This policy establishes the John H. Sununu Youth Services Center (SYSC)’s wellness practices for the youth at the facility.

**Required Practices**

Any deviations to the following information must be documented with Supervisory Approval.

I. SYSC shall ensure the health and well-being needs of youth at the facility are met through a variety of approaches. These shall include, but are not limited to, providing:

   A. Ready access to medical care;

   B. Mental health services;

   C. Individualized treatment plans;

   D. Healthy and nutritious meals that comply with federal recommendations;

   E. Educational services that are coordinated with a youth’s sending school;

   F. Opportunities to maintain important family connections through telephone contact and regular visitation;

   G. Access to spiritual guidance through non-denominational services; and

   H. Daily access to physical activity.

II. SYSC Staff shall create a healthy environment within the facility that encourages and enhances youth’s development of lifelong well-being by providing education around good health practices, healthy eating habits, and the importance of physical activity.

III. SYSC shall maintain a Wellness Committee for the purpose of providing oversight of program practices that focus on youth well-being and to ensure compliance with state and federal regulations.
A. The Wellness Committee shall meet at least 3 times during the school year;

B. The SYSC Wellness Survey (Form 2111) shall be completed at each meeting to assess wellness practices within the SYSC and identify areas needing improvement or corrective action; and

C. All SYSC Wellness Surveys will be maintained in the Food Services Department for a minimum of 4 years and be made available for review by the Department of Education upon request.

IV. Parents/guardians of youth at SYSC shall be made aware of wellness practices and encouraged to participate in their youth’s programming in support of the youth’s well-being.

V. SYSC is an equal opportunity employer. SYSC programs and staff shall not discriminate based on race, color, ethnicity, national origin, gender, sexual orientation, disability, religion, or age.

A. In compliance with the National School Lunch Program (NSLP), information will be made available to families regarding the complaint process for any individual who believes they or their child have been a victim of discrimination by the Food Services Department in their delivery of services during school hours.

### Standard Operating Procedures

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### Applicable Forms

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### Glossary and Document Specific Definitions

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### Document Change Log

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