



NH Department of Health & Human Services  
Division for Children, Youth & Families

## DCYF Standard Operating Procedure

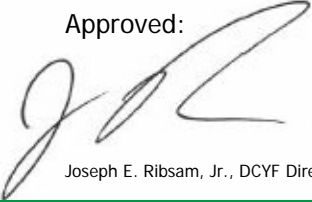
### 2110.1 HEALTH AND WELLNESS EDUCATION

Policy Directive: **20-31**

Approved:

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Implements Policy: **2110**

  
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This SOP defines the procedures for providing health and wellness education to youth at the John H. Sununu Youth Services Center (SYSC).

#### Procedure

*The following information is to support the implementation of the above referenced policy. This document shall not preclude staff from using their professional judgement based on individual circumstances, consistent with the requirements of the policy.*

- I. SYSC staff are expected to promote health and wellness during the course of their daily interactions with youth through informal conversations with youth about the importance of good nutrition, proper hygiene, preventative medical care, physical and emotional self-care, and being active, as opportunities present themselves.
- II. The Education and Food Services Departments will collaborate to ensure that youth and staff receive ongoing nutrition education that meets the federal and state standards and current guidelines for health education.
- III. The Education Department will provide youth the opportunity to engage in nutrition education that is interactive and teaches skills to adopt healthy eating behaviors. This will include:
  - A. Coordination between the Education (specifically Life Skills) and Food Services Departments with the introduction of a "food of the week" by the Food Services Department that is then discussed in Life Skills class. This may also include occasionally preparing the "food of the week" during class; and
  - B. Maintaining a garden on site that students are encouraged to assist with as appropriate.
- IV. The Education Department will also provide formalized health education that meets federal and state health education curriculum standards and guidelines including both nutrition and physical education. This will include:
  - A. Health class (that includes a .5 credit required for Diploma) in the classroom setting or online via the PLATO platform (as appropriate);
  - B. Life Skills class;

- C. NH Trails curriculum; and
- D. Physical Education (PE) class, providing youth with specific knowledge for physical activities including:
  - 1. Various sports;
  - 2. Correct methods of exercising for optimal results; and
  - 3. The use of exercise equipment.
- V. Youth will receive consistent nutrition messages throughout SYSC in the classroom, dining hall, and residential units through different mediums (posters, educational materials, and guest speakers).
- VI. The opportunity for recommended daily exercise will be made available to all youth, whether in gym class, in the unit after school, or in the exercise rooms, with restrictions due only to program capacity and behavioral problems.
  - A. Each youth will participate in the recommended minimum of one hour of physical activity per day.
  - B. Youth, who are on restriction for behavioral problems, shall be provided one hour of separate physical activity per day.
  - C. Youth will be offered a variety of activities to maintain physical fitness which may include (as appropriate and available):
    - 1. Use of the fitness center;
    - 2. Outdoor activities;
    - 3. Utilization of sports equipment;
    - 4. Organized sports; and
    - 5. Community sports.
- VII. The Wellness Committee will further promote health and wellness education by:
  - A. Overseeing health and wellness at the facility through a formalized process as outlined in 2110.2 Wellness Committee Responsibilities; and
  - B. Sharing information around nutrition with parents/guardians when requested.
- VIII. Each youth will be screened to determine if they have an illness or injury that may impact their participation in physical education.

- A. The Medical Department conducts an initial screening on all youth at the time of their admission to SYSC.
    - 1. Any known illness or injury that would prevent the youth from safe participation in physical education is noted in both the Form 2250 (Nursing Screening) and Form 2279 (Nursing Assessment).
  - B. A health screen will be conducted by a Physician within 7 days of the youth's admission to SYSC and documented on the Physician's Health Assessment (Form 2265).
    - 1. Any identified illness or physical injury that would impede participation in physical activity is noted.
- IX. Physical Education personnel will assess the ability of every committed youth and develop a physical education plan.

Applicable Forms	
Form	Title
2250	Nursing Screening
2265	Physician's Health Assessment
2279	Nursing Assessment

### Frequently Asked Questions

**Q1. What tools are there to help educate on appropriate nutrition and exercise?**

- A There are many resources available over the Internet to learn more about nutrition and exercise:
  - i. The United States Department of Health and Human Services provides some resources on their website at <http://www.hhs.gov/safety/index.html#exercise>;
  - ii. The UNH Cooperative Extension has a large number of tip sheets and resources available at <http://extension.unh.edu/Food-Health>; and
  - iii. The NH Department of Education's website [http://www.education.nh.gov/program/nutrition/trainings\\_index.htm](http://www.education.nh.gov/program/nutrition/trainings_index.htm) offers training opportunities (including a few self-guided PowerPoints) for more hands-on learning.

### Glossary and Document Specific Definitions

A - B    C - D    E - F    G - I    J - L    M - N    O - Q    R - S    T - V    W - Z

Document Change Log			
PD	Modification Made	Approved	Date