrition and student performance at school. *Journal of School Health*. 2005;75(6):199-213.

<sup>8</sup> MacLellan D, Taylor J, Wood K. Food intake and academic performance among adolescents. *Canadian Journal of Dietetic Practice and Research*. 2008;69(3):141-144.

<sup>9</sup> Neumark-Sztainer D, Story M, Dixon LB, Resnick MD, Blum RW. Correlates of inadequate consumption of dairy products among adolescents. *Journal of Nutrition Education*. 1997;29(1):12-20.



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- <sup>10</sup> Neumark-Sztainer D, Story M, Resnick MD, Blum RW. Correlates of inadequate fruit and vegetable consumption among adolescents. *Preventive Medicine*. 1996;25(5):497–505.
- <sup>11</sup> Centers for Disease Control and Prevention. *The association between school-based physical activity, including physical education, and academic performance*. Atlanta, GA: US Department of Health and Human Services, 2010.
- <sup>12</sup> Singh A, Uijtendewilligne L, Twisk J, van Mechelen W, Chinapaw M. *Physical activity and performance at school: A systematic review of the literature including a methodological quality assessment*. *Arch Pediatr Adolesc Med*, 2012; 166(1):49-55.
- <sup>13</sup> Haapala E, Poikkeus A-M, Kukkonen-Harjula K, Tompuri T, Lintu N, Väistö J, Leppänen P, Laaksonen D, Lindi V, Lakka T. *Association of physical activity and sedentary behavior with academic skills – A follow-up study among primary school children*. *PLoS ONE*, 2014; 9(9): e107031.
- <sup>14</sup> Hillman C, Pontifex M, Castelli D, Khan N, Raine L, Scudder M, Drollette E, Moore R, Wu C-T, Kamijo K. *Effects of the FITKids randomized control trial on executive control and brain function*. *Pediatrics* 2014; 134(4): e1063-1071.
- <sup>15</sup> Change Lab Solutions. (2014). *District Policy Restricting the Advertising of Food and Beverages Not Permitted to be Sold on School Grounds*. Retrieved from <http://changelabsolutions.org/publications/district-policy-school-food-ads>.